



## **Bryn Derwen Newsletter**

**Eighth Edition 2015**



### **Contact Details**

Bryn Derwen EMI Residential Home

Bryn Gobaith

St Asaph

Clwyd

LL17 ODN

01745 582570

Email: [brynderwenhome@btinternet.com](mailto:brynderwenhome@btinternet.com)

Web: [brynderwenhome.co.uk](http://brynderwenhome.co.uk)

### **About Us**

Bryn Derwen is a small EMI residential home in the historic city of St Asaph who specialise in caring for the elderly who have dementia. We are located in a quiet residential part of the city but are very close to all of the shops, post office and cathedral, and as such are very much part of the local community. We are registered with the Care Standards Inspectorate for Wales and we provide 24 hour care for 19 male and female long term care clients, as well as also providing care for our respite and day care service users. All of our bedrooms are spacious and have en-suite facilities.

The resident's in Bryn Derwen receive professional care delivered with respect in a friendly, homely and compassionate environment, where quality of life is imperative. Our dementia care is provided by well trained and dedicated teams in an environment personally adapted to each resident's needs, all of whom receive a care plan which reflects their individual needs, interests, and physical and emotional abilities.

## **Editors Message**

Hello everyone and welcome to the August edition of our newsletter!

As you all know, our calendar has been very full during the last few months as there have been lots to celebrate. We have spent the last couple of months enjoying the summer weather by having lots of fun activities to do in the sun. As well as celebrating our annual summer garden party we have also enjoyed picnics, day trips out to the seaside, regular group walks around St Asaph, spent time relaxing in our newly enhanced sensory garden, and we have also enjoyed watching all of the sporting events that the summer season has had to offer too.

As many of you may have seen on your visits here and from our grand opening party, all of the renovations to our sensory garden have now been completed to a high standard. All of our staff worked very hard alongside the residents in designing this dementia friendly space and we all had a wonderful time at the opening ceremony. We would like to thank everyone who took part in these celebrations and in helping to create some really happy memories.

As we are constantly looking for new ways to engage, inspire and stimulate our residents, we will be providing a variety of themed events over the next few months. There will be something for everyone with activities ranging from the physical, artistic, intellectual, cultural, culinary, fun and unusual based. Please see the 'Forthcoming Events' section for further details.

With so many positive things happening in our home, we have devoted this newsletter to our most recent fundraising events and work done with our friends in the community, as it's important to reflect on our achievements; none of which would be possible without your continuing help and support.

Thank you

Helen Johnson (Activities Organiser)

## **Our Staff Members**

Here at Bryn Derwen our staff members are provided with on-going opportunities for learning and development to ensure that the care they give is not only the kindest possible, but that it is also delivered from a sound, professional knowledge base.



**Spending time with loved ones**

At Bryn Derwen we warmly welcome relatives to come and spend time with their loved ones, but we also understand how this can sometimes be difficult due to work commitments, travel issues, illness etc. This is why we also encourage both our residents and their relatives to keep in contact via phone calls and also through Skype. If anyone would like more information on the Skype service, please contact Nia Pierce.

### Activities

We have a wide variety of activities here at Bryn Derwen as we believe that they are essential to a person's wellbeing as they give purpose and enjoyment to their day and so help to improve their quality of life.

We enjoy music therapy sessions, arts and crafts, gardening, baking, memory exercises, armchair exercises, dancing, sing a longs, quizzes, bingo, card games, board games, pampering sessions, beetle drives, multi-sensory activities and pet therapy.

As well as all this, Bryn Derwen also provides entertainers on a fortnightly basis and our residents thoroughly enjoy the performances from Tony Hudson, Gavin Strong, Christopher Dean, and John Broadhead.



We are also able to offer our residents the opportunity for day trips out to see the countryside and local attractions and so are regularly able to visit places like Llandudno, Rhyl, Conway, and Rhos on Sea. Our Driver is always taking us to fun and exciting places; recently we went to the arcades at Llandudno Pier, a picnic and fishing trip at Kimmel Bay and The River Clwyd at Llandyrnog, as well as Flint, Denbigh and Rhuddlan Park for our photography based activity sessions.



