

# NEWSLETTER

## January 2025

Castle House Nursing Home No. 1



# Editor's Desk

Happy New Year, and welcome to 2025! As we step into this new chapter, it's the perfect time to reflect on the joys of the past year and set intentions for the one ahead. We wish you all a year filled with purpose, connection, and happiness.

This month's newsletter is filled with photos from the Christmas period, a snapshot of what we got up to. I hope you will agree December really is one of the best months at Castle House.

*Best regards*

*Jo, Matt & Jo xoxo*



## January Trivia

January was named after the Roman god Janus; the god of beginnings & transitions.

Zodiac signs: **Capricorn & Aquarius**

Birthstone: **Garnet**

Flower: **Carnations**

## Quote of the Day

Although no one can go back and make a brand-new start, anyone can start from now and make a brand-new ending.

— Carl Bard

# What We've Been Up To

At the beginning of December, we had the long-awaited and anticipated wedding of Emily and Sol. Storm Darragh tried its best to put a spanner in the works, but nothing was going to stop them from having their day. The storm has made it a wedding to remember. Can't wait to see more photos. Congratulations you guys.



All photos have been supplied by the Bride and Groom to be used for the newsletter.

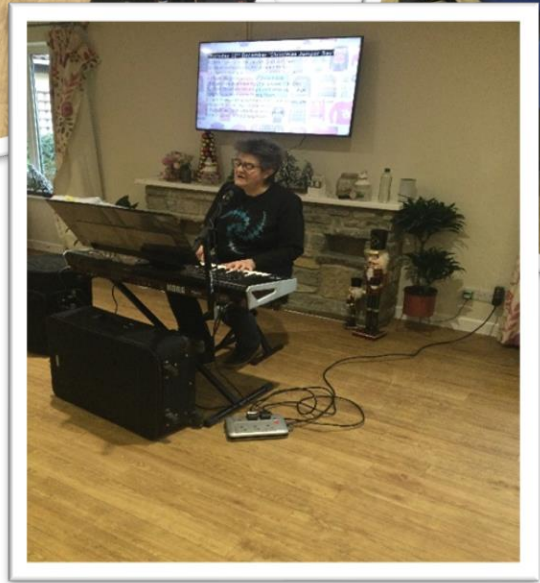


# What we have been up to.

It's been all about the build up to Christmas, from the Santa Dash, the local children's mini carol concert, the one resident's family turning up to give her some Christmas cheer from outside, and some wonderful singers, and musical acts. Thank you to Wheathill Benefic Choir, Rev Jane, singer Hayley Reene, as well as Lin Phelps and her piano.









We are becoming well know for our Christmas parties, we had over 150 people in the home on the 21<sup>st</sup> of December, residents, families and staff. The food was amazing, our entertainment Gospel Touch travelled down from London to lead an amazing sing along. And of course, the raffle. We raised over £500.00 on the day for our charity WaterAid, and I am please to tell you that a resident's family member who helped with the raffle, has applied to their employer HSBC for Matched Funding, once approved this will see our donation to WaterAid increase to **£1,000**. Thank you to all those involved in making this day great as normal.

















# In other news

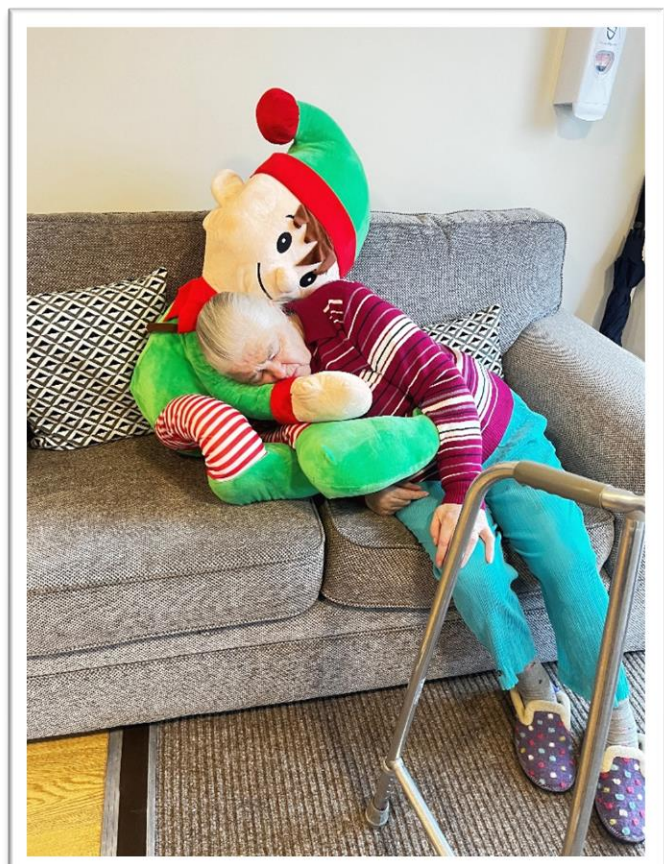
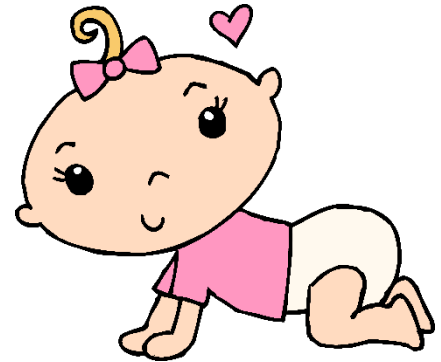
We have said goodbye to a long-standing member of staff this month, Linda has decided that its finally time to hang up her nurse's uniform and enjoy a life outside of the nursing home. Linda has been with the home over 20 years, and has seen owners, staff and residents come and go. She plans to take some holidays, spend time with her grandson, family, pets and tackle her garden. She has promised not to be a stranger as well.







