

# CASTLE HOUSE NEWS

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OCTOBER 2019



*You are never too old to set another goal or to dream a new dream—C.S Lewis*

I absolutely adore Autumn, the colours, smells and sounds of this season simply make me smile.

It's a sensory overload as the leaves turn golden, crimson and ochre, crowning the trees with burning fire like crowns. The smells from chimneys filling the evening air with burning wood. Warm stew, chestnuts, hot chocolate with marshmallows. The whizzes, pops, oooohs and aaaaahs on bonfire night. I'm reminiscing now.....

Reminiscing is something I have always enjoyed. As we get older there is more and more to reminisce, mostly happy, fun memories of times filled with laughter and love, occasionally memories that bring about feelings of sadness and moments of reflection. All equally as important.

I have often spotted on postcards or inspirational posters quotes encouraging people to keep looking forward, telling us that the past is behind us, keep forging ahead! I have wrestled with this sentiment for some time and have most definitely decided that I do not agree; especially since joining Castle House. I highly recommend taking time to reminisce, enjoy your memories, even better, share them with those close to you, creating new memories as you do so.

I treasure moments stolen throughout my week at work to reminisce with residents, catching glimpses of their own journeys through the seasons of their lives and experiencing the past through new eyes.

Happy autumn everyone,

LOU



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

### Country Dave

Who would have thought something as simple as a tin of paint being delivered, would turn into afternoons spent with 'Country Dave'.

We love having Dave here to perform for us. This time we even put on our Stetsons for the occasion.



### This day.....

As part of our daily routine, we spend time looking back on events throughout history.

We remember songs that were #1 on that day many moons ago and have a listen, sometimes even a dance.

It may be that there is something significant that happened on that day that we feel the residents can relate to on a deeper level, like the birthday of Confucius..... or simply an opportunity to get Annette to dress up haha



Annette



Confucius

## HARVEST



We recently held our annual Harvest service, led by Jane.

As I listened to our residents singing

‘We plough the fields and scatter’

with such vigour, I thought about how living in a rural community we are especially mindful and thankful for the fresh produce our farmers and their families work hard to produce throughout the year.

Many of our residents have connections with farming, which made the service even more special.

Thankyou to everyone who joined us as we celebrated a tradition close to many of our hearts.

## **Tuesday 29th October 2019 10-12**

Huge thanks to the ladies from Save the Children, who came along and held a coffee morning with us. We had the opportunity to buy a few early Christmas presents and the odd treat for ourselves.

We raised a grand total of £344.46 for the charity. Absolutely brilliant!

Thanks to everyone who came along to support us.



**Save the Children**

## Knit and Natter

Our Knit and Natter group is going from strength to strength and we are so proud of our lovely ladies.

Over the past month or so they have been knitting poppies to sell in aid of the **Royal British Legion's Poppy Appeal**.

If you have visited us throughout the month you will be no stranger to the clickety click of their knitting needles. As they have tirelessly knitted their way through numerous balls of wool.

We have to say a HUGE thank you to Ann Piercy who joined us with this project as poppy selling is close to her families hearts.

If you are yet to buy a poppy this year we would love for you to consider buying one of the Castle House poppies which we are selling for a minimum donation of £2.00 per poppy.



## CORN DOLLIES

The making of corn dollies goes back many thousands of years. It was a Pagan custom and evolved from the beliefs of the corn growing people who believed in the corn spirit.

Corn dollies were made at Harvest time from the last sheaf of corn

The corn spirit was supposed to live or be reborn in the plaited straw ornament or corn doll and was kept until the following spring to ensure a good harvest.



## On a lighter note.....

A man enters a pet shop and says: "Can I buy a goldfish"?

The shop owner asks, "do you want an aquarium?"

The man replies "I don't care what star sign it is."

How does NASA organise a party?

They 'planet'.

A teacher asks her students to use the word 'beans' in a sentence.

Mary said: "My father grows beans".

Peter said: "My mother cooks beans".

Little Johnny said: "WE are all human beans!"

My friend told me he had the body of a Greek God. I had to explain to him that Buddha is not Greek.



