

NEWSLETTER

February 2025

Castle House Nursing Home No 1.



Editor's Desk

Can you feel the love this month? February has a special way of warming our hearts with its vibrant red and pink decorations, charming tales of Cupid, and delightful boxes of chocolates around every corner.

Here in the nursing home we're surrounded by love in many forms—through the friendships we cherish, the bonds we strengthen, and the kindness we share daily.

This month, we're excited to enjoy wonderful events, share delicious meals, and celebrate the love stories that make life so meaningful.

Let's embrace the joy of connecting with one another and treasure the simple, sweet moments that brighten our days. Wishing you all the love this month and always!

Best regards

Jo, Matt & Jo xoxo



February Trivia

The oldest known Valentine's Day message dates back to 1415, written by Charles, Duke of Orléans, to his wife while he was imprisoned in the Tower of London.

Zodiac signs: **Aquarius & Pisces**
Birthstone: **Amethyst**
Flower: **Primrose**

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

What We've Been Up To

Baby No 1.

We are delighted to announce the arrival of one of our 3 babies due this year. Jessie and her partner Denis are the proud parents of Darcie May at 00:15 27/01/2025, weighing 6Lb 10oz. Both Jessie and Darcie are doing well, with plenty of love and support from Denies.



Thought we would highlight this lovely idea a family have done for their loved one, who has always been a great gardener.

Pots are a welcome addition to the home, and you are more than welcome to add your own outside their bedroom windows. (A great gift for any special occasion)

Upcoming Events

Tai Chi – Lounge

Wednesday 12th February - 10:00am

Valentine's Day - Couple Lunch – Garden Room

Friday 14th February - 1:00pm

Victoria Starr – Lounge

Thursday 20th February - 2.30pm



Regular Events

Hairdresser – Every second Monday and Tuesday (each month) – Ask reception to book you in the diary.

Book Club with Richard – Garden Room – Every Wednesday – 2.30pm

Morning Movement – Every morning – Garden Room – 9.00am

The World at War – Wednesday - 11.30am with Simon – Lounge

Please check the schedule for February events.

We always welcome input and ideas for our schedule.

Photo Gallery

On the 29th of January we celebrated Chinese New Year. Residents made lanterns and ceiling decorations to hang in the dining room. We also had a home-cooked Chinese meal with all the trimming. We had Chow Mein, Beef in Black Bean Sauce, egg fried rice, home-made spring rolls, and prawn crackers. It was a big hit and a lovely change.



February Birthdays

In February, we celebrate birthdays with:

- **Marjorie**
- **Rose**
- **Liz**
- **Arthur**
- **Jane**



Fascinating Leap Year Trivia

Leap Year Logic: Leap Years occur every four years to keep the calendar aligned with Earth's 365.25-day orbit. Without them, seasons would slowly drift out of sync.

Why "Leap" Year?: In a leap year, calendar dates jump ahead by two days instead of the usual one (e.g., January 1 might move from Monday to Wednesday).

Rare Birthdays: February 29, the rarest birthday, only comes once every four years. People born on this day are called "leaplings" or "leapers" and celebrate on February 28 or March 1.

Aquarius (Jan 20 – Feb 18)

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

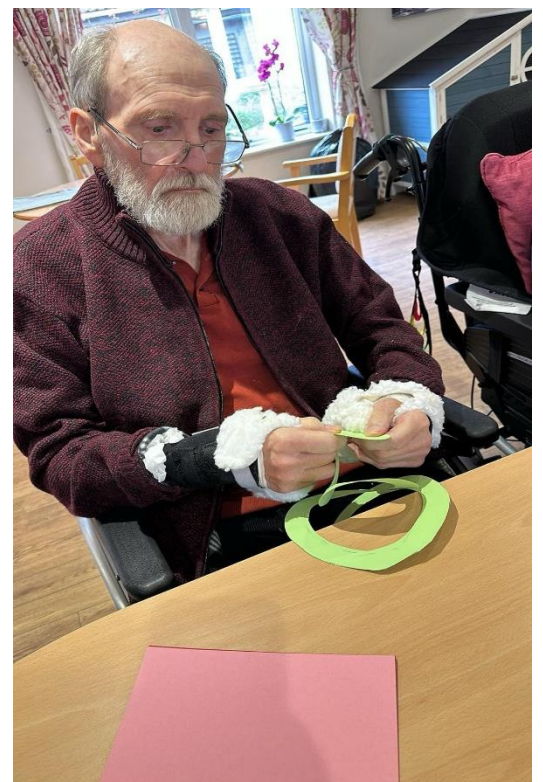
Pisces (Feb 19 – Mar 120)

Pisces are friendly and selfless. They are always willing to help others.

Galentine's Day?

Not all love is a romantic love. Celebrating the friends you love is the purpose of a new "holiday", Galentine's Day! Friends gather for glasses of wine or a relaxed dinner to show their appreciation for one another.

Photo gallery



Noticeboard

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.

- **Jenny**
- **Betty**
- **Gordan**

NEW RESIDENTS

A very warm welcome to:

- **Mrs Sue Monaghan**
- **Mr David Gibbins**
- **Mr Ken England**
- **Mrs Pat Donoghue**

We hope that you enjoy your time here!

DATES FOR YOUR DIARY

We have a few meetings booked for this month.

Relatives Meeting – 3rd Feb @ 3pm

(Video call is available, please let me know)

Family support Meeting – 25th Feb @ 3pm

Manager Clinic – If you would like a 121 chat with Jo M, please drop Jo O an email on jco@castlehousenursinghome.com to arrange a time and date.

Photo Gallery

Lots of games have been going on within the home. Helping with our bodies and keeping our minds in check.



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.

We would be lost without you.

STAFF NEWS

We would like to welcome

Armita (Domestic)

Karen (Reception)

Massy (Kitchen)

Gabby (Activities)

Ellen (Activities)

Manu (HCA)

We would also like to congratulate Asad, who has been promoted to Shift Leader.

We had a small Burns Night Celebration for 2 of our residents who had a Scottish connection. Mary's family, son, daughter-in-law, grandchildren and great grandchildren, treated us to a display in the tradition of "addressing the Haggis" Mary and Derek were treated to Haggis, Nips and Tatties for lunch; other residents also tried some Haggis. It was lovely to see this being performed as well as the great grandchildren reading poems by Robbie Burns.



Spotlight

Receptionist – Kerry



I've worked at Castle House since April 2021. I really enjoy working here and getting to know everyone. I was born in Yeovil and have lived in Somerset for most of my life (when I was younger for a short time me and my family lived up in Lancashire).

I have one daughter who is now 4 and a half and we have another one on the way due early March this year so I shall be leaving for maternity very soon. I have a dog called Meg she is 10 years old. I once ran the London Marathon and raised money for Parkinson's UK back in 2018. I enjoy Pilates, Boxing and keeping fit and active.

This month's Castle House Hero has been awarded to Dinesh, one of our fabulous chefs. Dinesh was nominated by our families and relatives, not only for producing amazing food, but also going that extra mile, making sure that even if its not on the menu, he will do his up most to make a meal he knows they are going to love and enjoy. Well done Dinesh, well deserved.



