



## **Bryn Derwen Newsletter**

**Eleventh Edition 2016**



### **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 May edition of our newsletter!

Our calendar has been very full during the last few months as there has been so much to celebrate! As well as fantastic events such as Chinese New Year, Pancake Day, Valentine's Day, St David's Day, Mother's Day, St Patricks Day, Easter, St George's Day and our Bryn Derwen Awards Ceremony to name but a few, we have also begun to enjoy the arrival of the warmer weather by spending quality time in our purpose built multi-sensory garden! As many of you may have seen on your visits here, we have been very busy planting, watering and weeding our garden in order to make it as lovely as possible, and our hard work has already begun to pay off with our flowers in full bloom and a variety of birds visiting us regularly.

We are constantly looking for new ways to engage, inspire and stimulate our residents, and so as well as designing new Montessori activities to participate in, we will also be providing a variety of fun 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, including our Annual Summer Party and Sports Day to look forward too as well! Please see the 'Forthcoming Events' section for further details.

We also have lots of good news to share with you regarding our recent Contracts Monitoring Report from Denbighshire County Council and our ongoing fundraising efforts! With so many positive things happening in our home, we have devoted this newsletter to our recent achievements; none of which would be possible without your continuing help and support.

Thank you  
Helen Johnson (Activities Coordinator)

## **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.

We are pleased to welcome three new staff members here at Bryn Derwen. Dei Williams, Nyree Lee and Sarah Banwell are our newest Care Assistants. All of them have already made fantastic contributions to our home and have become valuable members of our team.

## **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 have also been working and relaxing in our multi-sensory garden now that the warmer weather has finally arrived, and we are really looking forward to hosting some outside tea parties, barbeques, sporting events and our upcoming Annual Summer Garden Party!



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 Flint to play Ten Pin Bowling at the Jade Jones Pavillion and Ruthin Craft Centre to see the 'Lost in Art' dementia exhibition, as well as some other exciting exhibitions by local artists.



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 '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 Coordinator) 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.



Music in Hospitals also kindly paid us a visit a couple of months ago and they put on a very enjoyable opera themed performance for us all to enjoy!

We also recently took part in Flintshire County Council's 'Have a go Fortnight' where we attended a 'Never Ending Story' session and a 1940's Ballroom Blitz; more details about both of these can be found in the 'Celebrations' section of the newsletter.



We continue to work in conjunction with our two sister homes and so as well as enjoying a golf tournament against Phoenix House, we also enjoyed a visit from our friends from Bronafallen who kept us entertained by reading poems by Shakespear!



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

### **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.

### **Doodle Day**

For Doodle Day our residents', staff and visitors spent the morning producing a variety of fun and quirky drawings that were then exhibited around the home for 2 weeks, and we all had lots of fun doodling landscapes, animals, portraits and fabulous patterns together!



### **Chinese New Year**

Kung Hei Fat Choy! As usual, we celebrated Chinese New Year in style by offering a variety of themed activities throughout the whole day, as well as enjoying a selection of Chinese foods together from our buffet menu. Whilst listening to oriental music, several of us took part in our Chinese quiz, dance class, Chinese fortune sticks, Chinese whispers game and our arts and craft and calligraphy session.



### **Pancake Day**

As is the tradition here at Bryn Derwen on Pancake Day, our residents and staff all took part in our highly competitive pancake flipping competition! This fun and messy competition was

extremely close again this year and prizes were awarded to the winners of this and our first long distance throwing competition. As usual, several staff members resorted to some blatant cheating and so were rightly disqualified by our panel of judges!



We all had a great time and were treated to some freshly prepared pancakes with a selection of toppings in the afternoon.

### **Opera Day**

As well as listening to some classic opera songs by Luciano Pavarotti, Renee Fleming, Kathrine Jenkins, Bryn Terfel and Anna Netrebko, we spent the day learning all about opera, and several of us even took part in singing the different operatic scales to test our vocal range. In the afternoon we all sat down together to watch 'The Magic Flute', and we finished our musical themed day by attending The Alzheimer's Societies 'Singing for the Brain' session.

