



Bryn Derwen Newsletter

Ninth Edition 2015



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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 November edition of our newsletter!

We have been very busy over the last few months with all of our themed parties, activities, exciting day trips out, and fundraising efforts and we would like to thank everyone who took part in our special celebrations and in helping to create some really happy memories!

Our diary is already bursting at the seams as we have even more events planned for our festive period and we sincerely hope that you will be able to join us in celebrating these special occasions too.

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. So sit back and relax with all of our latest news whilst we all start to transform our home into a Christmas winter wonderland!

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.

We are pleased to welcome two new staff members here at Bryn Derwen. Eleanor Watkins is our new Administrator and Karen Bingham who is our new cleaner. Both have already made fantastic contributions to our home and have already 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 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 North Wales Golf and Driving Range, Greenfield Valley Heritage Park, Cai Dai 1950's Museum, as well as Flint, Colwyn Bay, Holywell and Talacre Beach 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. We were also very fortunate enough to attend The Alzheimer's Society's Tea Dance a couple of months ago, and our residents had lots of fun on the dancefloor and some were even fortunate to win some prizes in the raffle draw too!



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.

Although we are still working alongside Age Connects, we regret to inform you that the popular 'Speak Up' project has now successfully been completed at our home. The aim of these sessions was to help older people in care homes to build or regain their confidence so that they feel able to speak up for themselves and ensure that their voices are fully heard.

We would like to thank our good friend Theresa Redfern Jones for running these sessions and for helping us to improve upon the activities that we offer. In our final group meeting, Theresa concluded the project with a flower arranging session which our residents really enjoyed, and after working hard on their bouquets they then spent time proudly displaying them around our home. We wish Theresa all the best for the future and we look forward to working on Age Connects' new Community Garden Project.



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.

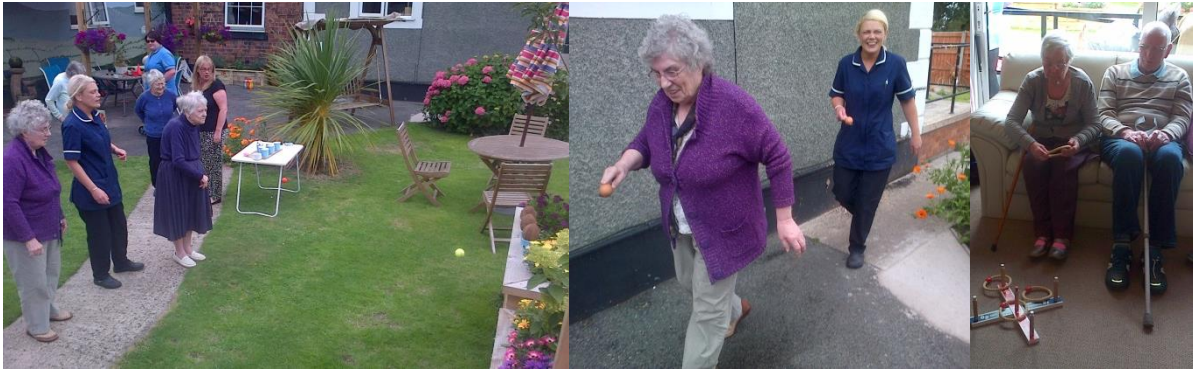
Golf Month

To celebrate Golf Month we were treated to two practice sessions at the North Wales Golf Course & Driving Range in St Asaph, where Peter our Driver (and keen golfer in his spare time) gave us all a free lesson and golfing tips throughout the day. We had been practising our golfing skills at home prior to this, but our residents were really able to have fun once we got out onto the range. Everyone really enjoyed themselves and we hope to come back again to continue to perfect our Drive.



Sports Day & Rounder's Tournament

Due to poor weather, our first ever Sports Day & Rounder's Tournament had to be split up over two days, with events being held both indoors and outdoors.



We had many events on offer, including the egg & spoon race, bean bag toss, relay, coconut shy, football, quoits, mini golf, and rounders. Things turned competitive very quickly and despite some blatant cheating from some of our staff members, we all had lots of fun taking part.



Once the Tournament had concluded, we held a Medal and Trophy Award Ceremony a few days later during which everyone was presented with a medal for taking part. The winners of each event were then announced and given a small trophy. We intend to hold this event again next year and hopefully we will have a nicer summer next time around!



