



Castlebank Care Home

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December 2020 Newsletter



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A Note From Daniel and June



Season's Greetings

A warm welcome to this Christmas edition of our newsletter. 2020 will certainly be a year that we won't forget in a hurry, however despite the many challenges we have faced it is also important to recognise, reward and appreciate the hard work, passion and resilience all of our staff have shown over the past 12 months. To every member of staff a heartfelt thank you for all your amazing efforts and we have never been more proud to work with such a caring and conscientious team of individuals.

As we move into the festive season many of us will look forward to moments of fun and excitement with our nearest and dearest. Whilst we recognise how important this is, it is also essential to follow the government advice of Christmas being; "A time to be jolly, but also a time to be jolly careful!". By following such discrete caution so we can look forward to hopefully a brighter, safer and healthier new year.

Despite the restrictions in place we have a number of festive events planned for December including the ever popular annual pantomime, Christmas shows and musical gigs albeit socially distanced. We do hope that these events provide humour, enjoyment and happy cheer to all of our residents.

On behalf of everyone at Castlebank may we take this opportunity to wish you a happy and peaceful Christmas and a healthy and prosperous new year. With warmest wishes and kindest regards,

Daniel and June

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

 01388 731152

 office@castlebankcarehome.co.uk

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: John Lennon Is tragically assassinated outside his apartment block In Manhattan at the age of 40.

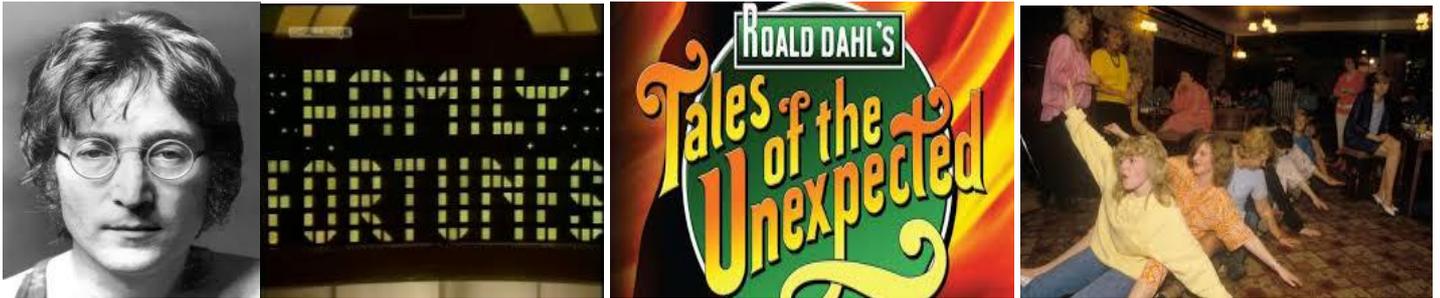
Clue 2 SPORT: Steve Davis wins the UK Snooker Championship.

Clue 3: MUSIC: Sheena Easton, Kelly Marie and Blondie all top the charts. "The tide Is high!".

Clue 4: FILM / TV: Family Fortunes, Barbara Woodhouse and Tales of the Unexpected were all popular on TV.

Clue 5: TRIVIA: A new floor sitting, rowing style dance is on trend to the track; "Oops up upside your head."

The year from last month's edition was 1977!



Castlebank Photo Album

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

Halloween and Remembrance Day 2020



Grace



Bobby



Betty with Lynne and George



Christina and Joan



Remembrance Day High Tea

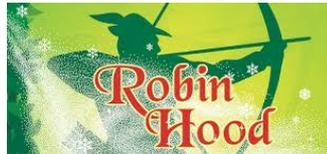


Window display by Ruth

Activities for December

As the festive season nears ever closer, Castlebank will begin to be transformed into a Winter Wonderland with lights and decorations aglow. We also have a wealth of Christmas activities for our residents to enjoy and engage with.

- Musical memories – A pre recorded Christmas show brought to us via Zoom link.
- Doorstep gig from Elton Wrong 3:00pm on Saturday 5th December.
- Robin Hood our Christmas Pantomime with a difference this year!
- Christmas Jumper and fancy dress from 19th December onwards.
- Creative activities including; baking, making Christmas cards, gifts and decorations.
- Pamper sessions where residents can have their hair cut and re-styled, manicures and Indian Head massage.



Poetry Corner

My Christmas Wish To You

If I could wish a wish for you,
it would be for peace, faith, and happiness
not only at Christmas,
but for the whole year through!

I wish that there always be food on your table.
That you always give to those less fortunate.
May you always take time to share,
and thank those who have blessed you.

I wish for time, so you may reflect
on the blessings that you have,
and that you express your love
to those who are dear to you.

May you never feel lonely,
because there are those who care.
That you realize: you are special,
you are unique, you make a difference,
not only at Christmas, but all year!

I wish for your thoughts to be positive ones,
that you never quit, that you never give up,
and that you continue to learn.

I wish for the love, and peace of God,
to be yours always.

Poem By Catherine Pulsifer



Here are the jokes folks...

We hope that you enjoy these festive jokes and that they enhance your Christmas spirits!

What do you call a blind reindeer?

A. No eye-deer!

Why are mummies such big fans of Christmas?

A. Because they enjoy wrapping!

Why are Christmas trees so bad at sewing?

A. Because they keep dropping their needles!

What is the name of the bird that has wings but can never fly?

A. Roast turkey!

What is the best ingredient to put into a Christmas pudding?

A. Your teeth!



December Birthdays

We would like to wish the following residents and staff that are celebrating their birthdays in December a very "happy birthday"; Lynne Rowland (16th) and Susan Snell (19th).



Friends and Relatives Survey

We value and respect the feedback of friends and relatives of our residents and therefore we would be grateful if you could take a few moments to complete a short survey about your experience of Castlebank Care Home by clicking on the link below. All responses will be treated with the highest degree of confidentiality. Your views will help make Castlebank an even happier place to live and work. Thank you for your time and co-operation.

<https://www.surveymonkey.co.uk/r/JHQLJSL>