### **Kite Flying Day**

Due to the poor weather conditions we were unfortunately unable to fly our kites this year, so we instead produced a variety of fun and creative designs in our arts & crafts session.



### **Valentine's Day**

We provided a range of valentine's day themed activities again this year; as well as our usual setup consisting of romantic music entertainment and baking and decorating sessions, this year we also reminisced about how we met our significant other, produced heart shaped love notes in our arts and crafts session, played valentines bingo, and watched 'Roman Holiday'. We all had a lovely time and thoroughly enjoyed our delicious homemade biscuits!





### **Bird Feeding Month**

We spent an afternoon learning all about the variety of birds that visit our garden whilst we listened to some relaxing bird songs. We then got creative in the dining room by making some fat balls for our feathery friends to enjoy over the cold months, as well as creating some 3D bird decorations for our main lounge.



### **Bryn Derwen Awards Ceremony**

As part of the Oscar season we held our Second Annual Bryn Derwen Awards Ceremony this year. After getting dressed up and having our makeovers done, we took to the red carpet to have the paparazzi take our photographs before then being presented with our highly coveted Bryn Derwen certificates.



A selection of wine and crackers were provided for this event, and later that week our residents had their awards placed on permanent display in their bedrooms, alongside their awards from last year.





### Flintshire County Councils 'Have a go Fortnight'

We took full advantage of the free services that Flintshire County Council's Leisure Services provided as part of their 'Have a go Fortnight' to help improve health and well-being.



We attended Donna Redgrave's very popular 'Never Ending Story' session in Holywell Library, which specialises in imagination and reminiscence. Donna believes that the arts can significantly help everyone affected by dementia to live well, and her Creative storytelling Project was delivered alongside Rem Pods and a variety of props.



We all had lots of fun creating our characters and bringing them to life for our story, and we hope to have Donna come and deliver another of her fantastic sessions in our sister home, Phoenix House.

In the second week, we travelled to Deeside Leisure Centre to attend a 1940's Ballroom Blitz!



We all danced, reminisced, and sang our hearts out! As well as making lots of new friends and filling up on some delicious homemade cakes, we even got to meet Sir Winston Churchill himself!



### Floral Design Day

After finishing our floral themed arts & crafts session, many of our lady residents enjoyed spending the rest of the day with a flower arranging class to help create some new flower displays for our home. As usual, their work was simply stunning and certainly brightened up our home!



### World Yoga Day

In order to celebrate this day, we took part in the gentle art of yoga in order to improve our physical and mental wellbeing. We practiced a variety of postures and breathing techniques to help enhance our balance, strength, flexibility and coordination, yet despite having lots of fun doing this, no one was brave enough to attempt the Lotus position!



### **Walking the Dog Day**

Everyone made a huge fuss of our pampered pooch Henry as we took it in turns to take him on some relaxing strolls around St Asaph. After all his exercise, he was then rewarded with some doggie treats for being such a good boy!



### **National Anthem Day**

We all had a wonderful time singing our patriotic anthems! As well as the sing-along, we also had a music based quiz where we had to guess what country each anthem belonged to!

### **St David's Day**

We had a brilliant St David's Day celebration this year! As well as having a variety of Welsh themed activities on offer, the Activities Department came dressed as a daffodil and the Welsh dragon! They were joined by several of our residents who took it in turns to dress up as Welsh maids, and we spent the morning having our photographs taken together whilst we worked on our Welsh themed arts & crafts.



By far the most popular part of the day though was provided by our cooks who treated our residents to several Welsh dishes including lamb dinner, Welsh rarebit, and Bara Brith!





