



Castlebank Care Home



Inside this Issue

September 2021

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

A Note From Daniel and June



Happy Harvest

Well, it appears that September is upon us and despite the somewhat cooler than usual Summer we hope that the Sun makes a late appearance as we enter the Autumn! In the countryside, September marks the start of where crops can be harvested and cherished. It is a moment to appreciate what we have and say; 'thank you'. This sentiment is also true at Castlebank as our staff have been working incredibly hard over the past few weeks and therefore may we take this opportunity to say a heartfelt thank you for all their efforts in ensuring that our residents receive the best care possible.

To support our growing demand, we have a number of vacancies for both care staff maintenance roles currently. Further details of our vacancies can be found on our website or alternatively email your CV to: recruitment@castlebankcarehome.co.uk.

As restrictions become relaxed it is important not to lose sight of all the efforts and sacrifices, we have made throughout the pandemic and therefore we are sure you will agree that it is as important as ever to continue with the practices of regular hand washing and wearing a mask when entering the care home and being in the presence of people. Such simple measures can ensure that we all remain safe and remain in good health.

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 first DVD player goes on sale In the UK and the £2 goes Into circulation.

Clue 2 SPORT: The Summer European football championship Is won by France, the host nation.

Clue 3: MUSIC: No 1 singles include; Believe by Cher, Tragedy by Steps, and No Matter What by Boyzone.

Clue 4: FILM / TV: Titanic Is big at the box office whilst Bob the Builder and The Royale Family make their debut!

Clue 5: TRIVIA: The first ever gameshow with a prize of £1 million begins called; "Who wants to be a Millionaire?"

The year from last month's edition was 1976!



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.

September 2021



Activities for September

As we enter the Autumn we have a number of seasonal activities planned to keep our residents engaged and stimulated. Why not try are new skill or hobby including:

- Art – Focusing on a particular theme each week; watercolours, collage, portraiture and clay modelling.
- Model Railways – Looking at different styles of engine and creating a layout.
- Needlecraft – From crotchet to cross-stitch and sewing.
- Virtual Theatre Experience – Musical Concert and a theatre production.
- Focus group sessions – Exploring the seaside and bygone holidays 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



September Song

It seems that Summer's fading fast
And autumntime is here;
The leaves all turn to red and gold
About this time of year.
October's just a breath away
And now September song;
There's loveliness about the earth
And birds sing all day long.
The crimson red and gold and green
All to the eye will please;
Folks come from miles to mountains high
To view this lovely scene.
I thank You, God, for all I see
So picturesque and clear;
Each pretty leaf we see today
Is in Your loving care.

Katherine Smith Matheney



SALESIAN MISSIONS



We hope that these jokes tickle your fancy!

Why did the farmer stop his daughter partaking in the harvest?

A. She kept wearing crop tops!

Why do Maths books always look sad?

A. They are always full of problems!

How does a scientist freshen her breath?

A. With experi-mints!

Why did the teacher jump into the pool?

A. He wanted to test the water!

Why do magicians always do well in exams?

A. They can handle trick questions!



September Birthdays

We would like to wish all friends and relatives of Castlebank who have birthdays in September a very 'happy birthday'.

