



Bryn Derwen Newsletter

Nineteenth Edition 2018



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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 August edition of our newsletter!

We have had lots of fun over the last few months with our fantastic themed days, various barbeques and our Annual Summer Garden Party! As well as this we have also been on some wonderful day trips out and have attended several local community celebrations too, and we would just like to take this opportunity to thank everyone who attended to helping to make these events so enjoyable!

We have a host of exciting news and events to share with you in this edition all of which we hope you enjoy reading about!

Our diary is already bursting at the seams as we have even more events planned for our autumn season and we sincerely hope that you will be able to join us in celebrating these special occasions too. Please check the 'Forthcoming Events' section for further details on these.

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 a new staff member here at Bryn Derwen. Carys Williams is our newest Care Assistant and she has already made a fantastic contribution to our home and become a valuable member 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-alongs, 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 also regularly have visits from our friends from Music in Hospitals and Music Now.



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.



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 Connexions' in Trefnant, as well as various local celebrations.



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 'Connexions' in Trefnant, we also regularly attend the 'Llanelwy Community Church Group' where we spend time with our friends over tea and cake.



Our friends from Esgob Morgan Primary School very kindly come to visit and invite us to their school as part of our Intergenerational work. We have lots of fun together and these sessions are extremely popular with our residents.

We have also been enjoying spending time with our friends at Connexions in Trefnant Village Hall whom we visit on a monthly basis, and we have continued to produce art under the tutorship of a professional artist.



As mentioned in our previous newsletter, our friends at cARTrefu kindly provided us with an art residency and we have all had lots of fun singing and dancing together with our artist Emma who has provided us with the skills and confidence to improve and inspire us!



We continue to build on our links with the churches in St Asaph, and as well as enjoying coffee mornings together, we also attend their dementia friendly Forget Me Not Tea Parties.

Our Church Services are held on the second Thursday 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.

Spirituality in Sculpture Exhibition at St Asaph Cathedral

Several of us were invited to see this exciting body of work by Jesuit artist Fr Rory Geoghegan SJ. Our residents really enjoyed viewing the sculptures and the opportunity for prayerful reflection.



Lei Day

For Lei Day our residents enjoyed creating some fantastic artwork as well as dancing to traditional music. Some even shared their memories of their holidays to Hawaii and we all had lots of fun during these colourful celebrations!



Star Wars and International Space Day

As part of this day, we spent time creating a fantastic Star Wars display before using our VR Headset to explore the outer reaches of space together!



Biscuit Day

We love biscuits at Bryn Derwen, so we were all eager to celebrate this unusual day! As well as enjoying arts & crafts, sharing recipes with one another and listening to the story of the gingerbread man during our group reading sessions, we also spent time producing some delicious homemade biscuits with the help of our chefs!



Donut Day

On Donut Day we took part in some arts & craft sessions and were treated to a variety of different flavoured donuts! They were so delicious that we happily helped ourselves to second helpings, and in some instances, thirds too!



Hot Air Balloon Day

For this event we produced a beautiful art display and took part in several balloon exercise sessions.



World Doll Day

On World Doll Day, we woke up to find a group of babies sitting quietly in our main lounge! Each were quickly mothered by our female residents and even some of the gents helped to assist with the feeding!

The Queen's Official Birthday

Happy Birthday ma'am! We once again spent the day celebrating the Queen's birthday by decorating our home with flags and banners, as well as our amazing artwork that we produced during our arts & crafts sessions.



We were then treated to a special surprise visit from the Queen herself before watched the amazing ceremony together live on TV!



Anne's 100th Birthday Party



We all worked so hard to make Anne's 100th birthday a special day! Before she arrived at Bryn Derwen, we decorated the home with balloons and banners in order to surprise her!



Our chefs' had been busy baking a wonderful birthday cake based on Anne's favourite flavours! We also arranged a surprise party for her with a visiting entertainer, games and the Mayor of St Asaph who visited us to officially present her with her cards from the Queen and First Minister- he even treated her to a bouquet of beautiful flowers!



As well as this, Anne also received cards and flowers from everyone at Bryn Derwen, along with a memory jar containing well wishes and our special memories of her through the years! We all had a wonderful time and Anne continued to celebrate this important milestone well into the weekend with her friends and family at home.