## World Book Day

We love reading here at Bryn Derwen, so as usual on World Book Day we all sat down together in the morning to enjoy a selection of short stories and discussed which books have inspired and moved us through the years.



In the afternoon some of us took a trip to Rhyl Library where we took some time out in order to unwind with a selection of their books and magazines. We then went upstairs to visit their museum which has a wonderful collection of vintage items from old Rhyl, many of which brought back some very happy memories from our youth!



## Mother's Day

Our home was filled with an array of gorgeous coloured flowers this Mother's Day, along with boxes of chocolates that relatives brought in for their loved ones. As usual, our care staff worked very hard alongside our residents putting these beautiful bouquets in vases and on display. In the afternoon, there was a special tea party to mark this important occasion, and we all thoroughly enjoyed the delicious homemade cake that our cook had prepared for us!

## Fun Facts about Names Day

We were all fascinated to learn about the historical meanings and influences behind our names! It was also interesting to learn how name trends have changed over the years, and we all had a giggle at some of the outlandish names that celebrities have given to their children! Below is a small sample of meanings;

- Williams- son of William
- Jones- a medieval variant of John
- Roberts- son of Robert
- Marriott- a medieval diminutive of the feminine give name Mary

- Ogden- from Old English meaning dweller in the oak valley
- Smith- from Old English meaning metal worker, blacksmith
- McNamara- from Irish Mac Conmara meaning son of Conmara

### Women's Day

On Women's Day we discussed the importance of feminism and how this has affected our own individual lives with topics ranging from the Suffragettes, The Land Girls, Germaine Greer, and the need to fight for equality still. After putting the world to rights, we then kicked back and watched the award winning 'Suffragette' film together.

### Plant a Flower Day

We had a blooming good time on Plant a Flower Day! After decorating our plant pots with some fun stickers, we then bought a selection of seeds and flowers to grow. A few weeks later, our gardener placed our delicate pansies outside in our multi-sensory garden, where they have continued to grow from strength to strength!



### Poultry Day

Cock-a-doodle-do! On Poultry Day our residents from farming backgrounds all helped to teach us about our feathery friends and we received a surprise visit from a giant chicken who led us in 'The Birdie Dance'!



In the afternoon we played two versions of the 'Angry Birds' game and we then went on to make some eggcellent art pieces together which were then displayed around our home.



### **World Storytelling Day**

In order to celebrate World Storytelling Day, we all worked in groups to create our own unique stories for us all to enjoy using several ad libs templates. The following are a small selection from our creative writing session;

#### **Happily Ever After**

Once upon a time, a man lived in an old and smelly pub. He wanted to go somewhere exciting so he planned a trip to Blackpool. But then his car broke down. The man was very upset and unhappy. He had to do something! So he stole a bike. After he did this, he was arrested by the police and put in jail. And the man lived happily ever after.

#### **Three Little Pigs**

Once upon a time, there were three large pigs. One day their mother said "You're all grown up and must live on your own". So they left to buy their houses. The first little pig wanted only to eat all day and quickly built his house out of straw. The second little pig wanted to watch TV and play all day so he got himself a wife. The third fat pig knew the wolf lived nearby and so he worked hard to learn karate. One day, the wolf knocked on the first pig's door. "Let me in or I'll fart your house down!" the pig didn't, so the wolf blew down the estate. The wolf knocked on the second pig's house. "Let me in or I'll blow your socks down!". The pig didn't, so the wolf burnt down the house. Then the wolf knocked on the third dirty pig's door. "Let me in or I'll blow your house down!". The little pig didn't so the wolf hit him and the others. He could not blow the house down. All the pigs went to live in the farm house and they all lived happily ever after.

#### **Bedtime Story**

Once upon a time, in a place called Tipperary, there was a beautiful princess named Sybil. Her kingdom was huge, but her arms were bigger. She was beautiful from her legs to her brain. One day she saw a gorgeous prince named Henry. He had a beautiful face. As soon as his chest touched her legs they fell in love. They got married in church the following day. Not long after, they had a baby. They decided to call him Bambino. He looked like a monkey. He would cry five times a day and his toes were soft and cute. And they all lived happily ever after!



