



Bryn Derwen Newsletter

Fifth Edition 2014



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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 themed parties, day trips out, renovation work 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 full with even more events planned for the festive period and we sincerely hope that you will be able to join us in celebrating these special occasions.

We would also like to take this opportunity to thank everyone for their fantastic comments regarding our new renovations! We still have many more projects lined up as we are dedicated with providing our residents with a safe, comfortable and stimulating environment which genuinely enable a person to live with their dementia, and not just exist.

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)

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 Margaret Spencer or Lina Davitt.

Activities

At Bryn Derwen we have a wide variety of activities as we believe that they are essential to a person's wellbeing as they give purpose and enjoyment to their day thus helps 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, 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.



Over the last couple of months we have spent a lot of time visiting our friends in the local community and also our friends from one of our sister homes. As well as enjoying coffee mornings at St Asaph Cathedral, Llanelwy Community Church and Bronafallen Care Home, we also partake in many other social gatherings such as the 'Speak Up' Project, 'Singing for the Brain', and the 'Trefeirian Social Group'.

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 organise.

We regularly attend 'Singing for the Brain', 'Trefeirian Social Group', as well as 'Llanelwy Community Group' where we have been making new friends over tea and cake, and sharing our skills and experience in the activities on offer.

We continue to work with Theresa Redfern Jones who works on behalf of Age Concerns 'Speak Up' project. The 'Speak Up' project aims to encourage residents to talk about themselves and express their thoughts and feelings on things that they enjoy, would like to

do, or would like to change. Relatives are encouraged to attend these sessions if they wish. The sessions are held each Thursday at 10.30-12.00 in the main lounge.

Over the last year and a half we have spent a lot of time working with St Asaph Cathedral and so we were all sad to hear that our two wonderful Reverend's would be leaving. We presented them with a bouquet and had a lovely tea and a cake goodbye party. We would like to take this opportunity to thank the Reverent Val and Reverent Elaine for all the wonderful Church Services that they have held for us and we wish them well as they relocate to new parishes. Our Church Services will continue to be held on the first Thursday of every month in the main lounge @ 13.30 and all are welcome to join.



We are still working towards offering our residents the opportunity to have skype chats with the residents from our sister homes at Phoenix House and Bronafallen Care home. We have been taking opportunities to spend quality time at Bronafallen and we have enjoyed making new friends and pampering their cat Poppy.

We would like to take this opportunity to thank the Health and Social Care students from Llandrillo College who came to work with us on their placements, and we hope that they all go on to have successful careers within the care industry.

We are also pleased to announce that we will be working alongside our friends from the Cathedral, The Grange, St Asaph Community Association, Llanellwey Community Church and St Asaph VP Infants School over the festive season- please refer to 'Other Special Occasions' section for further details.

Celebrations

Over the last few months 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.

Flower Festival

Several of our residents went to visit St Mary's Parish Church in Cefn for this years' Flower Festival. As well as seeing all the amazing flower displays, we were also able to see a collection of vintage tractors and other farming memorabilia. We then went to the community hall for tea and cake where we thoroughly enjoyed seeing the quiltwork and pottery displays produced by local artists.



North Wales International Music Festival

The International music festival returned to St. Asaph Cathedral again this year and after attending the Eucharist we all enjoyed a whole days' worth of concerts with other members of the local community, many of whom we were able to chat with over tea and cakes. We all had a wonderful time and are looking forward to next year's concert.



Halloween

We really got into the 'spirit' of things here at Bryn Derwen by having a frighteningly fantastic Halloween party for all of our residents and staff. As well as having hair-raising decorations, a spooky line up of Halloween themed activities, and a visiting entertainer, our cook cast a spell on us by preparing some ghoulish party goodies for us all to enjoy!



We would like to take this opportunity to thank our 'scream team' who came dressed to thrill, and congratulations go to both Dawn T-Melling for winning best costume and to Ebony Archer for winning the Doughnuts of Doom competition.



Bonfire Night

We had a roaring time this Bonfire Night and celebrated the occasion with a tea party whilst we all watched a virtual bonfire and fireworks display on the TV! Earlier on in the day we spent time making our chocolate sparkler biscuits and we also produced some eye-catching artwork. As well as all this we also had a themed quiz and were treated to jacket potatoes for our tea.



Remembrance Sunday

We spent time making poppy decorations to commemorate the service men and women from both world wars and later conflicts, and we reminisced how these events shaped our own lives through the Women's Land Army and rationing.



