

# CASTLE HOUSE NEWS

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May 2019



*There is no exercise better for the heart, than reaching down  
and lifting people up—John Holmes*

## Castle House Gallery

Hello,

As I sit at my desk writing this newsletter the home is a hive of activity. Jane the vicar is packing up her belongings after our monthly communion service, patient transport has arrived to take residents to their various appointments and it's almost lunch time, which means 'rush hour' through reception with wheelchairs and zimmer frames whizzing along our very own M5 corridor in anticipation of the culinary delights which will be tickling the taste buds today.

Lunchtimes are very much a social occasion here at Castle House, with that in mind we like to encourage our family and friends to join us for a meal as often as they wish (a £5 contribution can be left at reception or with a nurse in charge). As the better weather approaches we turn our attention to our Summer menu. We are always happy to receive meal suggestions, just leave a message at reception and I will ensure the right person gets it.

All this talk of food is making me hungry, time for my lunch!

I look forward to greeting you all soon,

best wishes,

LOU



# YOUR SAY...



During our monthly Resident's Meeting, it was decided that the residents would like this years summer trip to be to the seaside. Sidmouth and Weston -Super-Mare are the current favourites.

S, resident, told us she loves seeing young lambs playing but she prefers them with mint sauce!



"Thank you for your attention to detail towards my friend. So much better than the hospital care."

-Resident's friend



"I am too young for this lark" - K, Resident



What have we been getting up to over the past month.....

We had a relaxing Easter at Castle House with lots of chocolate and treats, everyone was thoroughly spoilt!

## Dancing

Zorba the Greek joined us for dancing and much laughter. Everyone has the opportunity to join in with the Greek dancing at whatever level suits them and the staff enjoy letting their hair down too.

## Armchair Travel

Thank you to Roo and her brother Todd who transported us to Israel for our armchair travel. They brought in lots of yummy Israeli foods for us to taste as well as sharing their photos and bits and bobs which they acquired on their trip such as salt from the Dead Sea and a terracotta lamp. Have you been on a trip recently and would be willing to share your experience with us?

## Kitchen

Well done to our kitchen staff who following the routine visit from the Environmental Health Officer maintained our 5 star rating.

## Castle House Community Choir

We are in the early stages of setting up our very own Castle House Community Choir. Do you enjoy singing? Why not come along and join us. Singing has been scientifically proven to bring great health benefits.

## Gardening Club

Do you have green fingers? Or do you just enjoy a potter in the garden? Perhaps you're more of a 'gardening motivator' like myself. We are currently planning the logistics for a Gardening Club here at Castle House, watch this space for further details

# Birthday Wishes for May

- 2nd Vicky
- 3rd Marilyn
- 23rd Tony H
- 28th Kath



The flower of the month for May is ...



Lily of the valley has the flower meaning of humility, chastity, sweetness, purity and is said to bring luck in love. It also means "the return of happiness" which is the reason why it is often used as decorations in weddings.

# Dates to Remember May 2019

A Date with

*Kate*

Tuesdays  
14.30

**BOOKCLUB**

Thursdays with  
Richard  
14.00



**Hairdresser**

Pam the Hairdresser Tuesdays  
& Wednesdays

**GARDENING CLUB**  
Watch this space!

Prayer Meeting  
10th & 24th



Sarah the chiropodist visits every six weeks, please let someone know if you would like to be added to her list.

## WELCOME TO OUR FAMILY—STAFF

### Tina W—Kitchen Assistant

Tina lives in the village with her husband Paul and two border collies, Gem and Murphy. She has three children and three grandchildren. Tina enjoys anything which involves being outdoors. Travel is also a love for Tina, her favourite place is Thailand.



### Lauren—Health Care Assistant

Lauren has worked in care for seven years. She enjoys socialising with her friends and family. Lauren loves music and movies, her favourite movie is The Note Book. Laurens favourite food is Pasta in any form, especially a bake.



### Bethany—Housekeeping

Bethany has joined our housekeeping team. She is currently a student at Strode college. She is extremely creative.



## WELCOME TO OUR FAMILY—RESIDENTS

Jean



Sally



Tony