Photography Day

Many of us spent the day searching for and photographing the perfect landscape pictures together on Peter's state of the art camera. After a quick lesson, Pete took us to several places to practice our skills including Denbigh, Prestatyn and Talacre Beach. We all had a lovely time and captured some really artistic pieces and here are some from our collection;



Cricket Tournament

In order to celebrate The Ashes this year, we held a variety of themed activities throughout the day as well as competing in a cricket tournament over a couple of days.



After producing some fantastic collages in our arts and crafts session, we then began the first leg of our tournament, unfortunately as the weather was bad again though, we had to play indoors on the first day. Thankfully things improved the next day so we were able to end the tournament in our wonderful sensory garden. Despite eventually losing all our balls, we all had lots of fun taking part and enjoyed a traditional English themed tea party afterwards.



Hug Your Boss Day

Many of us spent the morning posing and photographing each other as part of 'Hug Your Boss Day' (and yes, it is an actual day!) and our manager really got into the spirit of things by making time to take part in a group cuddle.



Piano Month

As part of Piano Month we dedicated one of our music sessions to the works of classical composers, including pieces from Mozart, Wagner, Strauss and Beethoven. We all recognised these famous pieces of music, and 'Moonlight Sonata' was one of our favourites.



Once again, The International Music Festival returned to St Asaph Cathedral this year and we were treated to two different fully immersive sessions from a group of talented performers. The residents really enjoyed the wide variety of music performed as well as learning about the musical instruments used. We all had a wonderful time and are hoping that another concert will be held again next year.

Teddy Bear Day

We all really enjoyed celebrating Teddy Bear Day, as we had been looking forward to entering the Bear Show in order to win a prize! As usual, we spent time baking a variety of treats for our picnic themed tea party, as well as producing some eye catching pictures in our arts & crafts session.



Bear & Bumble Bee helped to provide entertainment and activities throughout the picnic, and the party proved popular with both our residents and their relatives alike.



We would like to thank Pauline (Betty Jones) for kindly judging our very competitive bear show contest. Pauline remained fair throughout the process and deemed the following entries to be winners of each respective category. The winners all received a box of chocolates and all the bears got a big cuddle.



This year's entries and winners (from left to right) Cutest Bear, Most Unusual Looking Bear, and Cuddliest Bear

Roald Dahl Day

We celebrated Roald Dahl Day by reading *Charlie and the Chocolate Factory* and reminiscing over the types of sweets we used to buy as children. We all had lots of fun making art and chocolates for this occasion, which we all shared together when watching our afternoon movie *Fantastic Mr Fox*.

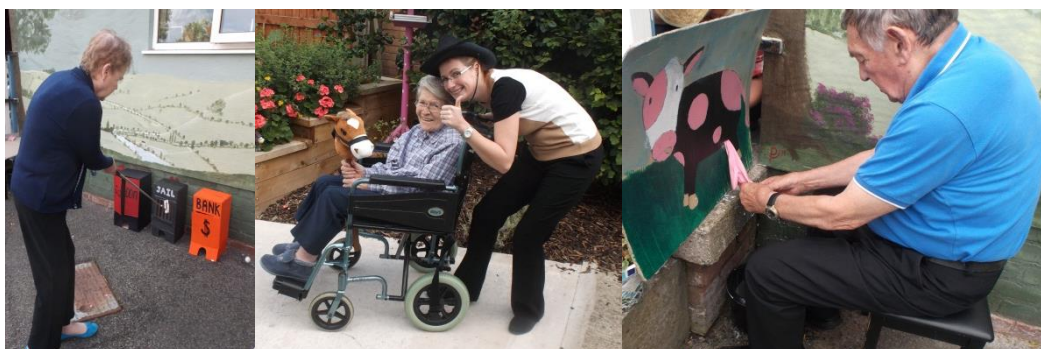


International Country Music Day

To celebrate this occasion we spent the morning listening to music by Dolly Parton, Kenny Rogers, Johnny Cash, Patsy Cline and Willie Nelson to name but a few!



Despite not having the urge to line-dance that day, we did enjoy dressing up as cowboys & cowgirls for our Western themed outdoor games (including a Frontier town mini golf course, water gun duals, a target shootout range, cow milking contest, hobby horse racing, and panning for gold in our sandbox).



As well as making props for our costumes, we also created a lovely display showing all of our imaginative artworks.



Doctor Who Day



We celebrated the Time Lords return to TV by watching some classic episodes from this show and reminiscing over which creatures' scared us the most in our childhood. We also produced some collages, drawings, and sculptures in our art & craft sessions, all of which were then put up on display around our home. We were then treated to a themed tea party whilst we raced our Daleks around, and several members of staff kindly wore fancy dress for us too!



