

Neighbours

MONTHLY NEWSLETTER FOR CORTON HOUSE AND
BRAKENDON CLOSE

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VOLUNTEERS NEEDED!



Hello everyone and welcome to July's issue of Neighbours.

As the year wears on, I am keen to get started with one of the projects we have planned to celebrate not only the 70th anniversary of Corton House Ltd, but also more generally, later years as an enriched and interesting phase of life, there to be enjoyed as much as possible.

We are hoping to publish a book, filled with words of wisdom and anecdotes from the lives of those who live in Corton House and Brakendon Close. Some of you have already told me some fascinating stories from your earlier lives, and thank you for sharing these with me. I am certain that you all have interesting stories to tell!

I would be very grateful if you could

contribute either by filling out a short questionnaire (available on request) or by chatting with me over a cup of tea - just speak to Maria, Mel, Lorraine or Sue and we can arrange this. I would also love to include some photographic portraits of residents and tenants, alone or in groups: sitting in your flats, rooms or a favourite place within the home; or perhaps even pursuing one of your interests or hobbies.

I hope that this book will not only honour the ethos of Corton House and its longstanding commitment to supporting people to live later life to its fullest, but also be a fitting reflection of what makes Corton House and Brakendon Close so special - the community of people living and working within it!

Have a lovely July!

IMOGEN

News

IN A PICKLE

Residents recently enjoyed "Curious Cultures: A Practical Workshop in Fermenting Food." Jo and Jack from Curious Directive brought in herbs such as Greek basil and mint as well as fennel seeds which can all be used for fermenting, and offered plenty of sensory stimulation through scent and touch.

It was a fascinating hands-on session with some tasting at the end!



CONGRATULATIONS AEDAN!

Congratulations to Corton House Kitchen Assistant Aedan who is now proud dad to lovely little Evander, pictured here wearing one of Norma's knitted hats!



MORE FROM NORMA'S NEEDLES...

We are proud to report that Norma in Corton House has now knitted an incredible **700** baby hats for the neonatal unit at Norfolk & Norwich University Hospital.

SUNFLOWER SUCCESS

Residents in Corton House are rightfully proud of the beautiful sunflowers they have grown from seed.



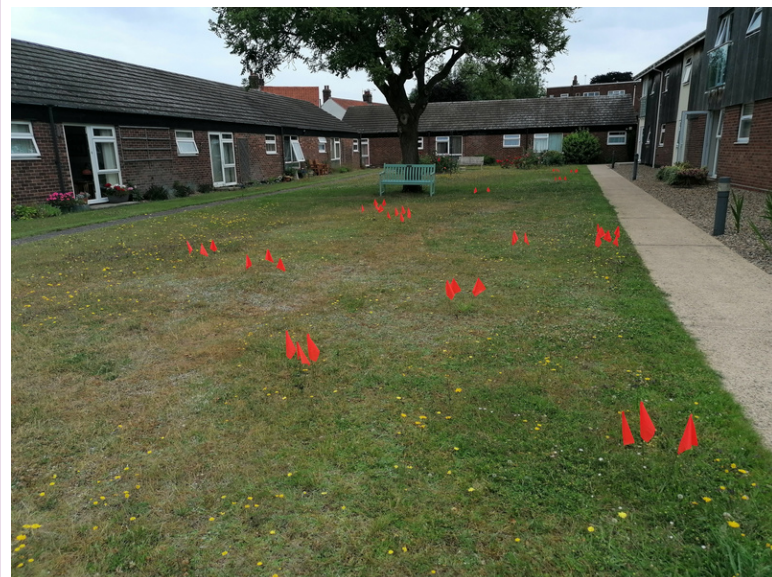
Margaret and Helen planting seeds back in April (above) and look how they've grown (below)!



BRAKENDON IN BLOOM

It was a pleasure to see tenants featured in the EDP recently relaxing alongside the crop of bee orchids growing on the main lawn at Brakendon Close. There is a copy of the full article on the noticeboards in Brakendon Close and Corton House.

Adrian has been diligent in protecting the flowers from trampling, taking great care to mark each one out with a sea of small red flags (below).



From the Activities Coordinators

MARIA

We are trying to make the most of this lovely weather and garden so we have enjoyed listening to Darrin, a wonderful entertainer, whilst sipping a Pimms or fruit cup!

There has been a sprinkling of pampering with relaxing hand massages and generally socialising outdoors. Sheila (pictured on the cover) is thrilled with her sunflower growing at some speed along with other residents who planted from seed. The sun and nature makes us feel happy, relaxed and grateful to have such a fantastic space to enjoy.

We still find time to do exercises – it was International Yoga Day and we did some breathing techniques and other seated yoga to ensure we can keep moving. One of our favourite games is “Boccia” which also encourages us to use hand/eye co-ordination and some competitive spirit made for a fun afternoon.

The second session of the Little Visitors baby group gave us such joy, although all including the babies were exhausted after the hour was up! It stimulates such special memories, but also for some residents who do not have children the simple pleasure of being around these small humans.

Flower arranging creates a calming way to spend an afternoon and the residents are always happy to see fresh flowers in the dining room.

