

The Castlebank Chronicle

www.castlebankcarehome.co.uk



April 2023

A note from Daniel & Lynne

Hello,

Welcome to this new edition and format of our monthly newsletter! Spring is a time for new beginnings and that sentiment is also true at Castlebank as the past few months we have experienced one some of the biggest staffing changes in the care home's history. Last month after over three decades of service both Ruth Liddle and June Pearson have made the decision to move on to pastures new. May we take this opportunity to thank them both for their hard work and dedication and wish them well in their future.

It is also our pleasure to welcome back and reintroduce Lynne Rowland who returns to Castlebank as the new Deputy Manager. Alongside, Lynne we also welcome back Kate Boughey who re-joins Castlebank as the new Support Co-ordinator, Susan Major who returns to lead Activities again, Tracey Gwynette who returns to our care team and new team member; Barbara Glendenning . We welcome all new staff members to our Castlebank Family and look forward to working together to deliver outstanding care.

It is important to note that with a transition of staff the designated safeguarding leads at Castlebank are now Daniel Squibb and Lynne Rowland. Should you have any concerns no matter how small, please do keep them informed in order to act in the greater good of both residents and staff.

On a lighter note, this Spring has been a busy one with many of our residents enjoying a visit by our local Member of Parliament; Mr Richard Holden. Our "Tea with the MP" event with many of our residents sharing anecdotes and reminiscing about the local area as well as enjoying sweet treats and a cup of tea!

Over Easter weekend we relished the opportunity to enjoy a wealth of craft activities including making Easter bonnets and also indulging in some chocolate treats. We now look forward to the new season with hope and optimism with blossom of the trees providing us with a flavour of longer and sunnier days on the horizon.

Over the next month as well as being part of history,

Castlebank will be in partaking in the Coronation of our new monarch; Charles III. We are in the process of planning a montage of activities to mark this event including an afternoon tea with regal delicacies and activities galore! If you do have any suggestions to mark this momentous event or in similarly if you have any thoughts to enhance our newsletter please do email your ideas to: adam@dslam.org.

We do hope that you make the most of the forthcoming bank holidays over the next few weeks and look forward to seeing as many families, friends and relatives in Castlebank.

With warmest regards,

Daniel and Lynne



GUESS THE YEAR

In this section we reflect back on a year in history. All you have to do is unpick the clues to work out what the year is!

News: The one pound note stops being legal tender and Sue Lawley was attacked by protestors while reading the news.

Sport: Gerhard Berger wins the British Grand Prix and Wimbledon FC win the FA Cup Final

Music: Number 1s include:

Orinoco Flow by Enya, I should be so lucky by Kylie Minogue and One Moment in Time by Whitney Houston.

TV: Programmes making their debut include; This Morning, Countryfile and Wheel of Fortune.

Films: Box office hits include: Who Framed Roger Rabbit and A Fish Called Wander.

Toys: Teenage Mutant Ninja Turtles are on every child's wish list!



CASTLEBANK PHOTO ALBUM



Richard Holden at "Tea with the MP".



Chair based activities and Easter treats.



Wag and Dog with four legged friends!



Celebration and enjoyment as we embrace Spring!

ACTIVITIES FOR MAY

Monday 1 st May	Tuesday 2 nd May	Wednesday 3 rd May	Thursday 4 th May	Friday 5 th May	Saturday 6 th May	Sunday 7 th May
Move it or lose it & Parachute Game	Baking Session Cup cakes	Friendship Dog Sky	Gentle -Chair Based Exercisers	Tea & Chat	King Charles III Coronation	King Charles III Afternoon Tea
Monday 8 th May	Tuesday 9 th May	Wednesday 10 th May	Thursday 11 th May	Friday 12 th May	Saturday 13 th May	Sunday 14 th May
King Charles III Celebrations	Home baking Scones	Skittles & Scrabble	Art therapy	Reminiscing Time	Pampering & Grooming	Relaxing
Monday 15 th May	Tuesday 16 th May	Wednesday 17 th May	Thursday 18 th May	Friday 19 th May	Saturday 20 th May	Sunday 21 st May
General knowledge Quiz Day	Baking Biscuits	Friendship Dog Sky	Gentle- Chair Based Exercisers	This Is Me Music time	Relaxing	Movie Time
Monday 22 nd May	Tuesday 23 rd May	Wednesday 24 th May	Thursday 25 th May	Friday 26 th May	Saturday 27 th May	Sunday 28 th May
Art & Crafts	Baking Session	Quoites	History Reminiscing	Tea & Chat	Movie Time	Grooming & Pampering

POETRY CORNER

All The World's Alive Again

by Jennifer Gunner

The rabbit hops its gentle step
 The lark sings lyric songs
 All the world's alive again
 Spring rights the winter wrongs.

Mother hen protects her chicks
 White blossoms are in bloom
 All the world's alive again
 No snowy clouds to loom.

A kitten chirps her tiny mew
 The child blinks his eyes
 All the world's alive again
 A new world crystalized.



Jokes

We hope that these seasonal puns put a Spring in your step!

Q. What did the dirt say to the rain?

A. You better cut it or my name will be mud!

Q. What do you get when you push a bunch of Easter eggs down the hill?

A. Spring Rolls!

Q. When is the best time to wash your trampoline?

A. During Spring Cleaning!

Q. What's a flower's favourite pickle?

A. A daffo-dill!

Q. How do brand new Spring flowers greet each other?

A. "Hey-bud!"



April Birthdays



We would like to wish the following residents and staff members a very 'happy birthday'!

Kate Boughey (17th) and June Oswell (25th)



Unforgettable Birthday

I'm wishing you a birthday
You never will forget,
A day packed full of pleasure,
Your very best birthday yet.

And when your birthday's over,
I'm wishing quite sincerely
That happiness and joy and fun
Will fill your birthdays yearly!

By Joanna Fuchs
Poemsource.com



Castlebank Care Home

Castlebank Care Home
26 Castle Bank
Tow Law
Bishop Auckland
DL13 4AE

01388731152 | office@castlebankcarehome.co.uk