We spend a lot of time visiting and working alongside our friends in the local community. As well as enjoying coffee mornings at St Asaph Cathedral, Llanelwy Community Church and Jacobs Ladder, we also partake in many other social gatherings such as the 'Speak Up' Project, 'Singing for the Brain', and the 'Trefeirian Social Group'.

As reminiscing forms an important part of our activity programme we have continued to produce short videos documenting important events from Bryn Derwen. These short films not only help to preserve memories for our residents and staff, but they also allow for friends and relatives to share in these happy moments too. If any relative would like a video of their loved one then could they please speak to Helen Johnson (Activities Organiser) for further details.

### **Our friends in the community**

We have excellent relationships with our friends in the community and they regularly support the activity programme, themed parties, and charity events that we run.

As well as attending 'Singing for the Brain' and the 'Trefeirian Social Group', we also regularly attend the 'Llanelwy Community Church Group' where we have been making friends over tea and cake, and sharing our skills and experience in the activities on offer. The newest minister, Pastor Simon, has visited our home on several occasions since being appointed to St Asaph and he has been a hugely popular visitor with our residents.



Age Connects continue to work alongside our Activities Department in delivering their 'Speak Up' project led by volunteer Theresa Redfern Jones. Relatives are encouraged to attend these sessions if they wish, which are held fortnightly on Thursdays at 10.30-12.00 in the main lounge.

Other regular visitors to our home include various Lay workers from St Asaph Cathedral. Our Church Services are held on the first Tuesday of every month in the main lounge @ 13.30 and all are welcome to join.

We make every effort to visit our friends from our sister homes; recently we were kindly invited to visit Bronafallen in Corwen as part of Senior Health & Fitness Day. It was during this time that we started up a bowling tournament which was later continued on our trip to Phoenix House in Sandycroft. We all really enjoyed taking part in this friendly competition

and despite some blatant cheating from Team Phoenix House; I am pleased to inform you that Team Bryn Derwen won the tournament and were crowned champions.



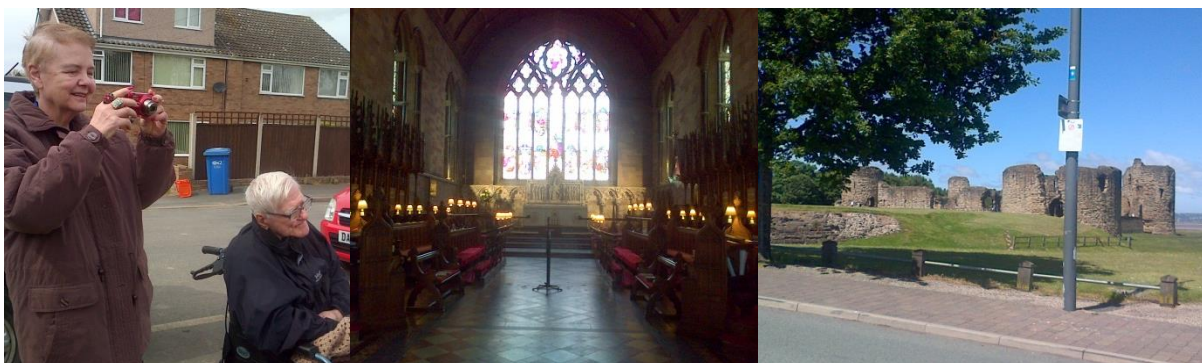
Many of you would have met our friends from the community at our recent Garden Open Party. As well as our neighbours, we were also joined by members of Llanelwy Community Church Group, St Asaph Community Association, and Age Connects, and we would like to thank both them and yourselves for making this celebration so memorable.

### **Celebrations**

Over the last few months here at Bryn Derwen we have set up a variety of entertainment and activities to celebrate important events in the calendar. Here is a list of all the themed events that we have participated in.

### **Photo Month**

As part of this activity we visited a variety of locations in order to capture and edit photographs concerned with themes such as Nature, Portrait, Landscape, Object and Abstract. After receiving a quick tutorial, our residents spent several afternoons taking their own pictures; a small selection of which are displayed here for you to enjoy.



