

The Castlebank Chronicle

www.castlebankcarehome.co.uk



July 2023

A note from Dan

Hello,

Well July has arrived and after a blisteringly warm start to the Summer it is fair to say that the weather has become much more unsettled with rain, thunder and often all four seasons in the same day or even hour! Let's hope that the sunny, warm weather resumes so that we can enjoy BBQs and some trips to the seaside with our friends and family.

Despite the unseasonably chilly weather, it is still important to keep regularly hydrated and remain 'sun safe' by wearing sunscreen with a minimum SPF of 20. At Castlebank, a variety of hot and cold refreshments as well as ice lollies are available at all times to keep residents and staff cool and hydrated.

Over the past few weeks we have relished a happy atmosphere at Castlebank welcoming new residents and enjoying celebrations with milestone birthdays and also outdoor pursuits such as gardening and skittles. Meanwhile, those residents who prefer to be indoors have taken great interest in the Summer events such as the Wimbledon tennis

championships and also King Charles III first ever Trooping of the Colour!

Our hot topic for this month is the issue of 'oral health'. A recent report (March 2023) by the Care Quality Commission (CQC) has identified that 91% of care homes in England are aware of the NICE oral health guidance. At Castlebank, we are keen to follow this guidance by ensuring that all residents get an oral health assessment on admission and promote cross sector integration between the care home and local dental professionals #smilingmatters. We can also help prevent tooth decay and look after our teeth by frequently drinking water between meals and also using a fluoride based toothpaste and mouthwash; cleaning teeth twice a day as a minimum.

July is also Pride Month which means celebrating diversity. At Castlebank we value and recognise that everyone is unique and have been painting the colours of the rainbow through our art and craft activities while also raising awareness that all of our

individual characteristics and personalities encourage and promote Castlebank to be a tolerant environment for all where everyone is welcome, respected and valued.

Later this month the schools will break up for their Summer break. This can be a financially challenging time for many parents, as well as keeping children occupied, food costs increase especially for parents of children who usually have free school meals. It is worth noting that both Morrisons and Asda are offering support for families by offering discounted meals for children over the holidays:

<https://www.morrisons-corporate.com/media-centre/corporate-news/source-nfu-morrisons-flower-food-has-been-devel/>

<https://corporate.asda.com/newsroom/2023/05/23/asda-extends-popular-1-kids-cafe-meal-deal-this-may-half-term>

We hope that whatever the weather you have a safe and enjoyable month ahead.

With best wishes Dan

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: Dana International, is the first transgender person to win Eurovision. Human Rights Act also receives Royal Assent.

Sport: France (the host nation) beat Brazil 3-0 in the World Cup.

Music: No1s include; Believe by Cher, No matter what by Boyzone and C'est la vie by B*Witched.

TV: Comedy; Goodness Gracious Me, South Park, SM:TV and Who wants to be a millionaire? All make their tv debut.

Films: Godzilla, Tomorrow Never Dies and Titanic are huge at the box office.

Toys: Furbys, Tamagotchi and pro spinner yoyos are on every child's wish list!

Trivia: Sunny Delight is launched in the UK as a 'healthy' alternative drink!



Last month's year: 2001

CASTLEBANK PHOTO ALBUM



Summer time tipples and treats!



Dancing and celebratory moments!



Residents and staff enjoying the Summer sunshine.



It's "pimms o'clock" at our strawberry team which was enjoyed and relished by all.

ACTIVITIES FOR JULY

SUBJECT TO CHANGE DUE TO CIRCUMSTANCES BEYOND OUR CONTROL.