Flag Day

We all had a fantastic time with our fun flags of the world quiz! As usual, it got very competitive very quickly as our two teams tried to match the most flags to the correct countries! Eventually however, one team were crowned this year's champions and were rewarded with a selection of chocolate treats!

FIFA World Cup

As part of our FIFA celebrations we all enjoyed cheering on our favourite teams, whilst others decided to take part in a kick around in our lovely garden- even our dog Henry got involved!



Nature Photography Day

We spent the day looking at a vintage camera and taking pictures on our new digital one. We decided to photograph areas of our beautiful purpose-built sensory garden, as we are all very proud of the beautiful flowers and vegetables that we have grown in our horticultural therapy sessions.



As well as these reminiscence and photography sessions, we also took time to look over and update our Bryn Derwen family albums too.



Father's Day

On Father's Day this year our residents wrote heartfelt messages to the special men in their lives. Our staff also produced a lovely display with all the cards that you sent to your loved ones, and a special tea party was held to celebrate this occasion.



International Picnic & Go Fishing Day



After looking forward to being able to use our nets again this year we were all ready to celebrate this wonderful event!



Our driver took us to a perfect picnic and fishing spot in Conway, but we were all more interested in enjoying a stroll, eating ice cream and feeding the greedy seagulls!



Maritime Day



We held several arts & crafts sessions on the run up to Maritime Day and as well as producing a beautiful display and learning all about the sea, several of us also enjoyed a trip to Rhos on Sea too! We all had a fantastic time breathing in the cool sea breeze, and our driver taught us all about the tide and local marine wildlife; after which he was attacked by a giant-sized crab!



Royal Ascot Ladies Day

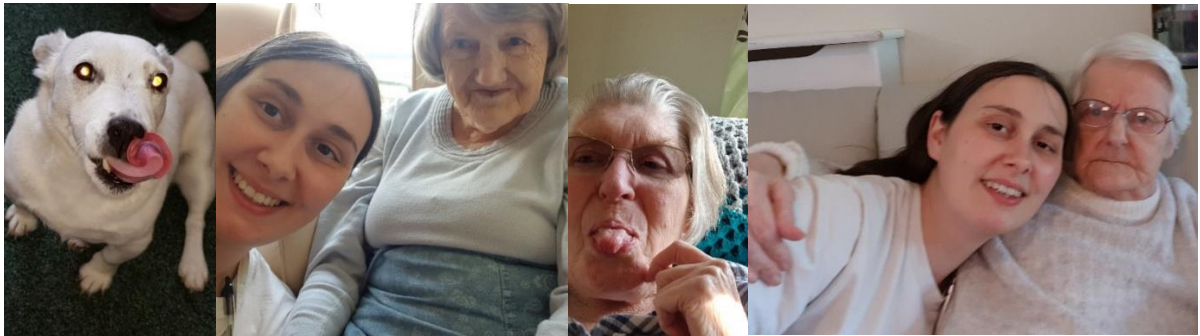
As well as hosting some pamper and makeover sessions for this event, we also decorated our home with arts & crafts, played some themed games, and hosted a luxurious tea party to finish! We then watched the race live on TV with our wines and shandys, whilst placing bets on our favourite horses! Unfortunately, no one had the winner this year, but this didn't dampen our celebrations in the slightest!



Selfie Day



Cheese! We all had lots of fun smiling, pouting and cuddling as we learnt how to take selfies using a smartphone!



World Music

On World Music day, our visiting entertainer Tony Hudson kindly spent the morning teaching us some simple melodies to play with our instruments! We were all working hard composing music and learning lyrics, and everyone had lots of fun with this fun interactive performance!



As well as discovering some hidden musical talent at Bryn Derwen, we also excelled in the visual arts with our dynamic art exhibition!



Take Your Dog to Work Day



We were treated to a surprise visit from our fluffy Shih Tzu friend Vera on Take your Dog to Work Day!



After having a run around in our beautiful garden and playing with our dog Henry, Vera then came indoors to enjoy lots of cuddles from our animal loving residents!