### **Twilight Zone Day**

We spent the afternoon watching this classic TV show as we entered the twilight zone together. As well as a selection of soft drinks, we were also treated to butter, sweet, and salted flavour popcorn. Despite viewing episodes such as 'Nightmare at 20,000 Feet', 'Game of Pool', 'Monsters on Maple Street', and 'The Invaders', the only frightening part of the day was when we ran out of popcorn!



### **Golf Day**

Many of us visited our local park in order to practice our teeing off and putting, and some of our staff were given a run for their money from several of our residents; many of whom used to be keen golf players themselves! We intend to visit a local golf range soon in order to continue to develop our skills for the tournament we have organised against Bronafallen during Golf Month. Further details regarding this can be found in the 'Other Special Occasions' section.



### **Llandudno Pier**

On one of our many days out, our driver took us to both the east and west coast of Llandudno beach, before taking us to Llandudno Pier. Whilst here, we were treated to a picnic, spent time enjoying ourselves at the arcades, as well as going shopping at the quaint stalls. Despite not winning a cuddly toy out of the grabbing machine, we still all had a wonderful time and hope to return soon to try our luck again.



## Museum Day

For this event we went to Venue Cymru in Llandudno to see Stewart Darby's 'Granada TV'S Golden Years' interactive exhibition where we played along with the 'Guess Who?' section to match the famous names to the official photographs from shows such as Coronation Street, Brideshead Revisited, Sherlock Holmes and Hard Times. We also saw artwork produced from the 'Take Part' project as well as fine art pieces produced by Richard Hackett, Gillian Hughes and Anthony Lowndes.



## Maritime Day



Ahoy there mateys! As part of this activity we learnt all about the sea and how to tie knots; both of which later inspired us to produce some nautical theme based art. As well as completing boat puzzles together, singing sea shanties, doing beach ball exercises, and reminiscing about the seaside, we also took part in a nautical themed quiz.



Films such as 'Perfect Storm', 'Jaws', and 'Mutiny on the Bounty' were put on for us to enjoy together, yet several of our residents chose to take a trip down to Conway Marina instead to see the boats and to enjoy a pub meal. Whilst there we also spent time going window

shopping in the marina stores, mostly because we don't think that we can quite afford a luxury yacht just yet! In the afternoon we were treated to a sea themed tea party where we were waited on by a friendly shark and some sailors who served us with an array of sea themed treats.

### Senior Health & Fitness Day

As mentioned earlier, we recently visited Bronafallen as part of 'Senior Health & Fitness Day' where both sets of residents enjoyed activities such as armchair exercises, dancing, a beach ball game, netball, gentle strolls in the garden, hokey-kokey and other movement based songs during our singing sessions together. After dinner, we went on to have a bowling tournament, and despite it being very close, the results were;

**Bronafallen 18**

**Bryn Derwen 21**



Let's hope that we can stretch our winning streak to the Golf Tournament against them too! We would once again like to thank Bronafallen for their hospitality and we thoroughly enjoyed the roast chicken dinner that they provided us with.

### Eisteddfod Celebrations

As is now customary for our Welsh themed events, we spent the morning listening to our Welsh Male Voice Choir cd and then sang some of these songs ourselves during our arts and crafts session.



After having a Welsh themed quiz and reminiscing about our experiences of Wales, we held a scavenger hunt where we searched to find the national flag, a leek, a rugby ball and a



Welsh lady doll. We then watched the Eisteddfod together live on S4C and our Activity Assistant Sarah McNamara along with a few of our Welsh speaking residents were on hand to translate for us all. After dinner we watched the film 'Pride', and after a basic introduction to the language, we took part in some simplistic Welsh conversations.

### **Drawing Day**

Both our residents and staff were busy throughout 'Drawing day' producing wonderful sketches and dot-to-dot sheets to be used in our exhibition. The work was very original and was put on show around our home for three weeks. This day was so successful with our residents that we have decided to run it as part of our annual activity events, and we hope to include works from both relatives and our friends in the community next year.



