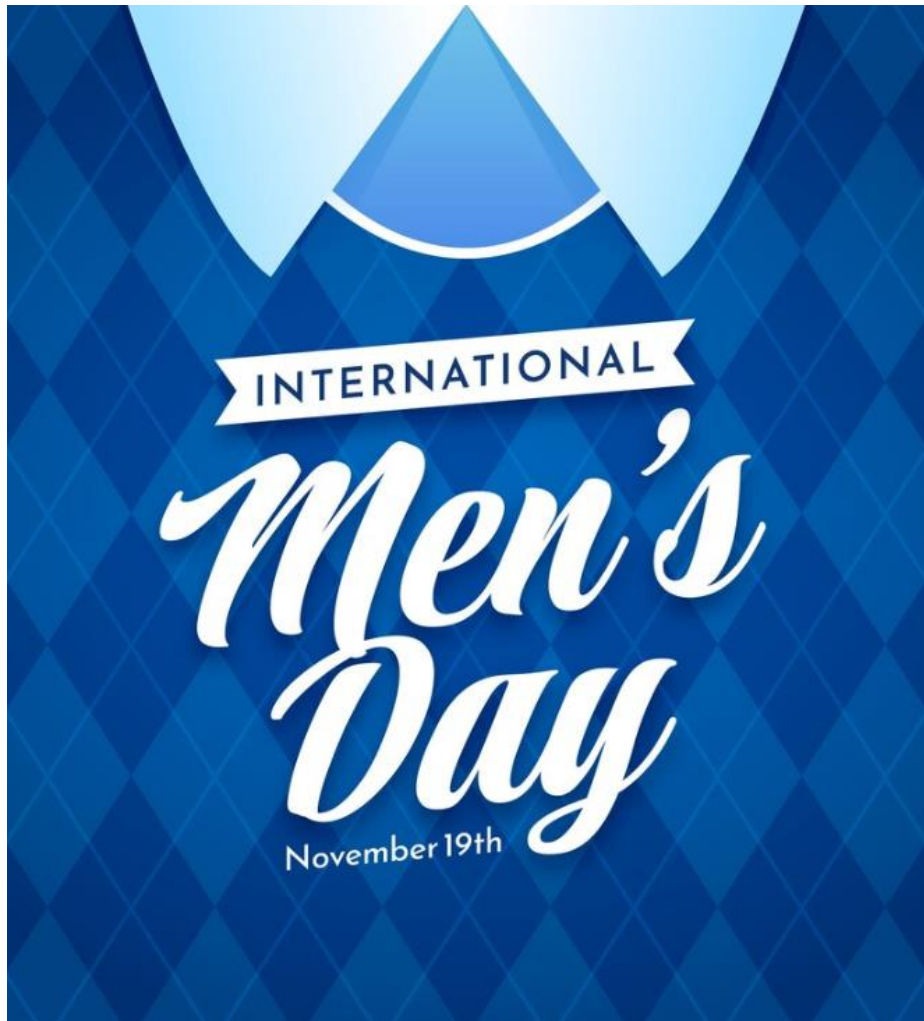


NEWSLETTER

November 2024

Castle House Nursing Home No 11.



Editor's Desk

Dear residents, families and friends!

This November, as we celebrate International Men's Day on the 19th, let's reflect on the roles and contributions of men in our lives. This day is about recognizing men's achievements while also highlighting the importance of men's health, positive role models, and gender equality.



The theme, "Celebrating Positive Male Role Models," encourages us to honour the fathers, grandfathers, brothers, and friends who have positively impacted our lives. It reminds us that every man has the potential to inspire and uplift others.

Wishing you a thoughtful and uplifting November.

Best Regards,

Jo, Matt & Jo x

November Trivia

November is considered a transitional month around the globe. Depending on where you live, you might begin to welcome hints of winter...or of summer.

Zodiac signs: **Scorpio & Sagittarius**
Birthstone: **Topaz & Citrine**
Flower: **Chrysanthemum**

Quote of the Day

You are never too old to set another goal or to dream a new dream.

