



Castlebank Care Home

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February 2021



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A Note From Daniel and June



Hope and optimism

We hope that this newsletter finds you well this Winter. February is already upon us and as the days get that ever bit longer it is important to keep optimistic and hopeful for brighter days ahead as we experience one of the most challenging and bleak Winter's the country has experienced. It has certainly been a busy start to the year at Castlebank and we are pleased to confirm that the majority of our staff and residents have received the first dose of their COVID vaccine which gives us all a feeling of relief and hope.

Despite February being one of the shorter months we still have a variety of events to look forward to including Pancake Day marking the start of Lent and of course Valentine's Day in a couple of weeks time! Love is something that we have all experienced and welcomed during the pandemic and it has never been more important to share acts of love and kindness. As the song says, Love really is "all around".

We know this has been said previously, but may we take this opportunity to say a huge thank you to our wonderful, dedicated, hard working staff that have gone above and beyond their duties to put our residents first and keep them safe, happy and well cared for during this challenging time. You are all exceptional individuals, and we are incredibly proud of our Castlebank family.

Take good care and please keep safe.

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: The £1 coin Is Introduced In the UK and the first CD player Is released in the shops.

Clue 2 SPORT: John McEnroe wins Wimbledon.

Clue 3: MUSIC: No1's "Uptown Girl" by Billy Joel, "Thriller" by Michael Jackson and "Down Under" by Men at Work.

Clue 4: FILM / TV: Flashdance and Return of the Jedi were big in the box office, as was Blockbusters on TV.

Clue 5: TRIVIA: Breakfast TV Is launched with a famous rat and "Mad Lizzie" gets early risers moving!

The year from last month's edition was 1969!



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.

Winter 2021 at Castlebank



Mary relaxing.



Bobbie and Eileen enjoying a drink.



Cheers Christina!



Some snowy Winter scenes and sunrise over Tow Law

Activities for February

Despite the Wintery weather, we have a variety of stimulating activities for the month ahead. We look forward to the following happy events and activities.

- Musical moments where residents can appreciate a variety of songs, singing and music from the past.
- Crosswords, jigsaws, quizzes and puzzles.
- Creative activities including; baking, making gifts and arts and crafts.
- Pamper sessions where residents can have their hair cut and re-styled, manicures and chiropody.
- Coffee Mornings and Afternoon Teas whereby residents can chat with one another.
- Bringing the West End to Castlebank with film and musical afternoons, singing along of course is optional!



Poetry Corner

LOVE

Love is a gentle caring
a quiet concern
deeply hidden in the heart.
A presence always felt
everyday, every minute, every hour.
Love is a gentle embrace
between body and soul.
A quiet touch of the hand
a soft hug by warm arms
a caress of two souls.
Love is a great passion
between hungry hearts.
The intimate exchange
between mind, body and soul.
Love is always caring
always growing
always being there.
Love is a wonderful gift
shared by two blessed souls
experiencing Heaven on Earth.



Here are the jokes folks...

We hope that these Valentines puns lift your spirits and make you chuckle!

Did Adam and Eve have a date?

A. No, an apple!

Did you hear about the bed bugs that fell in love?

A. They are getting married in the Spring!

What did the girl cat say to the Tom cat on Valentine's Day?

A. You're purr-fect to me!

What is the difference between a £10 steak dinner and a £20 steak dinner?

A. 14th February!

What did the light bulb say to the switch?

A. You turn me on!



February Birthdays

We would like to wish the following residents and staff that are celebrating their birthdays in February a very "happy birthday"; Margaret Mac Kay 6th, Cynthia Foster 15th, Rita Thompson 18th, Robert Stonehouse 19th and Daniel Squibb 23rd.