### **Nature Photography Day**



As part of 'Nature Photography Day' and our ongoing 'Photo Month', we spent the morning going on walks around St Asaph's beauty spots to photograph the local wildlife. After dinner a group of us visited Ruthin Park where we took pictures of ducks, swans, cows and flowers before making a quick visit to the local playground.



### Ladies Day

We all had our posh clothes and betting slips at the ready as we held a ladies day event to tie in with this years Investec Derby. All bets were placed a few days prior to the big day; the morning of which saw us all get dolled up to the nines during Beck Marriot’s popular pamper and fashion sessions. After designing our own jockey shirts during our arts and crafts group, we then had a quiz to test our knowledge on famous horse races.



After dinner we watched the race together over a posh tea party which consisted of lots of wine, cheese and crackers. Sweets and chocolates were provided for those with the winning bets, and after having our pictures taken, we ended the day watching the film ‘The Horse Whisperer’ together.



### Grand Opening of our garden

As you know Bryn Derwen is committed to looking after people with dementia and we are constantly striving to improve and enhance our home living environment in order to provide appropriate person centred daily experiences to all our service users, staff and visitors. The

purpose of these renovations was to transform our uninspiring garden into a place that enriches the lives of those with dementia, thereby putting person-centred care into real practice and helping to turn the care home into a place to live, not just exist

We introduced a number of simple and effective changes to our garden as it's the little things that make a big difference to the quality of care provision. Soft outcomes (things you can't measure) help in giving people back their dignity and so we set about creating a garden that promoted inclusion and encouraged interaction. Our newly designed garden facilitates movement by having wheelchair friendly paths and features multi-sensory items such as light-up water features, a memory garden, an enchanting mural, wind chimes, tweeting bird garden ornaments, hanging baskets, raised planters, individually decorated plant pots and a special beach themed area that promotes reminiscing about childhood holidays and days out at the seaside. We also have a canopy which allows the garden to be used in all weather conditions, thus maximising its potential as a useful resource.

We used scented plants, flowers and vegetables to add to the sensory qualities of our garden as they facilitate colour, memory, texture, smell and taste. Many of you along with our friends from the community donated clippings from your own gardens for us to use which enabled everyone to contribute to the project.

Investing in these physical improvements has had a very noticeable and positive effect as it has created a calm and pleasant atmosphere for both our clients and our staff. Many of the changes we have made are simple and straightforward but they have had a tremendous impact on the quality of care residents receive. Some of our residents have significant dementia care needs and although the homes practice was already good, this garden has been hugely beneficial to our residents.

Transforming our garden in this manner has enhanced their sense of freedom and given them the opportunity to experience the different seasons in the garden, as well as creating a stimulating and calm environment which facilitates movement. This allows for new outdoor/garden based activity sessions to be run and by tailoring our activity programme around the development of our garden, many of our service users have directly partaken in the planting of seeds, designing of plant pots and assisting with the painting duties on our mural (adapted to their abilities via the use of stencils which enabled everyone to take part in this activity). The art work around the garden comprises of familiar and meaningful images for the residents as people with dementia can get confused in their environments, so we've made everything easily recognisable. Colour contrasts were employed as a quick and effective way of helping surroundings to stand out (e.g. different coloured flowers, furniture, benches, bird tables, etc.) and these are set against an enchanting mural which serves as a backdrop to painted fields, streams and meadows as well as local landmarks which encourage reminiscence.

Since the completion of our Sensory Garden we have been enjoying the warm weather together by participating in outdoor activities such as Football, Arts and Crafts, Gardening, building sandcastles in our beach area, and we held our own ladies day for Ascot as well as a Wimbledon themed day.



Despite the bad weather our Grand Opening on the 17th June was very successful due to the canopy and colourful parasols. As well as a lavish buffet, we were also treated to a barbeque and a selection of beverages. Our Elvis singer kept us entertained whilst we socialised and made new friends. We all had a wonderful time and we would once again like to thank everyone who came along to this event and who contributed to this project.