## St Patricks Day

We had lots of fun celebrating St Patricks Day this year by singing traditional Irish Songs, dressing up as Irish mascots, taking part in an Irish themed quiz, and colouring in shamrocks and rainbows!



We also worked very hard to make some traditional Celtic bread knots and biscuits in our baking session, all of which were delicious! Our chef also produced traditional Irish stew which was thoroughly enjoyed by our residents and after dinner we were treated to Irish coffee and Guinness as we sat down to watch 'The Commitments' together.



## Easter

We had a very egg-citing Easter this year! Many of our residents helped to create a delicious Easter themed cake in our fun baking sessions, along with numerous amounts of Easter nest cakes and Easter chocolates for us all to enjoy together!



In our Easter themed arts and crafts sessions we produced some wonderful 2D egg decorations, brilliant posters, and fantastic woolly sheep and nest displays to brighten up our home.



As well as a highly competitive quiz, we also enjoyed an Easter church service and a variety of fun games such as egg toss, hen pin bowling, and our annual easter race had us in stitches as we placed bets on our wind up rabbit and chicken toys!



We also spent a lot of time creating our egg-troinary Easter bonnets which we wore for our annual Easter egg hunt. As well as all this, our Manager Nia Pierce treated every service user and staff member to their own Easter eggs and this special treat was hand delivered by the Easter Chick and was thoroughly enjoyed by all!



### **As Young as You Feel Day**

Age really is just a number and we had so much fun celebrating this day by letting our hair down and losing our inhibitions!





We started the day trying out hip hop dance routines, putting on a Punch & Judy Show, and playing cowboys & Indians!



Then in the afternoon we held a marbles contest and ended the day taking selfies together! Everyone enjoyed this day so much that we have decided to offer it again next year!



### Waffle Day

Yes you guessed it! A selection of waffles with a variety of toppings was offered throughout the afternoon for everyone to enjoy! The waffles were so delicious in fact, that many people had seconds, and in some instances, third helpings! Yum, yum!!!!!!





### Take a Walk in the Park Day

Several of us travelled down to Rhuddlen in order to take a leisurely stroll in the park and to feed the ducks. Despite being a little chilly, we all enjoyed ourselves, and on the way back home, our driver took us on a scenic tour of Denbigh where we enjoyed viewing the castle grounds.



### April Fool's Day

Our staff here are fantastic at supporting the Activities Department, and so were all good sports as we used our new prank kit to play April Fool's tricks on them!!! We all had lots of fun- it was just a shame that the day finished so early!

### Golf Day

As well as playing mini golf at our home, we also celebrated Golf Day by visiting a local golf range to practice our drive! A few weeks later we travelled down to Sandycroft to take part in a tournament against our sister home Phoenix House.



We all had lots of fun taking part and making new friends, and I am pleased to announce that Bryn Derwen won the coveted Trophy this year, as we are the champions!!!



## The Crabbies Grand National Festival

In order to take part in this year's Grand National, we all chose horses a week before the race using betting slips that were kindly provided by Corbett's Bookmakers in St Asaph. We also conducted a Grand National Sweepstake for our staff and visitors in order to raise money for our Resident's Fund and I am pleased to announce that we successfully made £28! We spent the morning of the festival designing our own jockey shirts and race horse ribbons during our arts and crafts session, and then playing our homemade horse racing board game!



After dinner, we all had our betting slips at the ready but we were unfortunately unable to watch the race due to some technical issues! Fortunately our staff offered to do the race themselves in the garden and so after grabbing some hobby horses and jockey caps, each jockey then had 2 minutes to convince our crowd that they were the favourite to bet on. After all the new bets were collected, the race began! Staff were extremely competitive, with certain jockeys tugging on the shirts of others, and some horses apparently "running wild" and taking short cuts through the garden! After a nail bitingly close race, Beck Marriott was crowned the winner and she won several chocolates and sweet prizes for everyone who betted on her. Prizes were then paid out later again once we discovered the results of the official race.