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 25/11/14 @ 10.30-12.00
- Tuesday 09/12/14 @ 10.30-12.00
- Tuesday 23/12/14 @ 10.30-12.00
- Tuesday 06/01/15 @ 10.30-12.00
- Tuesday 20/01/15 @ 10.30-12.00
- Tuesday 03/02/15 @ 10.30-12.00
- Tuesday 17/02/15 @ 10.30-12.00

Parties

- **Christmas Party** 17/12/2014- there will be entertainment, party games and a visit from Santa
- **New Year's Party** 31/12/2014- entertainment and party games
- **Valentine's Day** 13/02/15- entertainment and party games
- **Chinese New Year** 19/02/2015- entertainment and party games followed by some traditional Chinese cuisine

Other Special Occasions

- **'Speak Up' Project**- held every Thursday @ 10.30-12.00 in the main lounge
- **Singing For The Brain**- held 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
- **Movember Tash Bash** Thursday 27/11/14 we will be hosting this event in our dining room this year and all our welcome to come and join us

- **Christmas Carols with our friends from St Asaph Cathedral** Monday 08/12/14 come and join us with our friends from the local Cathedral lead our annual Carol Service
- **Community Christmas Celebrations** Tuesday 16/12/14 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 @ 14.00-17.00
- **Christmas Carols with children from St Asaph VP Primary School** Wednesday 17/12/14 our friends from the local primary school will be visiting us to perform carols for all the residents @ 10.30
- **Christmas Carols with children from Esgob Morgan Primary School** Wednesday 17/12/14 our friends from the local primary school will be visiting us to perform carols for all the residents @ 13.30
- **Christmas Activities with our Friends** Monday 22/12/14 join us as we celebrate with The Grange in some fun Christmas activities @ 10.30

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 weekly lottery game, we have also been successful in raising money from our car boot sales.

As well as our usual fundraising, we also took part in the world's biggest coffee morning in September in order to raise much needed funds for Macmillan cancer support. We are pleased to announce that we were able to raise £65 for this cause and we would once again like to thank everyone who took part in this event.



We are also planning on supporting Movember this year by holding a 'Tash Bash' on 27/11/14 to raise funds for men's health causes. There will be hot chocolates and cakes to enjoy as well as a variety of fun moustaches to try on for size! So please remember, remember the end of November because it would tickle our whiskers if you could 'comb' on over and join us!

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 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

Renovations

We are pleased to announce that Mari Marriott had completed the murals in our min bathroom.



The fun nautical theme in our bathroom not only brightens the room up, but it also makes our residents smile and feel more at ease.

Our dining room has been transformed into a retro themed tea room complete with a vintage display cabinet and teapot collection. As well as being a luxurious place to dine in, these new alterations provide a comfortable reminiscence space for our residents to use. It has already proven to be a very popular destination for residents who wish to read amongst themselves whilst listening to music from both the golden and modern age.



As well as these new alterations we have also recently designed a new focal point in our hallway. Our tree mural has been created with the involvement of many of our staff and residents, with each leaf highlighting another member of the Bryn Derwen family. Many relatives, doctors, nurses, students, etc. have also added their handprints to our mural thus showing how Bryn Derwen is branching out into the wider community. Please feel free to come and add to the mural if you have not yet already done so.



Future Plans and events

Although we have completed quite a lot of renovation work we still plan on redecorating the rest of our bathrooms to incorporate nature themes too and we will hopefully have these projects underway before Christmas.

We have plans to start work on a 'Wish Maker Project'. This project will enable us to provide our residents with the opportunity to make a wish which will then do our best to grant their wish if possible.

As discussed earlier in this newsletter, we have been working alongside Age Connect in their 'Speak Up' project led by Theresa Redfern Jones. Theresa is currently helping our residents to create memory scrapbooks. These nostalgic scrapbooks together with the memory box project that she has planned will help to bring back many happy memories and also offer a sense of comfort and familiarity. We kindly ask you to help us achieve this work by providing any family photos or small suitable items for inclusion in these projects.

As reminiscing forms an important part of our activity programme we have continued to produce short videos documenting important events. These short films not only help to preserve memories for our residents and staff, but they also allow for friends and relatives to share these happy moments too. The idea for this year's Christmas video will include all of us singing a festive song and if any relative would like to be involved with this (or would like a video of their loved one) then could they please speak to Helen Johnson (Activities Organiser) for further details.

We are taking our residents to a pantomime this Christmas. The pantomime we are attending will be 'Snow White and the Seven Dwarfs' which is being performed at the Pavilion Theatre in Rhyl from the 12th December.

Congratulations

We are delighted to announce that we have achieved Investors in People Award which represents a true commitment of our employees and demonstrates that we have a solid foundation of good practice.

Congratulations and thank you to Margaret and staff for all their hard work and dedication that have enabled the home to achieve this important award. The team at Bryn Derwen works very hard to enhance the resident's quality of life and make Bryn Derwen a really lovely place to live. I am very proud of you all.



Once again- Many Thanks!
Dawn Gittins
Proprietor