



Castlebank Care Home

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 @castlebank



October 2021



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A Note From Daniel and June



Happy Halloween

October is upon us and it is so lovely to see all the shades of Autumn on the trees that surround Castlebank. As we enter the new season we have also welcomed a number of new faces at Castlebank including; Teresa and Vanessa who join us as Housekeepers, Jamie who is our new Activities lead and Katelyn and Lisa who join us as Care Assistants. We hope that will join us in making them feel welcome in our Castlebank family and supported in their new roles.

Autumn also marks the start of shorter days and chilly evenings so as we prepare for the colder months it is important that we ensure that we eat well, exercise and also get as much rest as possible so that we remain healthy and in good spirits. It is also essential that we receive the Flu Jab and Covid Booster when it is available so that we can mitigate the risk of any unwanted viruses.

On a different note, our residents have relished the opportunity to enjoy the seasonal delights of falling leaves, harvest and of course Halloween to inspire their creative skills. Some of the artwork can be seen in the activities section together with their fine needlework skills. If you do have any further suggestions for our activities programme, please do email your suggestions to; office@castlebankcarehome.co.uk.

Please do take care and keep safe.

With very best wishes,

Daniel and June

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 Channel Tunnel is given the go ahead to be built.

Clue 2 SPORT: Coventry City win the FA cup beating Tottenham Hotspur 3-2.

Clue 3: MUSIC: No.1s include Never Gonna Give You Up by Rick Astley, China in your Hand by T'Pau and I Wanna Dance with Somebody by Whitney Houston.

Clue 4: FILM / TV: Fatal Attraction, Mannequin, and Dirty Dancing were all box office hits. While on TV we were watching; Through the Keyhole, Strike it Lucky and Fireman Sam.

Clue 5: TRIVIA: Weather forecaster Michael Fish assured people not to worry that the weather was fine only for there to be the worst hurricane to hit the UK in over 200 years!

The year from last month's edition was 1998!



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 October

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 Harvest and Autumn through kinaesthetic activities.
- Music Therapy – Using music for guided meditation and reminiscence.
- Daily Exercise – Guided movement to music, active games and chair yoga sessions.



Poetry Corner

SCHOLASTIC





We hope that these jokes tickle your fancy!

What did the baby bird say when he knocked on the door at Halloween?

A. Trick or tweet!

What is the best way to punish a teenage monster?

A. Limit their 'scream' time!

Why do ghosts go on diets?

A. So they can keep their ghoulish figures!

Why did the ghost go into the pub?

A. For the boo-ze!

What's it like being kissed by a vampire?

A. It's a pain in the neck!



October Birthdays

We would like to wish all friends and relatives of Castlebank who have birthdays in October a very 'happy birthday'; Dawn Roberts (6th).