### International Picnic Day & Go Fishing Day



After practicing fishing with our newly bought nets at Kinmel Bay a few days beforehand, we were then all ready to celebrate this wonderful event! Our driver used his local knowledge to help find us the perfect picnic and fishing spot, and so several of us travelled down to Llandyrnog where we enjoyed our freshly packed lunches and received more fishing tips on how to use a fishing rod. Unfortunately we didn't catch any fish that day, but we all had lots of fun being outdoors together.

### **International Joke Day**

We spent the morning sharing some real side splittingly funny jokes with one another! You've probably heard this one before, but here is a selection from our humorous collection;

Why do cows wear bells?  
Because their horns don't work!

What do you call a cow with no legs?  
Ground beef!

What do you call a dog with no legs?  
It doesn't matter; it's not going to come!

A man goes to the doctor and asks 'Have you got anything for wind?'  
The doctor gave him a kite!

A lorry load of tortoises crashed into a trainload of terrapins.  
It was a turtle disaster!

A man told his wife that she was drawing her eyebrows too high.  
She looked surprised!

I went to a really emotional wedding the other day.  
Even the cake was in tiers!

I went to the zoo yesterday; there was only one dog in it.  
It was a shitzu!

Two aerials meet on a roof, fall in love, and get married.  
The ceremony was rubbish but the reception was brilliant!

We have a genetic predisposition for diarrhoea.  
Runs in our jeans!

A man goes to his doctor to say that he can't stop singing 'The Green, Green Grass of Home'.  
His doctor says 'That sounds like Tom Jones Syndrome'.  
'Is it common?' the man asks.  
'It's not unusual' the doctor replied.

I tried to catch fog yesterday.  
Mist.

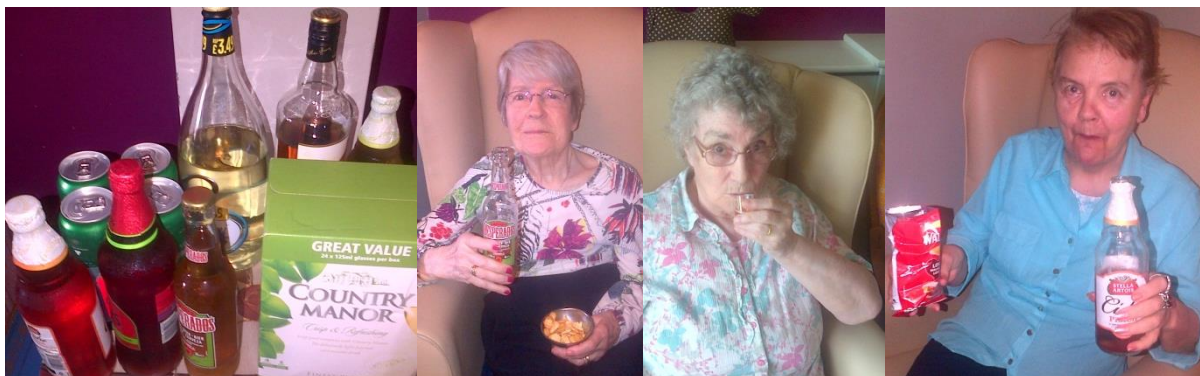
### **Wimbledon**

We really went to town with our Wimbledon celebrations this year! As well as watching the matches and cheering on our favourite players, we also had a selection of themed activities throughout the day such as arts and crafts sessions, swing ball, and a keepy uppy competition. The Activities Department dressed up as tennis players and waited on during our tennis themed tea party, where we were served with strawberries and cream along with some lovely sparkling wine.



### **Cider & Real Ale Festival**

To coincide with the Route 76 Festival around Denbighshire, we decided to hold our very own Cider & Real Ale Day here in our home. As well as enjoying a delicious pub lunch together, we were also treated to an alcohol tasting session complete with pub snacks. Entertainment included a pub quiz, card games, and dominoes. We also intended to do some karaoke, but unfortunately our machine was experiencing technical problems that day!