After sharing lots of fun and laughter together, we ended the day with a themed tea party and provided everyone with alcoholic beverages, posh cakes and crackers.

## Pet Day

We all love Henry and so are always looking for an excuse to spoil him rotten! For Pet Day we went on a shopping trip to get him some new toys and treats, and later that day we took our pampered pooch for a walk around St Asaph Park.





### **Record Store Day**

On Record Store Day we were treated to a trip to Rhyl Comic & Disco Shop where we purchased some vinyl LP's which we later listened to and reminisced over. We also produced some funky retro music inspired art pieces which we then displayed around our home!



### **Auctioneers Day**

We all got really involved on Auctioneers Day as we each picked out jobs to do to help raise money for our resident's fund!



After setting up our auction house with goods that had been kindly donated for this event, our security guard began his shift as several of us made gavels for the public to use. We then began auctioning off a variety of goods and services, and with the help of our dedicated auctioneer, we successfully raised £59.21 from this event.





Thank you again to everyone who took part, we couldn't do these events without your continued help and support.

### **Banana Day**

We all went bananas on this fun and unusual day! We spent the morning colouring in pop art sheets and making a variety of scrummy banana treats for us all to enjoy!



Later in the afternoon, we reminisced over how bananas were difficult to get hold of during the war years, as well as playing word association and banana based baseball games.



### **Queen Elizabeth's 90 Birthday**

We all paid tribute to the Queen on her special day by reminiscing over her life and singing the national anthem together. As well as this, we also produced a wonderful art display and hosted a royal tea party in her honour! Happy Birthday again Your Highness!!!



### St Georges Day

We were all really busy making a variety of delicious cakes and wonderful art works on this special day!



We also had lots of fun taking part in our themed quiz, reminiscing session, football game and singing English themed songs together!



### International Dance Day

We all stepped up to the beat on International Dance Day as we performed routines such as the Hokey Kokey, Superman dance, and even the Conga! After discussing the dance halls from our youths, we then later took part in a fun and lively folk dance during the Alzheimer's societies 'Singing for the Brain' session!

### **International Jazz Day**

We all had a jazz-tastic time swinging away to the rhythm and blues for this event, as we spent the morning listening to some incredible jazz songs from the like of Louis Armstrong,, Johnny Hartman, Ella Fitzgerald, Nat King Cole and Billie Holiday as we produced art work for our jazz themed display. As well as this, we also spent time learning all about the rich and diverse history of this music genre and the influence it has on our culture.



### **Lei Day**

Aloha!!!! We celebrated this event by making our very own Hawaii inspired display in our arts & crafts session. We also took part in a traditional hula dance, reminisced over our past holidays to this amazing state, and finished the day watching the king himself, Elvis Presley in 'Blue Hawaii'.



### **Garden Meditation Day**

OM!!!!!! OM!!!! We all had a really lovely time relaxing in our purpose built multi-sensory garden as we sought to find inner peace and harmony in our beautiful surroundings!





### Star Wars Day

The force was strong with us on Star Wars Day as we spent the morning creating some wonderful art pieces for our display, and some Wookiee and stars biscuits in our baking session!



In the afternoon Darth Vader, a Jedi and a Jawa all paid us a visit from a galaxy far, far away as they posed for photos and played our themed games with us such as lightsaber duelling, laser gun shootout, and our dunk the death star game!



We also had lots of fun pretending to be our favourite characters from the films with our masks that we had made, and later on in the afternoon we watched several episodes of Star Wars Rebels during our movie marathon event.



