

# The Castlebank Chronicle

www.castlebankcarehome.co.uk



June 2023

## A note from Daniel & Lynne

Hello,

Welcome to the June edition of our newsletter! We have been experiencing some seasonally warm and sunny weather lately which has been met with mixed feelings! On the positive side it has meant that many of our residents have been able to enjoy our lovely garden and relish in the outdoors whether this is doing a spot of gardening or quite simply enjoying the sunshine with an ice lolly.

It is also important that we keep protected in the sun as the UV rays can be intense at this time year, even if there is a cool breeze. We work hard to ensure that all of our residents and staff keep regularly hydrated and wear the appropriate sun protection including; sun screen, sun hat and especially for the fashion conscious some stylish sun glasses! The comfort of our residents is paramount and we strive to ensure that our care home environment is kept at a temperature that satisfies all of our residents.

We have enjoyed a retrospective festival-esque mood at Castlebank over the past couple of weeks following the success of our 80s evening.

The event which was held in the evening so that friends and relatives could participate in the fun proved to be a huge success! Our residents and staff enjoyed dressing up in an eclectic array of fancy dress costumes as well as dancing to some classic tunes thanks to our DJ. We are already planning similar events for later in the Summer so watch this space!

Later this month we also have a further events to look forward to including tennis at Wimbledon, Fathers' Day and the first Trooping of the Colour for King Charles III. June is also Pride month where we honour and respect our LGBTQ community. Here at Castlebank we plan to incorporate these national and global events in our activities programme through sporting and craft pursuits alike.

In this and future editions of our newsletter we also plan to have a 'hot topic' reflecting key themes that are of interest to the care sector. This month our theme is delivering 'sustainable care'. For care to be 'sustainable' we believe

that it should reflect an individual's choices. At Castlebank this is achieved by encouraging and empowering our residents to make their own decisions appropriate to their needs. This concept is also echoed by Care England who define "Sustainable Care" as; *"quality service provision that enables people in need live with comfort, dignity and choice."* Source: Care England, 2023. Sustainability in the care sector is a concept that is regularly under review and therefore we welcome and appreciate any further thoughts or suggestions that you may have as to how our staff can deliver care that is 'sustainable'. Please do get in touch by email or the usual social platforms with your ideas and suggestions. We do hope that you enjoy the longer, brighter days of June!

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:** Terrorist aircraft crash into the Twin Towers in New York

**Sport:** Liverpool win the FA Cup final beating Arsenal 2-1.



**TV:** Both Popstars and Pop Idol are Saturday night favourites while The Weakest Link makes its debut!

**Music:** Number 1s include: Don't stop moving by S Club 7, Can't get you out of my head by Kylie Minogue and Whole Again by Atomic Kitten



**Films:** Harry Potter and the Sorcerer's Stone, Shrek and Monsters Inc were all box office hits.

**Toys:** Bob the Builder is on every child's Christmas list and the first ever iPod is launched!

*Last Month's year: 1988*



# CASTLEBANK PHOTO ALBUM



Ladies at leisure enjoying some relaxation.



Activities galore party food!



"I wanna dance with somebody!" at our recent 80s party evening!