### **Build a Scarecrow Day**

As the theme for this year's St Asaph Community Associations' Annual Community Scarecrow Competition was America, we decided to pay homage to Disney. As well as Mickey & Minnie Mouse, we also built a Spiderman scarecrow, all of which were elaborately displayed in our front garden. We always take part in this event and I am pleased to inform you that this year we won, thanks to our Mickey & Minnie Mouse entry!



### **Strawberry Tea Party**

As our Mickey & Minnie Mouse entry won the business category to the Scarecrow Competition, we were all invited to a Strawberry Tea Party at The Old Palace in St Asaph. We were treated to a marvellous performance from their musical entertainer, took part in a raffle and enjoyed some scones, hot drinks, and strawberries with cream with members of the local community. After this came the Award Ceremony, where the Mayor of St Asaph presented us with a cheque for £25. This money will be used towards the residents' fund and we would once again like to thank St Asaph Community Association for the opportunity to take part in this wonderful fun event.



### **Annual Summer Garden Party**



The circus literally rolled up into town for our Carnival themed Summer Party as our staff put on a circus show for our residents and guests! Our ringmaster introduced each of the

acts with performances from a juggler, a clown, a strongman, some conjoined twins and a magician with an assistant. We had traditional funfair games such as a coconut shy, darts throw, tin can alley, and hook a duck for us all to enjoy, as well as a face painting stall and balloon sculptures made by our magician. Our chefs treated us to another barbeque and they also baked a selection of delicious cakes for everyone. From our fundraising efforts consisting of a raffle, tombola and guessing game we were also able to raise £75 which will be put towards our residents' fund. We would once again like to thank you for all your continued help and support and we look forward to seeing you all again at our future events.



### Forthcoming Events

The following are a list of dates that our weekly entertainment will be visiting and also dates for our organised parties. We would like to invite you all to come and join in with us on these special occasions

#### Entertainers

- Tuesday 04/08/15 @ 10.30-12.00
- Tuesday 18/08/15 @ 10.30-12.00
- Tuesday 01/09/15 @ 10.30-12.00
- Tuesday 15/09/15 @ 10.30-12.00
- Tuesday 29/09/15 @ 10.30-12.00
- Tuesday 13/10/15 @ 10.30-12.00
- Tuesday 27/10/15 @ 10.30-12.00
- Tuesday 10/11/15 @ 10.30-12.00

#### Parties

- **Sports Day & Rounder's Tournament** 05/08/15- we will competing in a variety of fun events throughout the day so please feel free to come and cheer on your loved ones! Take part yourselves against our staff too!
- **Halloween Party** 30/10/15- food, entertainment and party games will be provided for as usual! All are welcome to come and join us.
- **Guy Fawkes Party** 05/11/15- this year we plan on having burgers, hotdogs, jacket potatoes, and toffee apples for us to feast on as we watch our fireworks display! We also intend to build a Guy in our arts and crafts session which will be later donated to the local community.



### Community Based Activities

- **'Speak Up' Project**- held every other Thursday @ 10.30-12.00 in the main lounge
- **Singing For The Brain**- every alternative Wednesday in the Eirianfa Centre, Denbigh @ 13.30-15.00
- **Trefeirian Social Group**- held every 3<sup>rd</sup> Thursday of the month @ 10.00-15.00
- **Llanelwy Community Group**- held every Tuesday in Llanelwy Community Church @ 10.00-12.00

