



Castlebank Care Home

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 @castlebank

March 2021



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A Note From Daniel and June



Spring Is In the air

March is often a time of new beginnings as we move towards hopefully brighter days as the new flowers and bulbs create a sense of happiness and optimism. Here at Castlebank there is an air of positivity as we look towards the Spring and lighter days ahead. We are pleased to announce that all of our staff and all of our residents where appropriate have successfully received their first Coronavirus vaccine and we await for further information regarding second doses which no doubt will be administered in due course. These vaccines provide us with the best protection, not only for ourselves but also those who we work with and care for.

Following the recent government announcement, we are delighted to confirm that from **Monday 8th March** our residents will be allowed one person to visit them indoors. This will significantly improve the quality of life for our residents as well as providing reassurance and connectivity for our families. We would however be grateful if visitors could please telephone in advance to make an appointment before visiting. Regrettably, at the moment indoor visits are limited to 20 minutes and will be subject to a negative COVID test on arrival which takes around 30 minutes to administer and complete. Additionally, window visits will also continue in the existing format. We also hope to have an indoor visiting pod installed later in the month.

We look forward to welcoming our families back to Castlebank soon!

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: The Queen Mother celebrates her 100th birthday.

Clue 2 SPORT: The Summer Olympics are held In Sydney, Australia.

Clue 3: MUSIC: No.1s Include Britney Spears; Oops I did It again, Pure Shores by All Saints and Reach by S Club 7.

Clue 4: FILM / TV: The first series of Big Brother on Chanel 4 Is won by Craig Phillips.

Clue 5: TRIVIA: People anticipate technological chaos as the 'Millennium Bug' causes concern.

The year from last month's edition was 1983!



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.

Valentine's Day 2021 at Castlebank



Activities for March

March is a great time to try something new and our activities co-ordinator Alison has an exciting plethora of crafts and pursuits planned for the month ahead including;

- **Monday 8th March** – Easter decoration making
- **Tuesday 16th March** – Reminiscence afternoon with memory boxes and chair based activities
- **Every Tuesday and Thursday afternoons** – Put your culinary skills to hand with our baking and cooking sessions.
- **Every Thursday Morning** – Textile activities including; sewing, crochet, printing and batik.
- **Every Friday Morning** – Pamper sessions including; hair care, nail treatments, aromatherapy and hand massage.

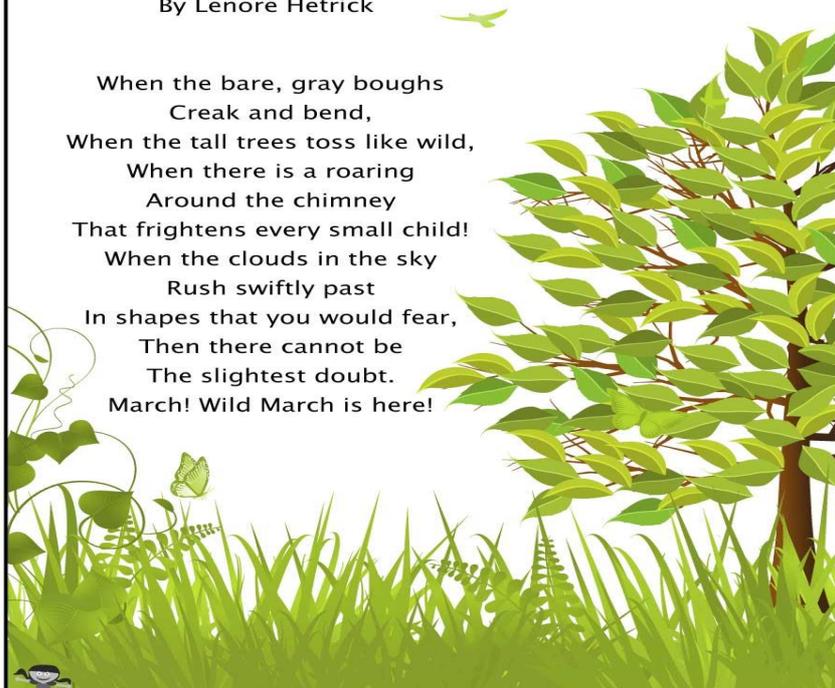


Poetry Corner

March is Here!

By Lenore Hetrick

When the bare, gray boughs
Creak and bend,
When the tall trees toss like wild,
When there is a roaring
Around the chimney
That frightens every small child!
When the clouds in the sky
Rush swiftly past
In shapes that you would fear,
Then there cannot be
The slightest doubt.
March! Wild March is here!





Here are the jokes folks...

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

What do you call a rabbit with fleas?

A. Bugs bunny!

Why did Cinderella get kicked out of the netball team?

A. She always ran away from the ball!

How excited was the gardener about Spring?

A. So excited, he wet his plants!

What did the little flower say to the bigger one?

A. You're really growing bud!

Why did the bird go to the hospital?

A. It needed tweetment!



March Birthdays

We would like to wish the following residents and staff that are celebrating their birthdays in March a very "happy birthday"; Mollie Twiddy (2nd).