### **Bryn Derwen Tea Dance**

Our Afternoon Tea Dances are held on the last Tuesday of every month and the second of these was very special indeed, as Mr Tom Coley's family kindly purchased and unveiled a new jukebox radio & CD player for us to use in his memory.



As usual, our residents really enjoyed making the cakes for this event during our baking sessions, and we also had a lovely buffet to enjoy as well! Several of us then took to the dance floor as we waltzed away the afternoon!



## 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 10/05/16 @ 10.30-12.00
- Tuesday 24/05/16 @ 10.30-12.00
- Tuesday 07/06/16 @ 10.30-12.00
- Tuesday 21/06/16 @ 10.30-12.00
- Tuesday 05/07/16 @ 10.30-12.00
- Tuesday 19/07/16 @ 10.30-12.00
- Tuesday 02/08/16 @ 10.30-12.00
- Tuesday 16/08/16 @ 10.30-12.00
- Tuesday 30/08/16 @ 10.30-12.00

### Parties

- **Sports Day** 15/07/16- we will be competing in a variety of fun events throughout the day so please feel free to come and cheer on your loved ones!
- **Summer Party** 23/07/16- entertainment and party games will be provided for as usual at our annual summer garden party! The theme for this year is 'Summer Blockbuster' and all are welcome to come and join us.

### Community Based Activities

- **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

- **Barbeque Month** 09/05/16-come and join us as we treat ourselves to a barbeque! Fingers crossed that it doesn't rain!
- **Train Day** 10/05/16- for this event we will be a local railway museum and producing some arts & crafts to mark this occasion
- **World Baking Day** 17/05/16- it's time to dig out our rolling pins and get busy in the kitchen!
- **Museum Day** 19/05/16 -all are welcome to join us as we visit a local museum
- **Maritime Day** 23/05/16 -come and join us mates as we learn all about the sea and produce some nautical based art and enjoy a sea themed tea party
- **Biscuit Day** 24/05/16- Oh crumbs, they're all so tempting!!!! Everyone is welcome to join us as we make a selection of tasty biscuits to enjoy at our Tea Dance event.
- **Senior Health & Fitness Day** 26/05/16 -feel free to join us as we spend the day taking part in a variety of fitness programmes such as Zumba, yoga, tai chi and armchair exercises



- **Photo Month** 27/05/16- we will be offering a photography session and will enter our work into the St Asaph Summer Fair photography competitions
- **Eisteddfod Celebrations** 01/06/16- we will have Welsh themed activities throughout the day as well as a day trip out to the host town Flint in order to see the live show
- **Donut Day** 07/06/16- who doesn't love donuts? Come and join us as we produce and sample a variety of these delicious treats
- **Yo-Yo Day** 08/06/16- after personalising our own yo-yos we will be holding a competition for best trick and best decorated
- **Gardening Day** 09/06/16- as well as tending to our multi-sensory garden we will also enjoy a trip to local garden centre
- **Best Friends Day** 10/06/16- come and join us as we partake in a variety of themed activities that pay homage to those special people in our lives
- **World Doll Day** 13/06/16- as well as doll therapy and reminiscing sessions, we will also be holding a pram race around our multi-sensory garden
- **Flag Day** 14/06/16- as well as designing our own Bryn Derwen flag, we will also be hosting a flag based quiz with prizes for those who match the most flags to the correct countries
- **Superman Day** 15/06/16- Is it a bird? Is it a plane? No its Dei dressed up as Superman as we partake in a variety of fun comic based activities!
- **Nature Photography Day** 16/06/16- we will be armed with our cameras as we take a day trip out to a local beauty spot to capture the wonder of nature in all its glory
- **Alzheimer's Cupcake Day** 16/06/16- we will be supporting our sister home Holly Bank in Wrexham as they hold a cake fundraiser for the Alzheimer's Society.
- **Royal Ascot Ladies Day** 17/06/16- we will be celebrating this racing event with pamper and makeover sessions, arts & crafts, themed games, and a luxurious tea party!
- **Father's Day** 19/06/16- we will be hosting a luxurious tea party for this special day, all are welcome to attend
- **Go Fishing & International Picnic Day** 20/06/16- come and join us as we go fishing with our rods and nets at a local pond! A luxurious picnic will be provided after all our hard work!
- **Make Music Day** 21/06/16- we will be working hard composing both some music and lyrics to celebrate this day
- **Candy Month** 22/06/16- As well as making some sweet treats, we will also be creating some adventurous edible art!
- **Euro 2016** 23/06/16- we will be holding our own football tournament for this event, and also enjoying some penalty shootouts and football songs!
- **Global Beatles Day** 24/06/16- it's going to be a hard day's night as we celebrate this iconic band in style with a variety of fun themed activities!
- **Beauticians Day** 27/06/16- pamper and makeover sessions will be offered throughout the day, as well as some creative hairstyling
- **Sunglasses Day** 28/06/16- we will be trying on a variety of sunglasses and will finish the day with a game of poker
- **Let it Go Day** 29/06/16- for this therapeutic event we will be compiling a list of our worries and letting this negativity wash and float away from our lives as we release them into both the sea and the air