### Other Special Occasions

- **Golf Month** 03/08/15- we will have golf offered throughout the month in order to celebrate this event; with some trips to a local park and a golf range already lined up. Hopefully all of these lessons will pay off as we go head to head against Bronafallen in our first ever Golfing Tournament.
- **Photography Day** 19/08/15- we will be busy taking photographs throughout the day and editing and printing them off to put on display around our home. Please feel free to come and join us!
- **Cricket Tournament** 20/08/15- in order to celebrate The Ashes we will be having a traditional English tea party as we play cricket in our garden. We would love for you all to attend this event- there will be cake!
- **Hug Your Boss Day** 26/08/15- it's that time of year again when we all form an orderly queue to give our boss a great big cuddle!
- **Piano Month** 01/09/15- we plan on having some visiting entertainers come in and perform for us on this day; hopefully some of our musically gifted residents will want to tickle the ivory's too!
- **Teddy Bear Day** 09/09/15- please feel free to come and join us as we host a teddy bears picnic themed party. As usual, food and entertainment will all be provided for- don't forget to bring your teddies along with you! There will be prizes for the cutest, cuddliest, and most unusual looking bears in our Bear Show, all of which will be judged fairly by our residents.
- **Roald Dahl Day** 14/09/15- to celebrate this event we will be offering reading sessions throughout the day, along with arts and crafts and baking sessions too.
- **International Country Music Day** 17/09/15- come and join us as we learn line dancing to country music, take part in a shooting range, and dress up as cowboys and cowgirls for the day! Dolly Parton and Kenny Rogers are also lined up to perform for us (well lookalikes on a karaoke machine to be precise!). Please feel free to attend in fancy dress yourselves; the more the merrier!
- **Doctor Who Day** 18/09/15- we will be offering a variety of themed activities throughout the day to coincide with the Time Lord returning to television for his latest series! As well as arts and crafts, baking, episode marathons and reminiscing sessions, we will also be having a themed tea party as we race electronic Daleks around our home.
- **Comic Book Day** 23/09/15- themed activities such as arts and crafts, reading, and baking sessions will be offered to celebrate this event, along with a tea party and superhero movie marathon in the afternoon. So far Spiderman, Supergirl and Wonder Woman have all confirmed that they will be attending, and we are still waiting to hear back from The Teenage Mutant Ninja Turtles. Please feel free to come along, either as yourselves or as a comic book character.

- **Macmillan Coffee Morning** 25/09/15- we will once again be raising much needed funds for Macmillan again this year by holding an 'Alice in Wonderland' themed coffee morning. As well as a selection of hot drinks there will also be games, a raffle and lots and lots of cakes! Please come and join us; did we mention that there will be cakes?
- **Drink Beer Day** 28/09/15- as well as having a selection of beers for our residents to enjoy, we are also hoping to have a home brewing session too.
- **Harvest Festival** 30/09/15 come and join us as we give thanks for harvest and reap the rewards of our hard work. As well as a church service, we are also hoping to have some singers come in to perform some hymns for us. As is tradition during such times, we intend to collect food for the needy, all of which will be taken to Rhyl Food Bank Centre on one of our day trips out.
- **Poetry Day** 01/10/15- we will be sharing our own poems with each other from our creative writing sessions as well as reading some classic poems too from writers such as William Blake and Dylan Thomas.
- **World Animal Day** 05/10/15- as well as having our usual arts and crafts, baking, quiz and movie activities themed around this day, we are also hoping to treat our residents to a trip to the Sea Aquarium this year.
- **Pizza Month** 06/10/15- under our cooks guidance, our residents will be offered the opportunity to create their own pizzas!
- **Balloons Around the World Day** 07/10/15- as well as producing arts and crafts to mark this event, we will also be releasing balloons out into the community; one for each of our residents.
- **Old Farmers Day** 12/10/15- come and join us at our farmers market themed tea party; farmer, chicken, pig, horse, sheep and cow will all be there as we live off the fat of the land together! There will also be arts and crafts and reminiscing sessions too!
- **World Maths Day** 14/10/15- after our maths quizzes we have a countdown game lined up, and the movies 'Rain Man' and 'A Beautiful Mind' to enjoy in the afternoon.
- **World Food Day** 16/10/15- our residents will be treated to a buffet of food from around the world, with each of our dining tables representing a different country.
- **Animation Day** 28/10/15- we will be using our drawings and photos from our arts and crafts sessions to make an animation using windows movie maker. The movie will be premiered in our afternoon 'Movie Blockbuster' themed fancy dress tea party which you are all welcome to attend! Drinks, cakes and popcorn will all be provided for.
- **Rugby Day** 30/10/15- to coincide with the Rugby World Cup tournament we will be offering a range of themed activities throughout the day, as well as watching match highlights of our favourite teams.
- **Jellyfish Day** 03/11/15- we will be producing arts and crafts to coincide with this day, as well as making some jellyfish inspired treats in the kitchen.
- **Stress Awareness Day** 04/11/15- we will be offering various relaxation sessions throughout the day to coincide with this event.
- **International Tongue Twister Day** 09/11/15- I scream, you scream, we all scream for ice-cream! Or rather we will be once we've finished attempting to do these tricky tongue twisters!

