

NEWSLETTER

Sept/Oct 2026

Castle House Nursing Home, Keinton Mandeville, TA11 6DX



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Editor's Desk

Hello Residents, Families and Friends!

Welcome to our October edition of the newsletter!

September has completely flown by, and we have certainly been keeping busy, as you'll see throughout the rest of our newsletter. We've also been treated to some lovely autumn sunshine, but now the seasons are beginning to change. We've started to notice those familiar signs of autumn, leaves falling, misty mornings, with evenings drawing in, and there's definitely a little more of an autumnal chill in the air.

Looking ahead to October, we have lots more to look forward to, including our **Garden Party on Friday 16th October**. If you haven't RSVP'd yet, there's still time — we'd love to see you there!

As we move into a new season, may October bring you good vibes, fun stories, happy memories, and plenty of reasons to stay curious.

Happy reading!

With warm regards,

Jo M, Matt and Kerry 😊

October Trivia

October was the eighth month in the Roman calendar, named from the Latin word "octo," meaning eight. Later, January and February were added, moving October to the tenth month.

Zodiac signs: **Libra & Scorpio**
Birthstone: **Opal & Tourmaline**
Flower: **Calendula**



Quote of the Day

*The important thing is
not to stop questioning.
Curiosity has its own
reason for existing.*

~ Albert Einstein

Month in Review

Knit & Natter

Knit, natter and enjoy! Our Knit & Natter group have been having fun knitting these fabulous little miniature woolly bobble hats. It's always lovely to see everyone enjoying some creative time together just add wool and plenty of good conversation.



Music Circle

Music brings us all together!
Our residents enjoyed another, ever growing in popularity, music circle with volunteer Paul, singing along to songs we all know the words to and favourites we all know and love!



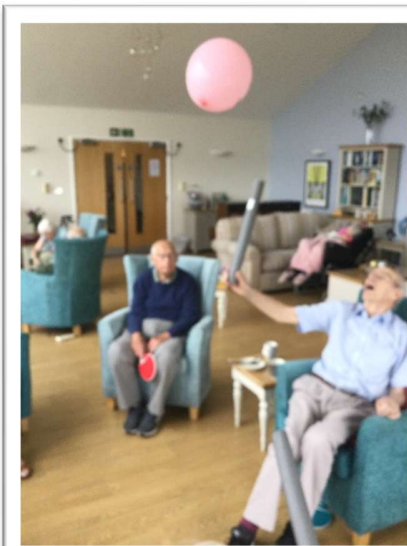
 **Macmillan**
Thanks to all who came along to enjoy a coffee and some cake to raise some money for a great cause.

A big thank you also to volunteers who donated their baked cakes! We really appreciate your generosity.

We are absolutely thrilled to share that our current total raised is £418, which is just amazing!

🧑‍🦽 Exercises

Keeping active and having fun! Our residents have been keeping themselves moving with some gentle exercises. A great way to stay active and enjoy some social time together.



🐱 A Visit from a Furry Friend

Making new friends! This lovely resident enjoyed some snuggles with a very sweet Missy! There's nothing quite like a little animal company to bring a smile to your day!

🍁 **Autumn has arrived!** We've been getting into the seasonal spirit. We hope you are enjoying some of our beautiful autumn touches around the home.



Danny Dukebox!

We were delighted to welcome Danny Dukebox to the home, who entertained us with some fantastic singing. There were plenty of smiles, familiar tunes residents joined in the singing and some even joined in the dancing. A wonderful afternoon of music and fun!



Blood Bike Visit

We were delighted to welcome the **Yeovil Freewheelers** Blood Bikes to the home for a very special visit. One of the bikers Richard (on the right), is the son of one of our residents here, making the visit a wonderful family connection as well as a chance to learn more about the incredible work they do.

We are incredibly grateful for the time they took to visit us and for the amazing work they do, often behind the scenes, helping others when they need it most.

A huge thank you to the Blood Bikes team for giving us such a memorable afternoon!



Upcoming Events

Garden Party (weather permitting)

Friday the 16th of October 2 – 5pm

Holy Communion with Rev. Jane

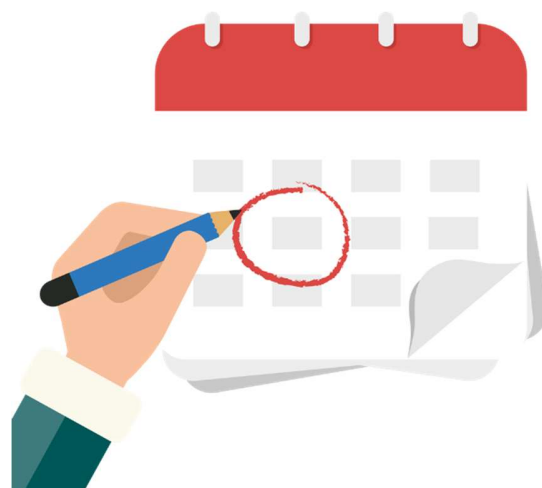
Monday the 19th of October 11:30 in the Lounge

Residents Meeting

Friday 30th of October 11am in the Lounge

Halloween

Saturday 31st of October. Throughout the day there will be Halloween themed crafts and activities.