Comic Book Day



On Comic Book Day, several of us (including Henry our dog!) got dressed up as our favourite comic characters in order to celebrate this event.



As well as arts & crafts, baking, a themed tea party, and our Superhero Movie Marathon sessions, we also enjoyed a selection of comics in our reading session, some punch ball exercise's, and playing our shootout gallery game together to see who could get the highest score!



Macmillan Coffee Morning

We once again supported Macmillan by holding our yearly coffee morning in order to raise much needed funds for their cause. Our cooks made a selection of cakes for us to enjoy, as did some of our other staff members who had been busy baking away the day before.



Our theme for this year's event was Alice in Wonderland and so several of us got dressed up for the occasion. As well as being treated to these lovely cakes and drinks, we were also joined by our singer Gavin Strong who spent the morning entertaining us with his performance. Our cake sales and Macmillan games raised £32.50 altogether and we would like to take this opportunity to thank everyone for their donations.



Drink Beer Day

We were once again treated to a selection of alcoholic beverages to celebrate this event, and we all really enjoyed relaxing together with our favourite tipples!



Harvest Festival

For Harvest this year, we were treated to a home visit by Pastor Simon who led the service for us and who kindly treated us all to flowers and chocolates. As well as a church service, we also sang hymns together and donated some money to add to the collection at Llanellwey Community Church to help aid the Syrian refugee crisis.

Poetry Day

For Poetry Day we held a reading session consisting of works by William Blake, Dylan Thomas, William Wordsworth and Sylvia Plath. We also played a memory game, the object of which was to complete nursery rhyme sentences', many of which brought back fond childhood memories for us! We then finished the day with some readings by the local Denbigh poet Eric Clough and here is our favourite piece by him;

Friends

He chased him down the garden path
And through the garden gate,
Then trotted gaily back again
As if to say "That's great".

He chased him through the meadow,
By the river wide and deep
And then, of course, came home once more
To dinner and a sleep.

He chased him round a haystack, then
Up the tall elm tree;
Then lay down for a slumber.
How stupid can he be?

But if you saw them on the lawn,
Asleep just like a log'
You'd know they are the best of friends,
That old moggie and my dog.

World Animal Day

As many of us here are animal lovers, we all really making a fuss of our dog Henry and taking part in the themed activities on offer. Unfortunately due to the poor weather, we were unable to go and visit any animal parks on this day, but we are planning to go to Bodafon Farm Park in Llandudno on our next day trip out.



Pizza Month

Under our cook's guidance, our residents were given the opportunity to create their own pizzas this year! We really got creative with our selection of fresh ingredients, and produced some really tasty and unique pizzas to enjoy!



Balloons around the World Day

To celebrate this event, our residents and staff all wrote their names onto a helium filled balloon which was then released into the community for other people to find. Although we included our contact details in our messages, we have as yet not received any replies so far. Fingers crossed that we hear back soon!



Old Farmers Day

We all had lots of fun on this day! As several of our residents come from a farming background we were all excited to hear their stories about what life on a farm is really like.



As well as these reminiscing sessions, we also produced some art, had a themed tea party to enjoy, and we were also able to take turns walking our inflatable cow Bessie around the home!



World Maths Day

After completing a few arithmetic quizzes together, we decided that we'd had enough of maths, and as one lady put it better than anyone else "Who even liked it at school?" ha-ha! We instead spent the rest of the afternoon playing bingo together, and all of the staff joined in as well as we all tried to fill our cards to win some prizes.

World Food Day

To celebrate this event we were treated to a buffet meal consisting of a selection of foods from around the world.



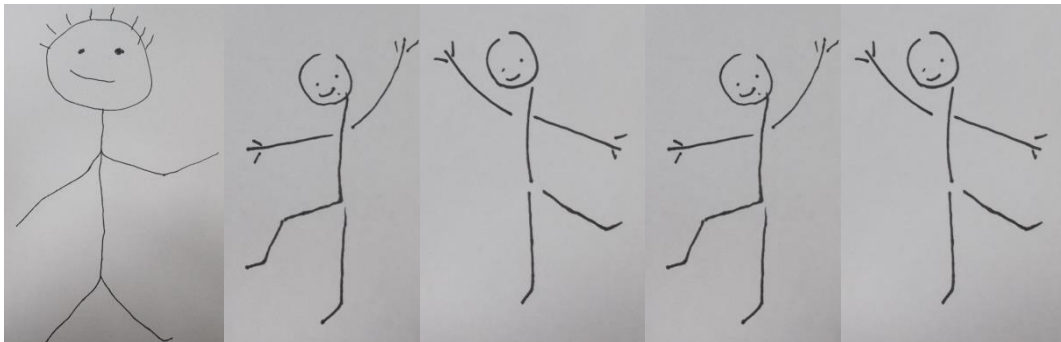
To represent China we had noodles, chow mein, spring rolls, and sweet and sour chicken. For America, we had burgers, hotdogs, chicken wings and wedges. For India, we had curry, rice, onion bahjis and naan bread. For Britain, we had pork pies, scotch eggs and mini cocktail sausages. For Italy, we had pizza, breadsticks, garlic bread, and a beautiful pasta

