



Castlebank Care Home

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September 2022



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A Note From Daniel and June



A time for reflection

We do hope the this newsletter finds you well after a sombre couple of weeks. The sad news of the passing of Her Majesty Queen Elizabeth II has been a life event where we have taken time to reflect, grieve and appreciate the longevity of the Queen's reign, the longest of any monarch in British history! Despite the melancholic tone, we must also recognise that this is an amazing achievement and something to be celebrated and cherished.

It is also incredible to think of all the changes that have taken place over the past 70 years! From technology and music to medicine and also everyday life in British society. Unfortunately, time does not stand still and so we must hold special memories close to our hearts and fill our lives with positive events and aspects of life that make us smile and feel good inside.

At Castlebank, we have had a busy few weeks with many of our residents enjoying a trip to the seaside earlier this month. It was lovely to get the opportunity to appreciate some sea air in South Shields and also welcome a fish and chip supper which always seem to taste better by the sea!

As we move into the Autumn, we hope to introduce a range of new activities including clay modelling and flower arranging. Both of which provide new skills and sensory engagement to our residents, as well as promoting creativity and cognitive stimulation. The end products also brighten up our home which looks so pretty when there is art work on display.

Please take care and try to stay positive!

With very best wishes,

Daniel and June

Guess the year

In this section we travel back in time to a mysterious year from the past. All you after to use the clues to work what the year it is?

Clue 1 NEWS: The three day week occurs due to strikes on gas and electricity.

Clue 2 SPORT: Host nation West Germany defeat the The Netherlands 2-1 in the FIFA World Cup.

Clue 3: MUSIC: No 1s include: Tiger Feet by Mud, When will I see you again by The Three Degrees, Kung Fu Fighting by Carl Douglas and Waterloo by Abba who win The Eurovision Song Contest.

Clue 4: FILM / TV: Rising Damp, Tiswas and Rhubarb and Custard made their TV debut, Meanwhile The Great Gatsby and The Man with the Golden Gun were big box office hits..

Clue 5: TRIVIA: McDonalds opens its first restaurant in the UK, in Woolwich, South London!

The year from the last edition was 1996!



Castlebank Photo Album

Over the past month Castlebank has been a warm hub of happiness, celebration and enjoyment and here are some of the photos that capture and reflect on some of these moments and celebrate our wonderful residents.

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Activities for September

As we enter a new season, there is a hopefully a final opportunity to appreciate some late Summer sunshine especially as we have our trip to seaside to look forward to! We also have a range of arts and creative skills planned in the month ahead. Here is just a flavour to what we have on offer:

- Day trip to Sunny South Shields with a fish and chip supper!
- Modelling with air drying clay
- Reminiscing afternoons where we take a nostalgic look at years gone by where residents can share their own personal memories.
- Proverb quiz and bingo (eyes down)
- Baking and cooking afternoons.
- Indoor garden making and flower arranging



Poetry Corner



“No other
British Monarch
has reigned so nobly,
worked so tirelessly,
or loved her people so profoundly.

Radiant and dignified
amidst the setting sun of a fading empire,
she stopped the dashing hooves of time,
stood firm with unerring grace,
and bid the very setting sun reverse its course
to shine another day for generations yet to come.”

David Vargo (referring to HM Queen Elizabeth II)



We do hope that these jokes make you smile this September!

What reads and lives in an apple?

A. A bookworm!

What did the oak tree say when Autumn came round?

A. Leaf me alone!

Why did the scarecrow win the Nobel prize?

A. Because he was outstanding in his field!

What's the cutest season of all?

A. Awwtumn!

Who led all the apples to the baker?

A. The pie-piper!



September Birthdays

We would like to wish the following residents that are celebrating their birthdays in June a very happy birthday; Richard Rowell (6th).

