



Castlebank Care Home

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January 2021 Newsletter



Inside this Issue

January 2021

- Welcome
- Guess the year
- Photo Album
- Activities Update
- Poetry Corner
- Jokes
- Birthdays

A Note From Daniel and June



Happy New Year

Welcome to the first edition of the Castlebank Newsletter for 2021 and may we take this opportunity to wish you all a healthy and happy new year.

Despite the bleakness of this time of year January can be a point in time to set goals and aspirations for the year ahead. As many of our staff think about their own personal and professional targets for 2021, we are also continuously looking at ways we can improve and develop the quality of care that we deliver to our residents. Many of you will have recently taken time to complete our surveys. A huge thank you to everyone who took time to complete these questionnaires as your views are highly valued and respected. We are still in the process of analysing this information, but in general the feedback from staff, residents' and relatives has been incredibly positive. Please be rest assured that your feedback will ensure that Castlebank continues to be a happy, caring and progressive place to live and work.

We recognise that the ongoing second wave of the pandemic has reduced the connectivity many of our residents have with family, friends and the outside world. Therefore, we welcome and encourage telephone calls to our residents to ensure routine and continuity as well as frequently visiting our website and the online channels of social media for further updates..

Take good care and please keep safe.

Daniel and June

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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: "One giant leap for mankind". Neil Armstrong Is the first man to land on the Moon in Apollo 11.

Clue 2 SPORT: Manchester City won the FA Cup title after beating Leicester City 1-0.

Clue 3: MUSIC: "I heard It through the grapevine" by Marvin Gaye and "Sugar Sugar" by The Archies are No.1s.

Clue 4: FILM / TV: The Benny Hill Show, Nationwide and The Liver Birds were all popular on TV.

Clue 5: TRIVIA: The first ever B&Q store opens in Southampton!

The year from last month's edition was 1980!



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.

A Castlebank Christmas 2020



Cynthia eating her dinner.



Our Christmas buffet.



Bobby enjoying the fun!



Panto Time!



Mollie and Grace sporting the festivities.

Heather, Bessie and Betty looking forward to Christmas.



Here are the jokes folks...

We hope that these tummy ticklers lighten your spirits and make you chuckle!

What falls in Winter but never gets hurt?

A. Snow

What do you call it when a snowman throws a temper tantrum?

A. A meltdown!

What do women use to stay young looking in the Arctic?

A. Cold Cream!

What did the bug furry hat say to the warm woolly scarf?

A. "You hang around while I go on ahead!"

How did Jack Frost get to work on New Year's Day?

A. By icicle!



January Birthdays

We would like to wish the following residents and staff that are celebrating their birthdays in January a very "happy birthday"; Leslie Scott (24th) and Alison Boughey (29th).