- **Camping Month** 30/06/16- we will be experiencing the tranquillity of camping in our multi-sensory garden as we build some tents and roast marshmallows together
- **International Joke Day** 01/07/16- knock knock! Who's there? A selection of silly jokes for us all to enjoy and grimace at!
- **Ice Cream Month** 04/07/16- come and join us as we head to a local ice cream makers to see how this fantastic treat is made!
- **Cricket Tournament** 05/07/16- we will be commemorating the test matches by hosting our second annual cricket tournament, alongside our regular cricket based activities
- **Chocolate Day** 06/07/16- to mark this day we will be indulging in a selection of mouth-watering treats, all lovingly prepared in our baking session.
- **Wimbledon** 07/07/16- we will once again be offering a variety of tennis based activities, along with champagne and strawberries to enjoy whilst watching the live finals
- **Route 76 Beer Festival** 11/07/16- to coincide with the Denbighshire festivities, we will be offering a selection of alcoholic beverages in the afternoon
- **Teddy Bear Picnic Day** 14/07/16- 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 panel of judges!
- **Gorgeous Grandma Day** 21/07/16- our ladies will be pampered from head to foot in order to celebrate this very special day! A fashion show is planned and there will be prizes awarded for the various categories!
- **Lasagne Day** 26/07/16- it's not just Garfield whose partial to lasagne! We are too! So come and join us as we bake a selection of them in our cooking sessions!
- **International Beer Day** 04/08/16- show me the way to go home, I'm tired and I want to go to bed! Or at least we will do after all of our pub based activities!
- **Sandcastle Day** 05/08/16- oh I do love to be beside the seaside! So come and join us as we head to the local beach and host a sandcastle building competition!
- **Bowling Day** 08/08/16- STRIKE!!!! We will once again be attending Flint Leisure Centre for another ten pin bowling contest!
- **International Lefthanders Day** 12/08/16- the glove is on the other hand as we host a variety of left handed competitions for everyone to participate in!
- **Relaxation Day** 15/08/16- slow down....breathe and relax! Come and unwind with us as we spend the day doing yoga, tai chi, meditating, having massages, and practicing our breathing techniques whilst listening to calming music
- **Photography Day** 18/08/16- we will be spending the day taking, editing and displaying our photography work around the home
- **Poets Day** 19/08/16- we will be reading a collection of poems together and producing some new ones in our creative writing session
- **Bow Tie Day** 29/08/16- we will be designing our very own bow ties and modelling them down our catwalk!
- **Slinky Day** 30/08/16- we will be racing Slinkys down the stairs, performing Slinky tricks, and having a competition to see who can untangle them the quickest!

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.