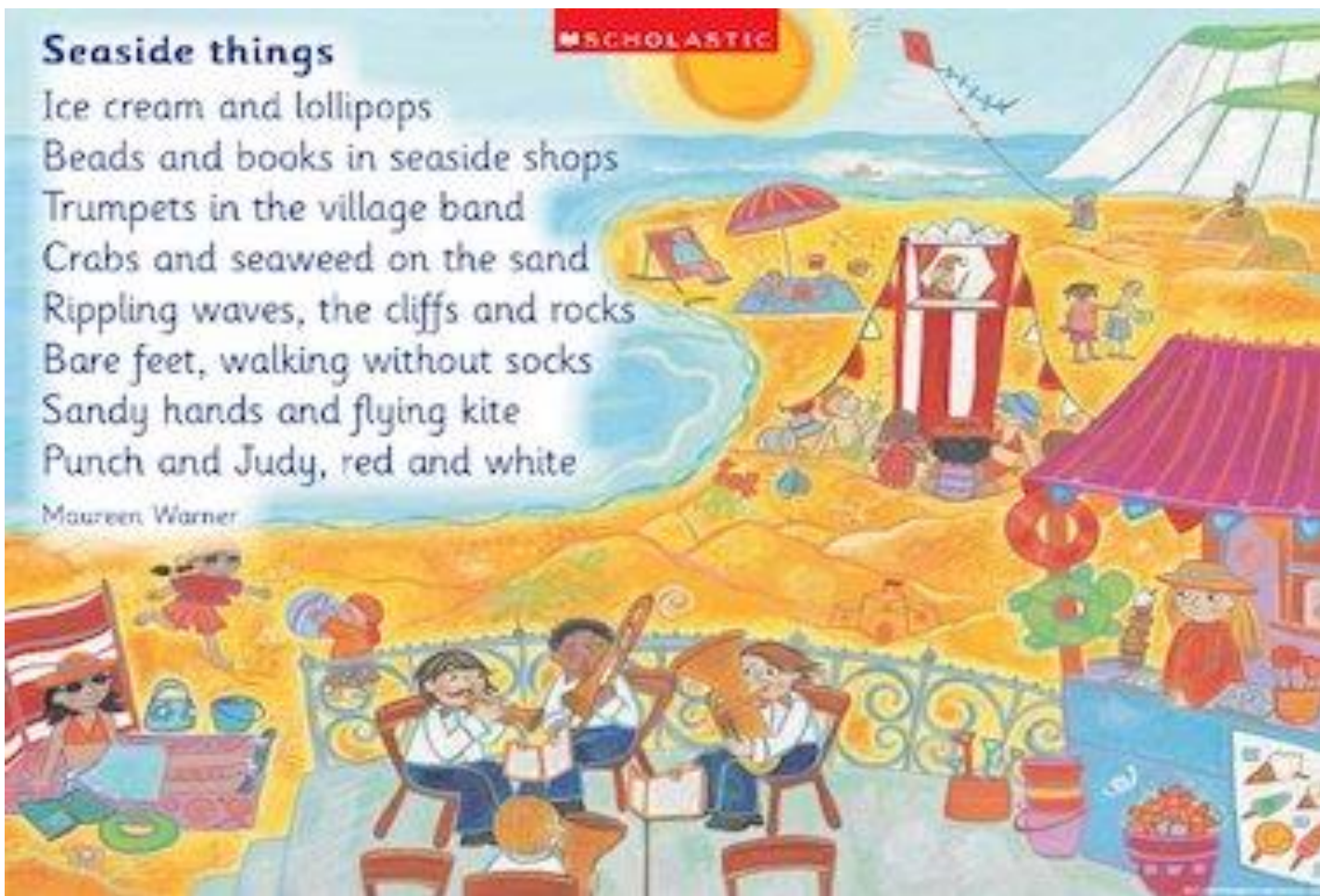
Monday 26 th June	Tuesday 27 th June	Wednesday 28 th June	Thursday 29 th June	Friday 30 th June	Saturday 1 st July	Sunday 2 nd July
Picture this Days Gone by. & Connect 4	Baking session With Lisa & Susan & Bingo	Music Time & Scrabble	Art Therapy & Reminiscence Veterans' week	Gentle-Chair-Based Exercisers	Relaxing & Pampering	Afternoon Tea & Movies
Monday 3 rd July	Tuesday 4 th July	Wednesday 5 th July	Thursday 6 th July	Friday 7 th July	Saturday 8 th July	Sunday 9 th July
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
Monday 10 th July	Tuesday 11 th July	Wednesday 12 th July	Thursday 13 th July	Friday 14 th July	Saturday 15 th July	Sunday 16 th July
Gentle-Chair- based. Exercises & Connect 4	Home Baking Scores & Bingo	Sensory Stories & Activities	Connect 4 & Parachute Game	Move it & To Music	The Waltons D V D Afternoon	Pampering & Grooming
Monday 17 th July	Tuesday 18 th July	Wednesday 19 th July	Thursday 20 th July	Friday 21 st July	Saturday 22 nd July	Sunday 23 rd July
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
Monday 24 th July	Tuesday 25 th July	Wednesday 26 th July	Thursday 27 th July	Friday 28 th July	Saturday 29 th July	Sunday 30 th July
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

Seaside things

Ice cream and lollipops
 Beads and books in seaside shops
 Trumpets in the village band
 Crabs and seaweed on the sand
 Rippling waves, the cliffs and rocks
 Bare feet, walking without socks
 Sandy hands and flying kite
 Punch and Judy, red and white

Maureen Warner



Jokes

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

Q. Why did the dolphin cross the beach?

A. To get to the other tide!

Q. What do mermaids sleep on?

A. Water beds!

Q. What kind of tree fits in your hand?

A. A palm tree!

Q. When do you go at red and stop at green?

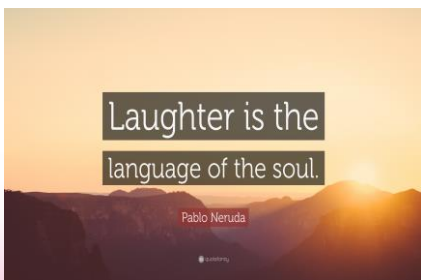
A. When eating a watermelon!

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

A. A zebra with sunburn!

Q. Why is the tennis court so loud?

A. Because all of the players raised a racket!

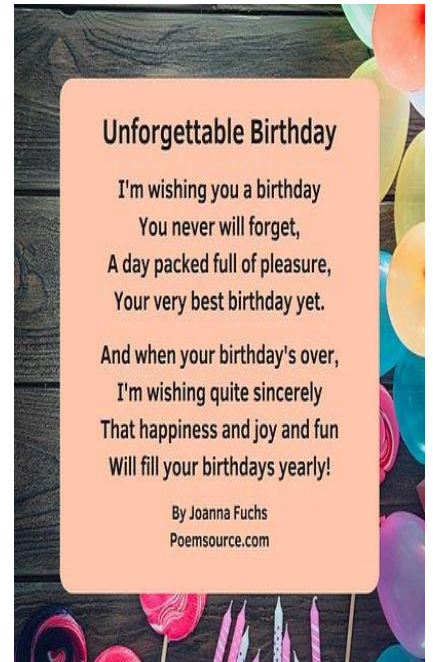


July Birthdays



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

Heather Bradley (2nd), Kylie Franklin (7th) and Lisa Hopps (11th).



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