- **Origami Day 10/11/15-** it's that time of year again where we go to town in our arts and crafts session and display our Origami work around the home.
- **Remembrance Day 11/11/15-** we will be paying our respects with a church service, as well as producing some artwork to commemorate this event.
- **World Prematurity Day 17/11/15-** please join us as we hold a 'Fairy Tale & Nursery Rhymes' themed tea party in order to raise money for this very special charity event.

As well as all of these planned activities we will also be going on our regular day trips out and walks to the local cathedral.

### **Fundraising**

We have continued to raise money for our residents fund in order to help pay towards the costs for day trips out, parties, and new activity products. As well as raising money from our lottery game (entry sheets can now be found on the notice section on the kitchen door), we have also been successful in raising money from our car boot sales.



As discussed earlier, we were recently awarded with a cheque for £25 from St Asaph Community Association for our winning scarecrow entry, and we also successfully raised £75 during our Summer Garden Party.

We are always extremely grateful for your enthusiasm and generosity towards our fundraising events, and we would like to ask if anyone has any unwanted items around the home that could be used in our future raffles and tombola's, then please could you consider donating them towards our cause?

As mentioned earlier, we are hoping to treat our residents to a trip to the Sea Aquarium in Rhyl this October which will cost £4.99 for each person in a group of ten or more, or alternatively £6 each if they wish to enjoy some cream teas in the centres restaurant. The money that we raise will go towards this trip out, and you are all more than welcome to come along with your loved one; you will be pleased to hear that all carers receive free entry into this attraction.

As well as our usual fundraising events, we are also planning on supporting Macmillan again this year by holding an 'Alice in Wonderland' themed coffee morning on 25/09/15 to collect much needed funds for this charity. We also plan on supporting World Prematurity Day on 17/11/15 with a 'Fairy Tale & Nursery Rhyme' themed tea party in order

to raise money and awareness of this condition. There will be a selection of drinks and cakes to enjoy at both events, as well as a variety of fun games and raffles to take part in. Everyone is invited to attend, please feel free to bring along a friend.

We would once again like to take this opportunity to thank you all for your continued help and support, and should anyone wish to play our lottery, donate unwanted items, or take part in any of our other fundraising events then please could they speak to Helen Johnson (Activities Organiser) for further details.

## **Other News**

### **Future Plans and events**

We continue to work on several projects aimed at improving our home, and as well as these we will shortly be working alongside Age Connects with their community garden project. This project offers our residents the chance to work alongside others from the local community, meet new friends, and also helps our residents to develop their gardening skills. If anyone is interested in becoming involved in this project (which will be based near The Tweedmill Centre) then could they please contact Helen Johnson (Activities Organiser) for further details.

We also plan to continue to make full use of our garden facilities by hosting several themed tea parties over the coming months and we will contact you all closer the time with further details on these. Please feel free to attend in fancy dress if you wish, we would love to see you all at these exciting events.

In response to many of our residents enjoying watching murder mysteries, we are also planning on hosting a Murder Mystery Dinner Party in early December. Further details of this will be in the November Edition of our newsletter.

### **Congratulations**

As well as winning the Bowling Tournament against our sister homes and the Business Section in the Scarecrow Competition, we were also recently invited to deliver a presentation at Bangor University amongst some of the country's leading dementia specialists regarding the enhancements we have made to our sensory garden. We received much praise for the work that we have done and we have been informed that Bryn Derwen is to be used as a beacon for other care homes.

### **Condolences**

The staff and residents of Bryn Derwen would like to express their deepest sympathies to the family of Mr Dennis Lloyd who sadly passed away.