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 and car boot stall, then please could you consider donating them towards our cause?

As mentioned earlier, we successfully raised £28 from our Grand National Sweepstake and £59.21 from our Auctioneers Day. As well as this we also recently raised £31.40 from our car boot stall that we ran and we hope to make even more money at our next one- fingers crossed it won't rain this time!!!



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

### **Other News**

#### **Future Plans and events**

We have all been really busy these last few weeks working on our entries into the St Asaph Community Association's Annual Community Scarecrow Competition. The theme for this year is wizards & witches so our residents have chosen to make characters from 'The Wizard of Oz'; please keep an eye out for our work and fingers crossed, we will hopefully retain our title from last year!

We are also pleased to announce that our home has been offered the opportunity to partake in the second phase of Age Connects' 'Speak Up' project! As many of you are already aware, this project was very popular with our service users and we are all really excited to be involved in it once again.

Our garden is looking blooming marvellous as we continue to run our own gardening sessions! These have proven to be extremely popular with our green fingered residents who



have been busy planting seeds, weeding and watering our multi-sensory garden. Please feel free to bring in some clippings from home as we are always looking for new flowers and vegetables to plant.



The Activities Department has also been recently researching into the benefits of the Montessori Methods in treating dementia, and has started to produce some products and activities around this approach. So far we have enjoyed organising our sorting boxes, cleaning our brass collection, and performing light household chores.

We have also applied to Cartrefu for an artist in residency as this project has proven to be very popular in other homes in Wales as it provides new and exciting art experiences in both traditional and unconventional methods. Hopefully we will be successful in our application!

### **Renovations**

As part of the ongoing improvements to our home, many of you may have noticed that we have begun to spruce up our front garden with new flowers and plants, and that we have also redecorated the entrance area. As well as a fresh lick of paint, we have also invested in a new comments and suggestions box so please feel free to use it.

We're still currently working on our stimulating, multi-sensory street scenes complete with shop fronts, bus stops, post boxes and street lamps, all of which have already made a huge difference in brightening up our home.



We have also given our Bryn Derwen Family Tree a much needed new paint job and update, and for anyone who hasn't yet added and would like their hand to go up on the wall, then could they please speak to Helen Johnson (Activities Coordinator) for further details.

We also have a butterfly themed wall planned, and so will be running several arts & crafts sessions around this project to create a beautiful focal point that ties in with our new handmade door signs.



### **Thank You**

We would like to take this opportunity to thank Bryn Derwens' family and friends who very generously gave gifts to them over the Easter period. All of the presents were thoroughly enjoyed and we would once again like to say a big thank you for your thoughtfulness and kindness.

### **Congratulations**

Many of you may have noticed that we recently received our recent contracts monitoring report from Denbighshire County Council. We were inspected in several areas and received 5 'good' ratings and 3 'exemplar', and the DCC Officer stated that;

'The home is an example of a good quality care home. The environment throughout is presented with good quality fittings and furnishings in all communal rooms, and has been tailored to the needs of the service users who live there. The home have made use of the outdoor space as well to a high standard. The care plans and information recorded on file is detailed and person centred.

Overall the home is a lovely place to live'.

As you can imagine, we are all very pleased with this feedback and are very proud of all of the hard work and commitment from our staff who all help to make Bryn Derwen the lovely home that it is. If anyone would like to see this full report, you can find it next to our Visitors Book or alternatively if you wish to have a copy to keep, please speak to Nia Pierce (Manager) or Elenor Watkins (Administrator).

All of our staff members are currently receiving high quality training with various organisations at the moment and several courses have already been completed; full details of these will be released in the next newsletter once we have received our certificates, but we would like to congratulate everyone so far- well done to you all!

### **Condolences**

The staff and residents of Bryn Derwen would like to express their deepest sympathies to the families of Mrs Bronwen Roberts and Mrs Mair Jones, both of whom sadly passed away.

