

Castlebank Newsletter



January 2023



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A Note From Daniel and June



Happy New Year

A new dawn, a new day and hopefully a happy, healthy and prosperous new year for us all! After a challenging couple of years with the pandemic we now look forward with optimism to 2023.

We begin this newsletter with some important staffing news. June Pearson, our Care Home Manager will be leaving at the end of February after an incredible 25 years at Castlebank. Ruth Liddle will sadly also be leaving after a staggering 30 years. We wish them the very best of luck for the future and appreciate their service, hard work and dedication. Daniel is currently recruiting for new team members and a new structure will be announced very soon.

Last month we focused on Christmas and had so much fun with the quizzes, games and parties. Now the new year has arrived all too quickly, and therefore this month we will be focusing on Winter and observing the weather outside and how the temperatures and our environment has been changing. A new year also provides us with an opportunity to reflect and make positive changes no matter how small; whether it is making healthier choices, or simply focusing on mental well being and personal happiness.

Castlebank would like to remind you that we welcome feedback from anyone involved with our home. We strive to respond to the expressions of our residents, but many are not able to express themselves. Consequently, would love to hear and welcome feedback from anyone within our community.

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: Candles make a comeback as electricity blackouts caused by the Miners' Strike leave Britain in darkness!

Clue 2 SPORT: Great Britain wins 6 gold medals at the Summer Olympics held in Munich.

Clue 3: MUSIC: No.1s include: Schools out for Summer by Alice Cooper, Metal Guru by T Rex, Son of my Father by Chicory Tip and Long haired lover from Liverpool by Jimmy Osmond.

Clue 4: TV AND FILMS: Colombo, Mastermind and Rainbow all make their TV debut, while The Godfather is big at the cinema.

Clue 5: TRIVIA: The New Seekers teach the world to sing with a coca cola commercial!

The year from the last edition was 1993!



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 January

A new year is a perfect opportunity to try your hand at something new! Why not try your hand at a new craft or skill. We have an exciting array of activities to fill your January with fun and enjoyment!

- Cooking afternoons making sweet treats and snacks.
- Music afternoons with singalongs and karaoke.
- Winter craft making including; printing, stencils and paper flower making.
- Games including; skittles, dominoes and jigsaws.
- Wag and Co. dog therapy.
- Movie and music afternoons with singing, memory boxes and personal recollections.
- Chinese New Year and Burns Night celebrations



Poetry Corner

New Year's Poem

CEIRIB PORA SI SAAM ZETRE - OPIRE GUDCOA

I have seen one full year go by,
three-hundred and sixty-five days, oh my!
For it is here,
the last day of the year.
December, thirty-first,
I'm going to burst!
To this year, I say goodbye,
for next year I see in my eye
A year full of fun and joy,
I will certainly be older, oh boy!
So many days to be all mine,
I know for sure the sun will always shine!
I place myself in a fresh, new time,
where I make resolutions that are just
fine.



We do hope that these jokes brighten up the chilly Winter days.

What's a New Year's resolution?

A. A to do list in January!

How did Jack Frost get to work on New Year's Day?

A. By – icicle!

How can you farm in the Winter?

A. Using a snow-plough!

What did the chimney hope to do in the new year?

A. Stop smoking!

What do you say on 1st January?

A. Last year just seems like yesterday!



January Birthdays

We would like to wish the following staff members that are celebrating their birthdays in January a very happy birthday; Katelyn Slater (4th), Mandy Kemp (11th), Julie Gowland (23rd) and Alison Boughey (29th).