dish. For Mexico, we had tortilla chips with dips, and we had donor kebabs to represent Turkey. We also had croissants to represent France, and some of us were even brave enough to try Escargot!

Everyone enjoyed tasting the different foods, and some even helped themselves to second and third helpings!

Animation Day

For Animation Day some of us worked on some simple sketches and stop motion photographs which were then used to produce a short animation on Windows Movie Maker. Although the film is very short, we all enjoyed seeing how our work came together to produce this funny film clip.



Rugby Day

As we had all been enjoying this year's tournament, we decided to celebrate amongst ourselves with a rugby themed day. As well as making an eye catching display in our arts & crafts session, we also got to use a rugby ball in our exercise session where we learnt how to properly pass and receive it.



Halloween

We all had a scream celebrating Halloween this year! As well as our usual line up of spooky games (including pumpkin toss, boo bowling, find the ghost, trick or treat, and pin the tail on the black cat) and hair raising display (made in our arts & crafts session), we also received a surprise visit from our friends from Sugar Dandy's Nursery, who kindly distributed chocolates to everyone.



We also had some spooky stories read to us and a selection of cakes and sweets to enjoy as we watched the film Poltergeist together.



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 10/11/15 @ 10.30-12.00
- Tuesday 24/11/15 @ 10.30-12.00
- Tuesday 08/12/15 @ 10.30-12.00
- Tuesday 22/12/15 @ 10.30-12.00
- Tuesday 05/01/16 @ 10.30-12.00
- Tuesday 19/01/16 @ 10.30-12.00
- Tuesday 02/02/16 @ 10.30-12.00
- Tuesday 16/02/16 @ 10.30-12.00
- Tuesday 01/03/16 @ 10.30-12.00

Parties

- **Guy Fawkes Party** 05/11/15- this year we plan on having hotdogs and jacket potatoes for us to feast on as we watch our fireworks display!
- **Christmas Party** 10/12/15, 14.00-17.00- this year we will once again be providing entertainment, food & drinks, party games and a visit from Santa at our annual Christmas party. We will also be selling raffle tickets for the fantastic prizes that we have on offer, the winners of which will be drawn at our Sherry & Mince Pies Evening. All are welcome to attend, please feel free to bring a friend. We look forward to seeing you all.
- **New Year's Party** 31/12/15, 14.00-17.00- a buffet, entertainment and party games will be provided for as we ring in the New Year together.
- **Chinese New Year** 08/02/16- we will be enjoying a selection of Chinese foods, listening to oriental music and doing calligraphy together.
- **Bryn Derwen Awards Ceremony** 23/02/16, 14.00- we will be hosting our own awards ceremony again this Oscar season with many wonderful categories for our residents to compete for the highly coveted Bryn Derwen certificates. Feel free to join us on the red carpet as we enjoy some wine and crackers.

Community Based Activities

- **Singing For The Brain**- every alternative Wednesday in the Eirianfa Centre, Denbigh @ 13.30-15.00
- **Trefeirian Social Group**- held every 3rd 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

- **Jellyfish Day** 03/11/15- we will be producing some fun arts & crafts to celebrate this day.
- **Stress Awareness Day** 04/11/15- we will be offering various relaxation sessions throughout the day to coincide with this event.
- **Remembrance Day** 08/11/15- we will be paying our respects with a church service, as well as reminiscing and admiring our artwork to commemorate this day.
- **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.
- **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.
- **Celebrate your unique talent Day** 24/11/15- everyone has a unique talent, so on this special day we will be spending the morning sharing our particular gifts with one another.
- **Make a Gift Day** 03/12/15- to celebrate this day we will be making a selection of homemade Christmas gifts for our loved ones to enjoy.
- **Christmas Carols with our friends from St Asaph Cathedral** -04/12/15, 14.00- come and join us as our friends from the local Cathedral lead our annual Carol Service.