We also said goodbye for the time being we hope to Jessie who has gone on maternity leave and is awaiting the arrival in a couple of months of her and her partner Dennis first baby. We wish you all the very best, and cant wait to meet..... Her.













# Upcoming Events

## **Ladies that lunch**

Every Tuesday – Garden Room

## **Qigong and Tai Chi**

Wednesday 8<sup>th</sup> January @ 10.00am – Lounge

## **Musical Entertainment with Danny Jukebox**

Thursday 9<sup>th</sup> January @ 2.30pm – Dining Room

## **Resident's Meeting**

Thursday 30<sup>th</sup> January – Lounge @ 11.00am

## **Mystery presentation with Matt**

Tuesday 21<sup>st</sup> January – Lounge @ 2.30pm

## **Baking club with Debbie**

Thursday 23<sup>rd</sup> January – Dining room @ 2.30pm

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# Regular Events

Holy Communion/Morning Prayer – Every Monday with Rev Jane.

World at War – With Simon – Every Tuesday

Richards Reading Club – Every Wednesday

Morning Exercise – Every morning – Garden Room

Hairdresser – Fortnightly



# January Birthdays

In January, we celebrate birthdays with:

- **GG – 18<sup>th</sup> January**



## Martin Luther King Jr.

Born on January 15, 1929, Martin Luther King Jr. was a Baptist minister and leader of the American civil rights movement. Through nonviolent protests like the Montgomery Bus Boycott and his "I Have a Dream" speech, he fought to end racial segregation.

Awarded the Nobel Peace Prize in 1964, King remains a global symbol of justice and equality.

## Capricorn (Dec 22 – Jan 19)

Capricorns are responsible, disciplined and have good managers

## Aquarius (Jan 20 – Feb 18)

Aquarians are shy & quiet deep thinkers who love helping others.

## Famous First Flight

On January 21, 1976, the Concorde launched its first commercial flights, revolutionizing air travel. This supersonic jet, flying at twice the speed of sound, cut travel times in half and became an icon of luxury and innovation. The Concorde was retired in 2003.

WOW!

# Noticeboard



## NEW RESIDENTS

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A very warm welcome to:

- **Mrs Oram**
- **Mrs Hicks**
- **Mrs Powell**
- **Mrs Macleod**
- **Mr Weston**
- **Mrs Goverd**

We hope that you enjoy your time here!

## 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.

- **Mr Hutchings**
- **Mrs Fowles**
- **Mrs Hunt**
- **Mrs Cumbers**

## DRAWING PROMPTS

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The next time you are feeling like getting creative, or the next time your family is visiting, try drawing together. Anyone can be an artist when you have an open mind, a pencil, and piece of paper.

Try drawing any of these:

- A hammock swinging on the beach
- A pet wearing a costume
- Your favorite day
- A club sandwich
- A bouquet of your favorite flowers
- A landscape

## NEW STAFF

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A warm welcome also goes to the people who joined our team in the past few months!

- **Faryan - HCA**
- **Arthira - Activities**
- **Nicole - RGN**

We hope that you enjoy your time here!



# Spotlight



## Lauren P

Hi, I am Lauren, I have worked at Castle House for over 3 years, in both Activities and the kitchen. I reduced my hours in April, to start my own business “Paws & Pathways” a Dog walker and Pet sitting service, which I absolutely love, and it’s providing very popular. I couldn’t give up my few hours at Castle House, as a weekend supper chef as working at Castle House, as being part of this great team has given me confidence to be able to talk to people of different ages and backgrounds, which I enjoy as I like getting to know everyone. I am animal mad and if I could take Graham the Guinea pig home to live with my 2 cats and dog, I would but it’s a definite NO from mum. I am looking to get back into horse riding as that was my first passion, and I started when I was 5, the first time I had a major fall, I was Air Ambulanced to Bath RUH with a head injury. Let’s hope returning to riding doesn’t end the same way.