

'Worrying doesn't take away tomorrow's troubles,  
it takes away today's Peace.'

Over the weeks a number of you have expressed your worries about becoming troubled; not surprising for it has been difficult at times to keep one's mind from getting concerned. There is a lot we can be worried about. You only have to read the newspapers, listen or view the News, share in people's conversations regarding Covid 19 and the variants, the troubles in various countries and each has the potential to concern us all.

However, Jesus said something to guide our hearts and minds. He said -" Let not your hearts be troubled, trust and believe in God." Meaning, don't worry but have faith, hold onto, rely on, keep going and believe in me.

Jesus said to his disciples, as he still does to us today - "Let not your hearts be troubled." He goes on to teach why:

1. He has prepared a place for us.
2. Those who believe in him will do greater things.
3. The Holy Spirit will be with us forever, God will make his home with us.

Therefore Friends, if we have a relationship with Jesus, he promised to be with us.

Jesus is faithful when he says "...don't be troubled"- it is because we do not need to let the 'crazy' things of the world take away his Peace. We do though need to show concern and pray for our neighbours. Let God take away the worry.

Remember God loves you and wants you to be happy.  
So may God's Peace rest upon you.

*Daphne*  
Chaplain

#### **CELEBRATION PRAISE SERVICE**

A service will be held on **Sunday 20th June at 2.30pm**. The preacher will be David Ingham. This will be held outside at the front of Brakendon Close with social distancing in place if the weather is fine. If wet, those leading the service will be on the ground floor of the atrium. Tenants will be able to participate from the first-floor balcony or listen from their flats.

.....  
If anybody would like to receive Neighbours by email please respond to Fran at:  
fveale@cortonhouse.co.uk - Neighbours can be viewed in larger print on our  
website:www.cortonhouse.co.uk under 'News'.



No 433



  
Corton House  
*Living Care and Support*

JUNE 2021



## **NEIGHBOURS MONTHLY NEWS-SHEET FOR CORTON HOUSE AND BRAKENDON CLOSE**

### **Message from Dave Cole, Board Member**

I expect you may have read the introductions by my fellow board members over the last few months in 'Neighbours'; well it's now my turn.

I spent my childhood and early married life in South East London, spending the first ten years of my working life as a tunnel engineer working on various projects including the then new Victoria Line. Unfortunately I was responsible for two tunnels which failed to meet in the middle - luckily not the Victoria line!

I saw the opportunity to continue exciting work and joined Shell UK supervising the installation of new offshore gas platforms off the Norfolk coast. This was a steep learning curve and over the next 20 years the oil/gas platforms became more of an engineering challenge as we moved into much deeper waters. Eventually I was working 100 miles north of the Shetland Isles flying out of Norwich airport.

My late wife and I moved up to East Anglia in 1969 and we adopted two babies now in their 40s with their own children, one of whom is studying at the N&N / UEA.

You are probably wondering how my working life has any relevance to being a board member!

My main qualification to assist the board is that my mother spent the last five happy years of her life in Corton House and having helped out as assistant to the wonderful tea ladies, I got to know the home very well.

After I retired I spent five years (part time) as an advisor for Citizens Advice and that experience, together with dealing with contractors throughout my working life, hopefully helps me to contribute to board decisions.

I am pleased to be the board support for the Rev'd Daphne Lloyd who as you know looks after the spiritual needs of people in the home and Brakendon. I know she is greatly looking forward to getting back up to speed as we move out of Covid.

I admire the way everyone has coped so incredibly well during the last eighteen months. I have to say I wonder if I would have done so well!

I know that all the members of the board are looking forward to having a chat with you all soon. Perhaps I will have the opportunity of boring some of you with my hairy work experiences under the city of London and in the North Sea!

June 2020

**FROM CORTON HOUSE MANAGER**

Hello everyone from all of us here at Corton House. I bring fantastic news to this month's Neighbours and am delighted to announce that we have received a 'GOOD' rating by CQC. They came to inspect unannounced in early May spending the day with us here at Corton House. We received the final report of their inspection on May 19<sup>th</sup>. We were all waiting, holding our breath, hoping for the good rating and we got it! I just wanted to take this opportunity to thank everyone at Corton House for their hard work and dedication but also to thank all of the friends and families too for their ongoing support. Celebrations are now in order!

*Lisa* 😊

**FROM THE SCHEME MANAGER**

As we go into the month of June, we are at last being treated to some lovely sunny days. Our tenants are taking full advantage of the warm weather, some are even sunbathing!

This is a crucial time for us all as we journey through the roadmap of the planned easing of restrictions.

We are all keeping our fingers crossed and tentatively anticipating a grand re-opening of our Blake Lounge, which is currently undergoing a complete refurbishment!

We have turned our hand to interior design, taking tenant preferences into account through a tenant survey, and chosen some amazing furniture and fittings.

So.....we wait with bated breath for the completion of the work and a hope that we can all celebrate together in our newly refurbished lounge! We wonder who will cut the ribbon?! It has been a very tough time, but hopefully we are almost there!

*Lorraine. Sue and Fran*



This is the divine moment when we can hold the fairest blossom of Spring in one hand and the sweetest flowers of early summer in the other.

*Patience Strong*

**FROM THE ACTIVITIES CO-ORDINATOR**

We have flung the windows and doors open to embrace the sunshine. We really appreciate the garden and summer house to sit, chat and soak in our natural surroundings.

We are still enjoying our old favourite games but we are always trying new ones such as 'Doreen's Day Out' and Bird Bingo. The knitting group is thriving thanks to Gail (carer) and we were extremely proud of Norma who set herself a challenge inspired by Captain Tom. She knitted 101 premature baby hats for the Norfolk & Norwich hospital.

Mel's dog Jackson came in for another visit much to the delight of both staff and residents. He is the most adorable dog and seemed to enjoy it too!! We are continuing to follow the story regarding the peregrine chicks at Norwich Cathedral. It was wonderful to be part of the play that was written and performed at the Cathedral where we were given the task of watching the nest and reporting to the audience as well as a poem being read. As these three chicks will soon fly the nest we have decided to follow the live cam of the penguins at Edinburgh Zoo!

A company called Utility Aid very kindly donated some delicious cakes to celebrate International Tea Day. We also had our first 'Pimms' of the summer expertly made by Sean. Another first was a lolly which was made by the Aldous Icecream company which they re-introduced from the 1960s. Joan who is part of the family was the first to try this and gave her seal of approval on the lime flavour!!

We made it 'meaningful May' to focus on the things we can do rather than what we cannot. To notice the beauty in nature, even if you are indoors, or try and go outside for five minutes and look up at the trees. To sing, laugh and enjoy each other's company which does not cost a penny!!

*Maria*



**Shop Trolley with Mel**  
Friday 18th June 2021