-- C.S. Lewis

Photo Gallery



We helped Jean and her family celebrate her 95th birthday, where she enjoyed a surprise tea party, surrounded by her loved ones.



Photo Gallery

The gardening club has been busy getting pots of Hyacinth's ready for every resident to have over Christmas. Currently the club meets monthly and would welcome any extra pairs of hands. Check the November activity schedule to find out when they are next meeting.



You may have noticed Tom busy out in the gardens. Apparently, he is "putting the garden to bed" so he tells me.

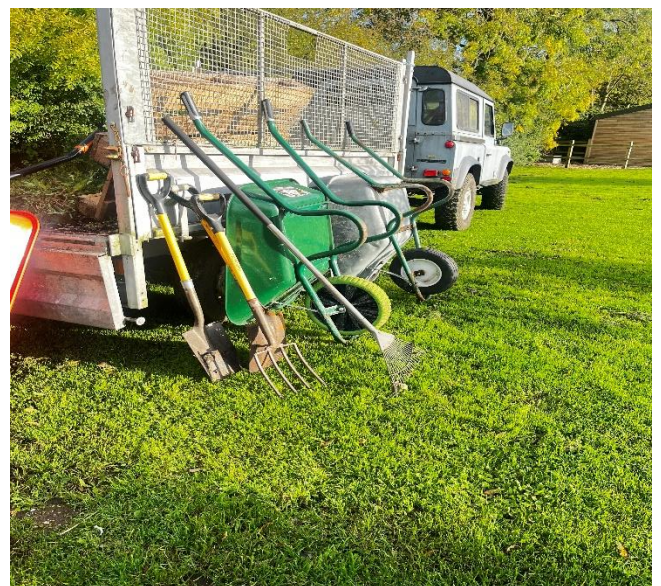


Photo Gallery

Last month we had Cheyne visit us for a trial session of Qigong and Tai Chi. A few residents really enjoyed this session, so he has been booked again for the 27th of November @ 10.00am



Qigong, pronounced “chi gong,” was developed in China thousands of years ago as part of traditional Chinese medicine. It involves using exercises to optimize energy within the body, mind, and spirit, with the goal of improving and maintaining health and well-being. Tai Chi is a gentle, low-impact form of exercise in which practitioners perform a series of deliberate, flowing motions while focusing on deep, slow breaths.

Photo Gallery

Yet another new entertainer was welcomed too at Castle House.



Mark Busell – Mark is an excellent charismatic pianist/keyboard player who studied electronic music, studio techniques and piano musicianship at London's 'Goldsmith College.

Joan enjoyed being able to dance to his wonderful music, many of the residents mentioned how relaxing his playing was, a sheer delight to have within the home.

In November we also welcome the return of **Hayley Renee** who delighted us all in the summer with her amazing voice. Definity one not to be missed. Hayley will be with us on the 9th of November @ 2.30pm.

Photo Gallery



Sue has been spending time with Ema our newest volunteer, as well as Tom's dog Murphy, who is sporting his bandana proudly in support of Huntington's Disease.



Upcoming Events

Holy Communion – Rev Jane

4th & 18th November - 11.30am – Lounge

Bonfire night sparklers.

5th November – 5.00pm – Middle Courtyard

Hayley Renee – Singer

9th November – 2.30pm – Dining room.

Remembrance Day

11th November – 11.00am 2-minute silence – All over the home.

World at War – With Simon

12th & 26th November – 11.30am - Lounge

Resident's Meeting

14th November – 11.00am – Dining Room

Baking Club

14th & 28th November – 2.30pm – Dining Room

Gardening Club

15th November – 2.00pm – Dining Room



Please check the schedule for all our activities information.

Regular Events

Hairdresser every second Monday & Tuesday

Manicure Morning with Lauren C every Sunday

Richard's reading club every Wednesday, 2.30pm Garden room

November Birthdays

In November, we celebrate birthdays with:

- **Joan C**
- **Sheila**
- **Jo R**

Please join us in the recreation room on the first Sunday in November to celebrate!