# *Birthday Wishes for October*

7th Toni  
15th Joyce  
17th Jenny  
18th Jackie  
19th Liz



**Happy Birthday from all at Castle House!**

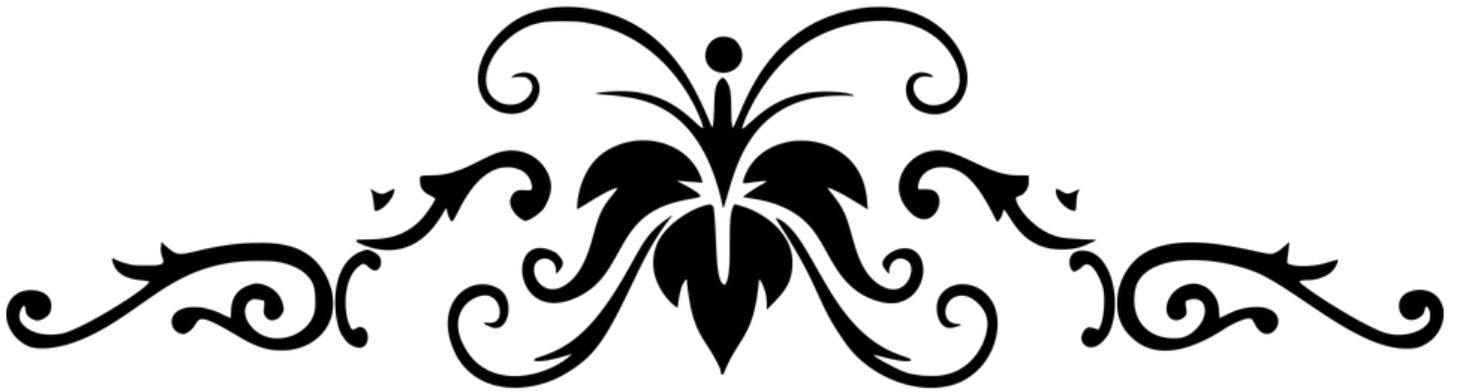
*The flower of the month for October is ...*



October's birth flowers are Marigold and Cosmos. With its golden blooms that match the color of autumn leaves, it's no wonder the marigold is fitting for this fall month. Marigolds symbolize fierce love, passion and creativity. In addition to their beauty, marigolds also have a long tradition of being used medicinally to heal inflammation and skin problems.

Cosmos flowers represent peace and tranquility. They come in bright colors like orange, pink and purple.

They also attract bees, so are a great flower to grow to draw pollinators to your garden!



## CASTLE HOUSE WELCOMES

JOINING THE FAMILY AT CASTLE HOUSE THIS MONTH  
WE WELCOME;

### RESIDENTS

Judy and Elizabeth

### STAFF

Claudiu      Health Care Assistant

Carlo        Health Care Assistant

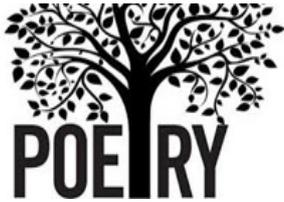
Elaine       Receptionist

# Dates to Remember

## October 2019

A Date with

**BOOKCLUB**



**Kate**

**Tuesdays**

**15.00**

**Thursdays with  
Richard**

**14.00**

**Hairdresser**



**Pam the Hairdresser Tuesdays &  
Wednesdays**

**Knit & Natter**



**COMMUNION**

**PRAYER MEETING IN THE LOUNGE**

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



# YOUR SAY...

Did you know we have a 'Freedom to Speak Champion'? At Castle House we strongly believe that everyone has a voice that must be heard.

We would like to use this page as a forum for you , the reader, to have your say. It can be anything from a word of encouragement to a gardening tip, all are welcome to contribute.

If you could leave your comments at reception in an envelope marked 'Newsletter' that would be wonderful .



Jo Oram—Freedom to Speak Champion



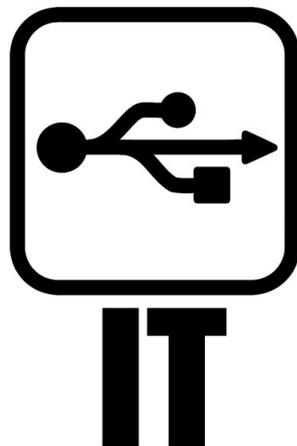
## **IT Club**

Do you have any spare items of technology lying around unused at home or work? If so we would be keen to make use of them.

Friday 8th November will mark our first Technology session. We will be learning how to use tablets, send emails, compose letters and much more.

Perhaps you are interested in IT yourself and have an hour a fortnight spare to help out, we would love to hear from you. We will keep you updated with our progress.

Hopefully our residents will put together the lions share of our next Newsletter.....



# **VOLUNTEERS**

**We would like to say “Thank you” to all of our wonderful volunteers, for the hours you give every week. You will possibly never know the impact you have on our lives.**

**We appreciate each and every one of you!**

**Hilary**

**Kate**

**Richard**

**Steph**

**Lin**



**We are looking forward to welcoming Roger and Glynis aboard in November.**

## On Safari

We fancied a little holiday so decided a short Safari was in order. For a whole week we played games, watched documentaries and even went on a lion hunt!

Bill almost got swallowed alive by a crazy croc and one of Barbara's sons showed his true colours, the cheeky monkey!

There was lots of laughter and stories shared by residents lucky enough to have experienced an actual Safari holiday.

Where to next.....hmmmmmmmm

