

# NEWSLETTER

# September 2024

CASTLE HOUSE NURSING HOME. NO 9



# Editor's Desk

Hello Residents, Families and Friends!

Welcome to the September edition of our newsletter! This month is packed with exciting milestones and events.

One of the most whimsical celebrations is International Talk Like a Pirate Day on September 19, a day that invites everyone to embrace their inner pirate and have a bit of fun. You may see some of us dressed like pirates! Watch out "me hearties"

September also brings us World Gratitude Day on the 21<sup>st</sup>. A perfect time to reflect on all we are thankful for, also the world-renowned Oktoberfest begins in late September, celebrating Bavarian culture with music, food, and camaraderie.

Here's to a month filled with learning, laughter, and inspiration!

Warm Wishes

*Jo, Matt and Jo x*



## September Trivia

More people are born in September than any other month! Which means that September babies were conceived in the December holiday period... 😊

Zodiac signs: **Virgo & Libra**  
Birthstone: **Sapphire**  
Flower: **Morning Glory**

## Quote of the Day

*Age is an issue of mind over matter. If you don't mind, it doesn't matter.*

*- Mark Twain*

# Gallery Page

## Garden Party 3<sup>rd</sup> August 2024

We had the most enjoyable Saturday afternoon, here at Castle House. We enjoy the wonderful music from the Bristol String Quartet. The atmosphere was magnificent, the food amazing, and most importantly the sun shone! The home was full of wonderful smiles and was overflowing with friends and families. Thank you to all those who could





Sue enjoying afternoon tea, with her children. (Above)

Frankie with her daughter, son in law and Woody the dog.





Alex making sure all the drinks are getting served to the family members.

Our chefs did an amazing job with all the homemade goodies. They went down a storm!



Dolores conducting the Bristol String Quartet.

The music was fantastic, all different types were played, music from the TV show Bridgerton, to the 80's classic, Take on Me, by Aha.



We made sure that we catered for different nutritional needs. Gluten Free was a request from families.

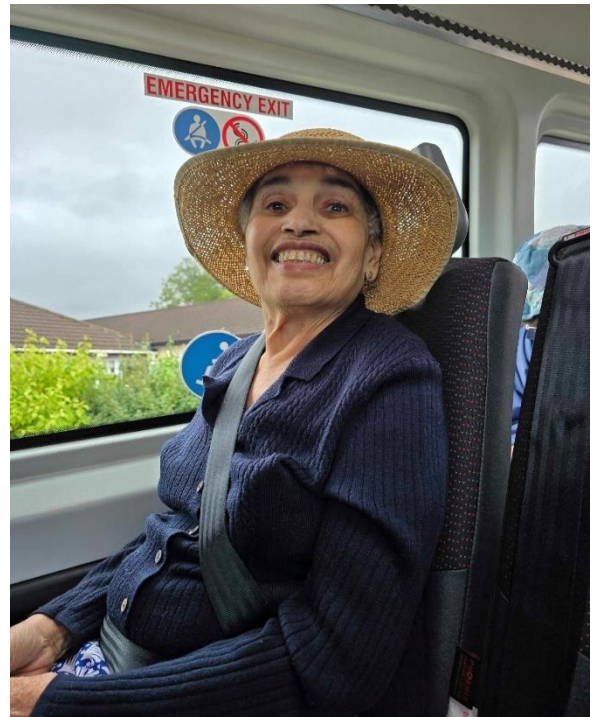


# Gallery Page

We recently took some of our residents to Wells. We walked round The Bishops Palace Gardens and had a spot of lunch at the Bishops Table Cafe. We also took some time to go into the Cathedral, and light a candle for deceased friends and families. As you can see from the photos, we really did have the most relaxing time, with yet again more amazing food. It's a hidden gem in Wells, one I haven't visited for many many years.



A copy of this photo was sent to the artist – Edgar Phillips, who commented that it was a beautiful photo, and enjoyed seeing his installations being enjoyed by any age group.



For this local trip to Wells, we used the fantastic Mendip Community Transport. Our driver Colin was so helpful, and on time when we needed to be collected. Maybe the road was a little bit bumpy for some of the residents. But smiles generally all round.





Flora and Joan flying high.

MJ enjoyed a trip to the moon.



A lovely lunch was had by all at the Bishop's Table Cafe. It was busy but very accommodating, the staff were amazing, catered for every need. The food was delicious and homemade. We'd all thoroughly recommend a visit. Its all on one level and stunning!