We are leaving our bunting up all summer long as we plan to organise other activities/events this summer, watch this space!



From the Scheme Manager

LORRAINE

'Rain, rain, go away, come again another day!' we used to sing in days gone by. Now, with this spell of hot weather, we are all wishing for the rain to fall and drench our thirsty gardens - and keep our beautiful roses happy! (pictured below right)

'We are never satisfied' is something often heard and said in Norfolk. We are in the process of researching all things Norfolk in readiness for a celebration of Norfolk Day on the 27th of July. We are planning a programme of entertainment, including poetry, music, funny tales and a finger buffet.

We haven't been able to celebrate this event since 2019 due to the pandemic. That was the year when a tenant wrote and read a poem about the Queen and Prince Philip coming to tea at Brakendon Close, on the bus with their bus passes from



Sandringham! We also had a talk on 'dwile flonking'! An East Anglian pub sport involving two teams attempting to avoid a beer soaked dwile!

Mature readers will know that a dwile is an old term for floor cloth and flonking means to fling! No one seemed to remember the score, but players recall feeling fragile the following day! We are looking forward to an afternoon of fun and laughter which is something we all need!



Above: Another lovely puzzle completed by Audrey, who continues to donate puzzles to Corton House - if you have any you would like to share with residents please let Lorraine, Sue or Imogen know.



From the Chaplain

RHONWEN

'As I write this, preparations are being made for The Lord Mayor's Celebration which happens from Friday 1st to Sunday 3rd July.

I live in the centre of the city, so I am keen to see the list of road closures and worry that I will be unable to drive to and from Corton House on Saturday. It may be easier to leave the car at home and walk, and then I worry if I've given myself enough time, and whether I'll need an umbrella, I'm quite exhausted just thinking about it!

And then, more seriously, if I attempt to watch The News on the television, or read the latest headlines, it seems that our world is going through such awful

situations at present. What will happen? What does the future hold? It is not surprising that there is a rise in the numbers of those suffering from mental health problems.

As Christians we can read from the 1st Letter of Peter, Chapter 5, verse 7 "cast your anxiety on him, because he cares for you."

There is a song based on these words which I would like to share with you.

Please remember that if you do have a worry which you wish to share, I am available as your chaplain for each and everyone of you.

Every Blessing, Rhonwen

CAST YOUR CARES ON HIS SHOULDERS
OH CAST YOUR CARES ON HIS LOVE

IN MY WEAKNESS, IN MY TROUBLE
HE WON'T LET GO
IF I LOSE MY WAY, LORD I PRAY
LEAD ME HOME.

IN THE DARKNESS, WHEN IT'S HARDEST
YOU ARE MY HOPE
IN MY HIGHS AND LOWS

WHEN I'M LONELY, CONSOLE ME
IGNITE MY FAITH
IN THESE BROKEN DAYS, FIX MY WAYS
WITH YOUR GRACE.

WHEN I'M SEARCHING,
WHEN I'M HURTING,
YOU'RE MY HIDING PLACE
I'LL TRUST IN YOUR WAYS

CAST YOUR CARES ON HIS SHOULDERS
OH CAST YOUR CARES ON HIS LOVE.



From the Board

JACK MINNS, BOARD MEMBER

'It is a pleasure to have been asked to write in this latest edition of Neighbours to re-introduce myself to you all.

My name is Jack Minns, and I joined the Corton House Board as Finance Director in June 2020 to work closely with Tom and the finance team at Corton House.

I am a Chartered Accountant (qualified in 2011) and Partner at accounting firm Larking Gowen, in Norwich; therefore, I hope to play a proactive role on the Board as well as ensuring we are meeting our compliance requirements.

As a Board we are keen to continue to invest in and improve Corton House and Brakendon Close so it is the best environment it can be for our residents

and tenants.

Hopefully you have all seen some notable improvements over the last two years, but if you had any suggested improvements, we would love to hear from you so that these can be discussed and prioritised at Board level.

Outside of work and Corton House, I enjoy spending time with my young family, and I hope to be able to bring my daughter (Sophie - 6) and son (Jamie - 3) to the site to meet you all. I am also a big football fan and I have been a season ticket holder at Norwich City for over 20 years.

I really hope I get to meet many of you over the coming months and years as part of my role at Corton House Ltd and the anniversary celebrations and welcome any suggestions you might have on projects we should consider for the future.

Thank you for reading. JACK

SUMMER FUNDRAISER SATURDAY 27TH AUGUST BRAKENDON CLOSE GARDENS



WE ARE HOPING TO HOST A SUMMER FUNDRAISER FOR THE BRAKENDON CLOSE AMENITIES FUND AND CORTON HOUSE. TO BE A SUCCESS WE KNOW WE'LL NEED PLENTY OF HELPING HANDS!

WE'LL BE ASKING FRIENDS, FAMILY, STAFF, BOARD MEMBERS, RELATIVES AND THE GENERAL PUBLIC TO HELP OUT. IF YOU WOULD LIKE TO VOLUNTEER AND GET INVOLVED ON THE DAY PLEASE LET US KNOW.