# ACTIVITIES FOR JUNE AND JULY

**SUBJECT TO CHANGE DUE TO CIRCUMSTANCES BEYOND OUR CONTROL.**

Monday 26 <sup>th</sup> June	Tuesday 27 <sup>th</sup> June	Wednesday 28 <sup>th</sup> June	Thursday 29 <sup>th</sup> June	Friday 30 <sup>th</sup> June	Saturday 1 <sup>st</sup> July	Sunday 2 <sup>nd</sup> July
Picture this Days Gone by. & Connect 4	Baking session With Lisa & Susan & Bingo	Music Time & Scrabble	Art Therapy & Reminiscence Veterans' week	Gentle-Chair-Based Exercisers	Relaxing & Pampering	Afternoon Tea & Movies
<b>Monday 3<sup>rd</sup> July</b>	<b>Tuesday 4<sup>th</sup> July</b>	<b>Wednesday 5<sup>th</sup> July</b>	<b>Thursday 6<sup>th</sup> July</b>	<b>Friday 7<sup>th</sup> July</b>	<b>Saturday 8<sup>th</sup> July</b>	<b>Sunday 9<sup>th</sup> July</b>
Play your Cards Right & Dominos	Hairdresser visiting & Baking session	Skittles & One to Ones	Move it or Lose it	Music Time & National Chocolate Day	Movie & Time	Relaxing & Time
<b>Monday 10<sup>th</sup> July</b>	<b>Tuesday 11<sup>th</sup> July</b>	<b>Wednesday 12<sup>th</sup> July</b>	<b>Thursday 13<sup>th</sup> July</b>	<b>Friday 14<sup>th</sup> July</b>	<b>Saturday 15<sup>th</sup> July</b>	<b>Sunday 16<sup>th</sup> July</b>
Gentle-Chair- based. Exercises & Connect 4	Home Baking Scones & Bingo	Sensory Stories & Activities	Connect 4 & Parachute Game	Move it & To Music	The Waltons D V D Afternoon	Pampering & Grooming
<b>Monday 17<sup>th</sup> July</b>	<b>Tuesday 18<sup>th</sup> July</b>	<b>Wednesday 19<sup>th</sup> July</b>	<b>Thursday 20<sup>th</sup> July</b>	<b>Friday 21<sup>st</sup> July</b>	<b>Saturday 22<sup>nd</sup> July</b>	<b>Sunday 23<sup>rd</sup> July</b>
Scrabble & Games	National Nelson Mandela Day & Reminiscence	General Knowledge & Quiz Day	Art Therapy & Plan your cards Right.	Tea & Chat	Relaxing & Movie Time	The Sound of Music Afternoon Starring Julie Andrews
<b>Monday 24<sup>th</sup> July</b>	<b>Tuesday 25<sup>th</sup> July</b>	<b>Wednesday 26<sup>th</sup> July</b>	<b>Thursday 27<sup>th</sup> July</b>	<b>Friday 28<sup>th</sup> July</b>	<b>Saturday 29<sup>th</sup> July</b>	<b>Sunday 30<sup>th</sup> July</b>
Dominos & Games	Sensory Stories & Activities	Connect 4 Rhythmic Breathing Techniques	Gentle -Chair -Based exercises To Music	Tea & Chat & One to Ones	Pampering & Relaxing	Afternoon Tea

## POETRY CORNER



**Summer wishes**

I wish for summer's sunny days  
To come and visit me,  
So I can play in meadows green  
Or splash in the cool blue sea.

I wish for candy floss white clouds  
To drift across the sky,  
So I can play at guessing shapes  
As they slowly sail on by.

I wish for sizzling barbeques,  
For delicious finger food;  
For burger baps and hotdog rolls,  
When everything tastes so good.

I wish for all my friends to play  
Together in the sun;  
To run, to hide, to chase, to jump,  
To always have great fun.

### Jokes

We hope that these Summer ticklers make you smile as you enjoy the sunshine!

**Q. What did the pig say on a hot day?**

A. I'm bacon!

**Q. What do you get when you cross an elephant with a fish?**

A. Swimming trunks!

**Q. Why don't oysters share their pearls?**

A. Because they're shellfish!

**Q. What's black and white and red all over?**

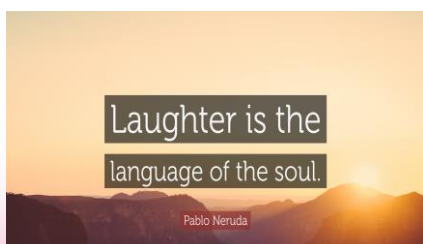
A. A zebra with sunburn!

**Q. Why are fish never good tennis players?**

A. Because they get too close to the net!

**Q. Why did the teacher jump into the pool?**

A. He wanted to test the water!

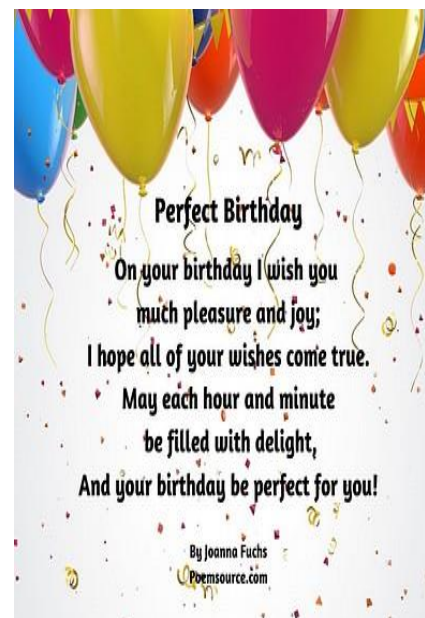


### June Birthdays



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

William Thirlway (1<sup>st</sup>), William Gray (2<sup>nd</sup>), Nancy Everitt (13<sup>th</sup>), Ann Gray (21<sup>st</sup>) and Fay Simpson (23<sup>rd</sup>).



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