Regular Events

Church Service every Monday at 11:30 am

Hairdresser every second Mon/Tues from 9:30am

'The World at War' with volunteer Simon every other Tuesday at 11:15am in the Lounge

Music Circle with Volunteer Paul Tuesdays 2:30pm

Knit and Natter Mondays at 2:30pm in the Dining Room

Book Club with Volunteer Pauline every Wednesday 2:30pm in the Lounge

Bingo! Every other Saturday day at 2:30pm

Special Days

1st Day of Older Persons

1st Intl. Music Day

1st Intl. Coffee Day

1st Library Month

2nd World Smile Day

4th World Space Week

4th World Animal Day

5th World Teachers Day

9th Curious Events Day

12th Columbus Day

12th Thanksgiving (Canada)

12th Indigenous Peoples' Day

25th Pablo Picasso's Birthday

25th Grandparents Day

31st Halloween

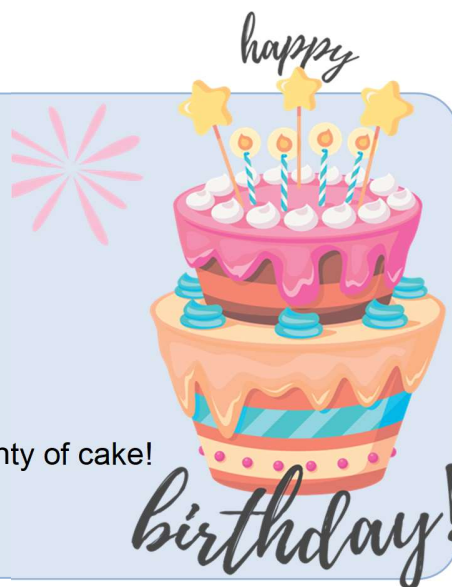
October Birthdays

In October, we celebrate birthdays with:

- **Jackie (18th Oct)**
- **Peggy (23rd Oct)**
- **Helen (26th Oct)**

We hope your day is filled with laughter, family, friends, and plenty of cake!

The kitchen team is already busy prepping the treats



😊 World Smile Day

- Elephants can recognise themselves in a mirror.
- Octopuses have three hearts and blue blood.
- Giraffes have the same number of neck bones as humans - seven!
- Dolphins use unique whistles to identify one another.
- Owls can turn their heads up to 270 degrees.
- A group of hedgehogs is called an array.
- Goats have rectangular pupils, giving them a wide field of vision.

Libra (Oct 23 - Oct 22)

Librans are often considered the nicest and most charming personality in the world!

Scorpio (Nov 23 – Nov 22)

Competitive, passionate, independent, and unafraid to blaze their own trail no matter what others think.

October Spotlight: The Phonograph

In October 1877, Thomas Edison invented the phonograph, one of the first machines able to record and play back sound. This remarkable invention helped pave the way for records, tapes, CDs and the digital music we enjoy today. Music may have changed how we listen, but its wonderful ability to bring back memories remains the same.

WOW!

Noticeboard

NEW RESIDENTS

A very warm welcome to:

Peter Valerie Margaret

We hope that you enjoy your time here!

IN MEMORIAM

To the families and friends of our late resident's **Joan, Een and Pat** may you be comforted by the knowledge that your loved ones are at peace.

WINTER WARDROBES

As we head into the colder months, we would be grateful if families could check that their loved ones have a suitable **winter wardrobe**, including warm jumpers, cardigans, coats, nightwear and any other appropriate seasonal attire. Don't forget we need to tag any new items of clothing that enter the home.

We would also really appreciate families continuing to **replenish toiletries** when visiting, such as shampoo, shower gel, deodorant, toothpaste and other personal care items, so that residents have everything they need.

LOST PROPERTY

We currently have a large number of untagged clothing items.

If your family member has lost any clothing, please check with Reception and we can go through the lost property rail with you.

Please ensure any new clothes brought in are tagged by our Laundry Team.

THANK YOU VOLUNTEERS

We would like to say a heartfelt **thank you to all of our wonderful volunteers and helpers**, as well as the outside organisations and groups who have given their time and support to our Home recently.

From organising activities and events to providing entertainment, visits and other opportunities for our residents, your time, talents and commitment are greatly appreciated.

It is fantastic to see so many people and organisations getting involved and helping to make life at the Home more enjoyable, interesting and fulfilling for our residents.

If you have a hobby, talent, skill or experience that you would like to share with our residents, we would love to hear from you and explore how you could get involved.

Noticeboard

LIBRARY SERVICE

If you enjoy reading and would like to borrow library books, there is a lovely service available through **Somerset County Council's Home Library Service**.

If you, or another resident, might be interested in this service, please contact Kirsty for more information:

 **Kirsty.Jenssen@somerset.gov.uk**

GARDEN PARTY

A little reminder that our **Garden Party is taking place THIS MONTH on Friday 16th October!**

If you haven't RSVP'd yet, there's still time — **we'd love to see you there!**

Please let us know by the end of Friday the 9th if you are wishing to attend.

We're looking forward to enjoying a lovely afternoon together and hope you can join us.

UPDATE ON MILA

Jo Marshall would like everyone to know that, following an incident at the stables and some intensive treatment at the Horse Hospital, **Mila is recovering really well!**

She is now enjoying some much-needed rest and relaxation at the rehabilitation clinic before she is able to come home.

Jo would also like to thank everyone for their **kind thoughts, good wishes and support**. They have been very much appreciated!

