



Castlebank Care Home

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 @castlebank

July 2021



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A Note From Daniel and June



Enjoy the Sunshine and let's keep positive!

The sun is shining, and the blue skies with the warmth of Summer are a welcome delight after one of the most challenging of years. We are pleased to report that all of our residents remain in upbeat spirits and have been fortunate to appreciate our lovely garden in recent weeks; whether this is planting flowers, doing sensory activities or simply relaxing and enjoying the sunshine! This could only be achieved through our amazing and dedicated care team who are all passionate about delivering the very best care to our residents. A huge thank you for all your hard work!

The pandemic has highlighted the reliance and importance of technology in a world where communication is essential to daily life. May we therefore, draw your attention to the Castlebank website which is updated regularly and is home to a plethora of information such as photos, menus, the admission process and recruitment. As always, we value and welcome feedback and so if you do have any suggestions to make our website even better or similarly the newsletter, please email them to office@castlebankcarehome.co.uk.

Finally, you may have noticed that we have been undertaking some structural works and groundworks to the building. We hope that you can see first-hand the physical improvements that enhance and benefit Castlebank for both our residents and staff alike. Thank you for your patience while these works are completed.

With very best wishes,

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 opens the Channel Tunnel and the 50th Anniversary of D Day Is commemorated.

Clue 2 SPORT: The Football World Cup Is held In the USA to the confusion of many Americans!

Clue 3: MUSIC: No 1 singles include; Saturday Night by Whigfield, Without You by Mariah Carey and Love Is All Around by Wet Wet Wet.

Clue 4: FILM / TV: Four Weddings and a Funeral launches the career of Hugh Grant and The Vicar of Dibley first airs on TV.

Clue 5: TRIVIA: This National Lottery is launched, and Sunday Trading Laws mean that shops can open on a Sunday for the first time!

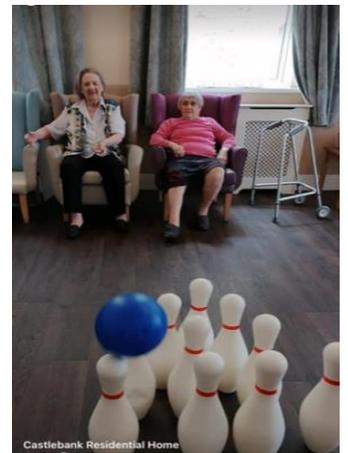
The year from last month's edition was 1984!



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 and celebrate our wonderful residents.

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Activities for July

Summer is the perfect opportunity to try something new and for the month of July we are pleased to announce our new and exciting programme of activities including;

- Art – Focusing on a particular theme each week; watercolours, collage, Andy Warhol portraiture and clay modelling.
- Model Railways – Looking at different styles of engine and creating a layout.
- Model Making – From Maccano style materials.
- Virtual Theatre Experience – Musical Concert and a theatre production of Treasure Island.
- Focus group sessions – Exploring the Olympics, Wimbledon Tennis, through multi-sensory approaches.
- Music Therapy – Using music for guided meditation and reminiscence.
- Daily Exercise – Guided movement to music, active games and chair yoga sessions.



Poetry Corner

Summer Days

Summer days, nice and long
make me want to sing a song.
It is hot and dry but I still sing,
when I hear the ice cream man bell's ring.
Sno-cones and ice pops keep me cool,
even though I love the pool!
Summer's speeding by so fast,
oh how I wish these days would last.
For when it ends, I must abandon my pool,
I really dread going back to school.
But in the end, it will suffice
because I had the best summer of my life.



We hope that these Summertime jokes bring laughter and happiness to your day!

Why does ice cream always get invited to a party?

A. Because it is cool!

Why did the detectives show up at the beach?

A. Something fishy was going on!

Why did the elephants get kicked out of the pool?

A. They kept dropping their trunks!

What did the ocean say to the lifeguard?

A. Nothing, it just waved!

Why didn't the sun go to school?

A. He already has a million degrees!



July Birthdays

We would like to wish the following residents and staff that are celebrating their birthdays in June a very 'happy birthday': Hilda Simpson (6th) and Kylie Franklin (7th).