# September Birthdays

In September, we celebrate birthdays with:

- **Barbara C**
  - **George**
  - **Shirley**
  - **Maureen**
  - **Betty**
  - **Jerry**
- Lauren P is 21!!!**



## Pirate Trivia Snippets!

- The Jolly Roger is a skull and crossbones flag.
- Blackbeard's real name was Edward Teach.
- Pirates wore eye patches to see in the dark.
- Black Bart captured over 400 ships.
- Pirates drank grog, a mix of rum and water.
- Golden Age of Piracy: late 1600s to early 1700s.
- "Pieces of eight" were Spanish coins.
- Walking the plank is mostly a myth.
- The most successful pirate in history was Ching Shih, a Chinese woman who commanded a fleet of over 300 ships.

## Virgo (Aug 22 - Sep 22)

Logical, practical, and systematic in their approach to life. Perfectionists at heart.

## Libra (Sep 23 - Oct 22)

Often considered the nicest and most charming personality in the world!

WOW!

## September in History: The Invention of the Light Bulb

In September 1879, Thomas Edison publicly demonstrated his incandescent light bulb, a breakthrough that provided a safer and more reliable light source than gas lamps. This invention laid the foundation for modern electric lighting, fundamentally changing our world.

# Noticeboard



## NEW RESIDENTS

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A very warm welcome to:

- **Marjorie**

We hope that you enjoy your time here!

## NEW STAFF

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We have no new staff join us this month, but a few new faces will be joining us in the coming weeks.

We have said goodbye to

Lisa & Zoe, who have moved on to pastures new.

## IN MEMORIAM

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To the families and friends of our late residents—may you be comforted by the knowledge that your loved ones are at peace.

- **Mrs. Barbara Clapp**

## CONTINUOUS IMPROVEMENT

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Residents, families and friends are reminded that there are a number of avenues available for you to express your views, suggestions and complaints.

There are feedback forms available outside the reception. We are happy to receive feedback at any time and strongly encourage everyone to contribute so that we can ensure that we continue to do the BEST we can.

## RELATIVES MEETING

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Our latest relatives meeting will be held on Thursday 26<sup>th</sup> September @ 7.00pm.

If you can join us in person that would be great. We can offer you the option of joining us via zoom/teams. Please just drop us an email, at

[jco@castlehousenursinghome.com](mailto:jco@castlehousenursinghome.com) and we will get the link sent out to you.

**Please check the schedule for this month's activities.**

Gardening club, baking club, book club, residents meeting.

Macmillan Coffee morning 27<sup>th</sup> Sept. More info to follow.

# Noticeboard



Congratulations to Sandra, who is September's Castle House Hero. For your attention to detail, your kindness, and cheerful attitude, and the fact that you love to iron. Your pride towards your work, and the standard that's required shines through. Thank you. Castle House Heros are nominated by the residents, Manager and her team, as well as families. If you would like to nominate a member of staff, please email Jo Marshall – [office@castlehousenursinghome.com](mailto:office@castlehousenursinghome.com) The prize is a closely guarded secret.

## TRIP TO MIDDLEWICK FARM

20 residents and staff took yet another trip to the lovely Middlewick Farm. Unfortunately no photos have come my way as yet. Wonderful food and beautiful views was on the menu. Watch out for next month for a full report.

**Staff training** – We have recently enrolled Matt, Rose and Sandhya on some external training course. Matt will be completing a 16-week course via Strode College, in Leadership. Rose & Sandhya will be undertaking a NVQ Level 3 Health & Social Care.

## THANK YOU

We would like to issue a heartfelt thanks to relatives and volunteers who support us day in and day out. You make such a difference and we so very much appreciate your time and energy. Thankyou Julie and Caroline.



# Spotlight



Hi, I am Tom, most of you will know me as “the man in shorts” & flip flops come rain or shine. You will find me in my happy place, The Garden. Before I was involved with Castle House, I had less grey hair, I managed a variety of fish farms all over the UK. One of my major loves, apart from my wife and children, is fishing; the biggest fish I caught was a 17.6lb Carp. I love the outdoors and spending time with my dogs. I love 80/90’s comedy shows, esp. Only Fools and Horses. Curry is my food, (the hotter the better). A slight irritation of mine is people who only do half a job..... If I could pick a favorite place in the world to fish, it would be the Camen Islands.



Hello, my name is Siva, and I am from Sri Lanka. Before Castle House I was working for Pfizer pharmaceutical company in the marketing sector. I was in this industry for more than 20 years. I came to the UK in Sept 2022 to do my Masters at the University of South Wales. In December 2022 my family; wife and my two kids, moved to Weston Super Mare in UK. My hobbies are travelling to new destinations and listening to music. I am pleased to have the opportunity to work at CHNH one of the best places to work specifically due to the management and the other staff team.