- **Christmas Winter Wonderland** 08/12/15- come and join us as we start transforming our home into a Christmas Winter Wonderland with our beautiful decorations and seasonal themed arts & crafts.
- **Christmas Carols with St Asaph VP Primary School** 11/12/15, 10.30- our friends from the local primary school will be visiting us to perform carols for our residents @ 10.30
- **Christmas Activities with our Friends from The Grange** 14/12/15, 10.30- join us as we celebrate with The Grange in some fun Christmas themed activities.
- **Cinderella at Rhyl Pavillion** 15/12/15, 13.15- its Panto season again so we will be treating our residents to a trip out to see the Pavillions' performance of Cinderella.
- **Community Christmas Celebrations** 16/12/15- thanks to the kind efforts of St Asaph Community Association many of our residents will be joining elderly members of the local community to celebrate the festive period with a traditional meal and activities at the Llanelwy Community Church @ 13.30-17.00
- **Cinderella at Rhyl Pavillion** 17/12/15, 13.15- we will be escorting our second group of residents' to see the Pavillions' performance of Cinderella.
- **Christmas Bingo** 18/12/15, 14.00- Feel free to join us as we play our festive version of bingo- amazing prizes to won throughout the afternoon!
- **Sherry & Mince Pies Evening** 22/12/15, 17.00-18.00- Feel free to join us as we indulge ourselves to these wonderful Christmas treats with an accompanying performance from Gavin Strong and the results of our raffle draw
- **Christmas Eve Games & Sherry** 24/12/15, 11am onwards- please feel free to come and join us as we play our Christmas themed games whilst relaxing with a glass of sherry or two!
- **Trivia Day** 04/01/16- come and join us as we discover random facts together.
- **Show & Tell at Work Day** 12/01/16- For Show & Tell at Work Day we will be sharing our interests, hobbies, and experiences with one another by giving talks on our topics of interest.
- **Dress Up Your Pet Day** 13/01/16- join us as we dress up our pampered pooch Henry in a selection of adorable costumes.
- **Hat Day** 14/01/16- we will all be picking out and wearing some hats from our fun collection that we have built up over the years. There will be prizes for each category including best in show, best handmade, and most unique.
- **Winnie the Pooh Day** 19/01/16- to commemorate A.A. Milnes birthday we will be producing arts & crafts, having reading and movie sessions and playing pooh sticks together.
- **Hugging Day** 21/01/16- come and join us as we take part in this caring event.
- **Puzzle Day** 22/01/16- For Puzzle Day we will be playing reminiscing and nostalgia quizzes, as well as completing jigsaws and crossword puzzles together.
- **Inspire Your Heart with Art Day** 28/01/16- we will be organising some day trips out to see the art exhibitions in our local community.
- **Doodle Day** 05/02/16- For Doodle Day we will be producing a variety of quick drawings to be exhibited around the home for 2 weeks.
- **Kite Flying Day** 09/02/16- come join us as we spend the afternoon flying our kites in a local park
- **Valentine's Day** 14/02/16- there will be entertainment, party games and a romantic themed tea party

- **Bird Feeding Month** 16/02/16- We will be learning all about the variety of birds that visit our garden whilst listening to relaxing bird songs. We will also be making some fat balls for our feathery friends to enjoy over the cold months.
- **Floral Design Day** 23/02/16- come join us as we begin arranging flowers picked fresh from garden around our home.
- **St David's Day** 01/03/16- entertainment and party games will be provided for, as will daffodil flower arranging and some lovely Bara Brith!
- **World Book Day** 05/03/16- we will be enjoying a selection of short stories and discussing which books have inspired and moved us through the years.
- **Mother's Day** 06/03/16- we will be enjoying a special tea party to mark this important occasion
- **Pancake Day** 09/03/15- we will be having our annual pancake race again, followed by pancakes together with a selection of toppings

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. There will also be a variety of seasonal themed activities throughout the festive period and you will all receive a calendar shortly inviting you all to these events.

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, then please could you consider donating them towards our cause?

As well as our usual fundraising events, we are also planning 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 this event and everyone is invited to attend; please feel free to bring along a friend.

As mentioned earlier, we successfully raised £32.50 at our Macmillan Coffee Morning and we would like to thank everyone who contributed to this event.

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.

Congratulations

We would like to congratulate Ebony Archer and Tracey Ogden on successfully completing their NVQ Level 3 in Health & Social Care, and Mari Marriot for completing her NVQ Level 5. 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 Betty Jones and Mr Donald Dyke who both sadly passed away.