Vivien Leigh, Actress, 5th November 1913
Richard Burton, Actor, 10th November 1925
Grace Kelly, Actress, 12th November 1929
King Charles III, 14th November 1948
Rock Hudson, Actor, 17th November 1925
Bo Derek, Actress, 20th November 1956
Goldie Hawn, Actress, 21st November 1945
Bruce Lee, Actor & Martial Artist, 27th November 1940
Winston Churchill, Prime Minister, 30th November 1874
Mark Twain, Writer, 30th November 1835

Scorpio (Nov 23 – Nov 22)

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

Sagittarius (Nov 23 - Dec 21)

Sagittarians are artistic, loyal, sophisticated, independent, and kind!

WOW!

Birthday Spotlight: The Discovery of X-Rays

In November 1895, Wilhelm Conrad Roentgen discovered X-rays, which allowed for non-invasive imaging of the human body. This breakthrough revolutionized medicine and earned Roentgen the first Nobel Prize in Physics in 1901.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Mrs Jo Russell**

We hope that you enjoy your time here!

NEW STAFF

A warm welcome -

- We welcome back Charlotte who is now part of the kitchen crew.

We hope that you enjoy your time here!

CONTINUOUS IMPROVEMENT

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 at reception. We are happy to receive feedback at any time and strongly encourage everyone to contribute so

IN MEMORIAM

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

- **Janet**
- **Jennifer**
- **Jerry**

Noticeboard



CASTLE HOUSE HERO

This month's Castle House Hero is Kira.

Kira is one of our laundry team members, who works mainly over the weekends, as she is currently at college. Her attention to detail, her helpful manner, and willingness to go above and beyond when asked means she really is a great team member.

Castle House Hero is nominated by the resident, manager and her team, as well as families.

If you would like to nominate a member of staff, please email.

office@castlehousenursinghome.com

The prize is a closely guarded secret.

NEW TELEPHONES

At long last we finally have our telephones sorted. You will notice that when you call into the home, you now have options to who you wish to talk to.

It's all very new, and we are getting used to the system, if you have any feedback, we would love to hear your thoughts.

jco@castlehousenursinghome.com

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.

REMINDER'S

Please can I remind you all that by the 15th November we will need to have your RSVP for our Christmas Party.

A reminder to all staff, we have training this month, so please make sure that you check the middle office for dates.

Relatives Meetings

7th November 7.00pm – Dining Room.


Video links available, please let me know if you wish to have the link sent.

Spotlight

Hi, my name is Asad, I have worked at Castle House since 2021, I am currently employed as a Senior Carer, after gaining promotion recently. Before coming to the UK, with my wife, who is a nurse and works at Yeovil Hospital, we lived in Dubai, and I work as an Airside Operator, at the amazing Dubai airport, a job I really enjoyed.

We were lucky enough to welcome our first child, a little girl, 9 months ago, we feel blessed as she is a happy child, who enjoys her food, and sleeps really well. I was born in Pakistan, I have 2 sisters, and 1 brother. I love to cook, but my wife is a much better cook than I am. My favorite meal would be biryani. If I had a choice to watch a film, it would be historical or factual. I have always enjoyed playing snooker, but don't as much as I would like now. I enjoy working at CHNH as I get a sense of self-worth and immense pride looking after all our residents.



Hi, my name is Jessie, and I have worked at Castle House since 2021. Before joining this amazing team, I worked as a community carer, I am a qualified hairdresser as well. My partner and I recently bought a house we are renovating. We then got a puppy, Lottie, and to complete our family for the time being, we are expecting our first  in February 2025 and we are having a little girl.

My perfect day would be spending time with friends and family, maybe a day of shopping, ending up with a nice meal, then going home to my boyfriend and my dog.

What I enjoy most about working at Castle House, is knowing that every day I am helping the residents go about their daily lives as well as best they can.