Global Beatles Day

We all 'Come Together' on this day to celebrate all things Beatles! As well as discussing Beatle mania and reminiscing about past visits to The Cavern in Liverpool, we enjoyed listening to this era defining music. And 'With a Little Help from my Friends' we performed brilliant cappella renditions of the bands classic tracks!

International Joke Day

We all laughed so much as we shared our favourite jokes with one another and even heard some new ones! Here is a selection of our favourites;

Why do cows have hooves instead of feet?
Because they lactose!

What did the sanitary towel say to the fart?
You are the wind beneath my wings!

What do you call someone who refuses to fart in public?
A private tutor!

Why wouldn't the shrimp share his treasure?
Because he was a little shellfish!

Why do Russian dolls have a bad public image?
Because they're so full of themselves!

Why was the sand wet?
Because the seaweed!

What do you call a snowman on a hot day?
Puddle!

What do you call a pony with a cough?
A little hoarse!

What do you call a man with a rubber toe?
Roberto!

What do you call a nosey pepper?
Jalapeno business!

Hear about the new restaurant called Karma?
There's no menu: you get what you deserve!

Why did the chicken go to the séance?
To get to the other side!

What sits at the bottom of the sea and twitches?
A nervous wreck!

What does Charles Dickens keep in his spice rack?
The best of thymes, the worst of thymes!

What do you call a fake noodle?
An impasta!

What do you call a magic dog?
A labracadabrador!

What do you call a woman with one leg?
Eileen!

What do you get from a pampered cow?
Spoiled milk?

Wimbledon

As well as watching the matches and cheering on our favourite players in the live finals, we also had a selection of themed activities such as arts and crafts sessions, balloon tennis, and in the afternoon we were served with strawberries and cream along with some lovely sparkling wine!



Independence Day

We celebrated all things American as we joined in with the celebrations with our friends from over the pond! As well as an American themed quiz and reminiscing session, we also learnt all about the Declaration of Independence whilst visiting Washington, New York and Texas on our VR Headset!



BBQ Day

Despite the cold weather, we successfully held our planned barbeque and our residents thoroughly enjoyed all of the food that our chefs' provided for us in the comfort of our warm and cosy dining room!



Teddy Bear Picnic Day

We all really enjoyed celebrating Teddy Bear Picnic Day, as we had been looking forward to reminiscing over our favourite cuddly toys!



As well as enjoying a selection of delicious sandwiches together, we were also treated to a special surprise visit from Fluffy the Teddy Bear who showered us with hugs, jokes and stories!



Ice Cream Month



Our chefs treated us to a variety of ice-cream's during our special themed day, with all the different toppings and chocolates to accompany them! We certainly enjoyed these treats and we spent the rest of the day reminiscing about how we would enjoy these snacks at the seaside with our children, as well as producing some fantastic artwork!

Dementia Awareness Week

We celebrated this important event by taking part in some fun activities to raise awareness for this condition. As well as hosting a coffee morning, a family barbeque, and discussions with our friends from Esgob Morgan Primary School, we also a special tap-dancing lesson and performance thanks to our visiting artist Emma!

We all had lots of fun participating in these events and many of us attended a Dementia Friends information session, after which we all received a badge which we now wear with pride!

Colouring Book Day

We had lots of fun showcasing our creative side on this unique day as both residents and staff got in touch with their inner artist to produce an amazing display!



Summer Party



The weather was beautiful when we came to have our 'Pool Party' themed event so we all slapped on the sun cream, hats and shades for this highly anticipated celebration! Many families attended along with some of our friends from the local community.



Staff had been busy setting up special themed areas with beautiful decorations throughout the home for everyone to enjoy, along with games for everyone to take part in!



As well as all this we also had a special area for everyone to have their pictures taken and even a prop and costume area for everyone to make use of!



Staff dressed up especially for the occasion and we had our talented singer performing all of our favourite songs!



Our chefs treated us to another amazing feast and they also baked a selection of delicious cakes for everyone too!



After enjoying our games and singing and dancing the afternoon away, some of us chose to end the day by relaxing in our inflatable pools! Even after our party ended, the celebrations continued throughout the evening as we all joined together for a surprise birthday party for one of our residents!



Bryn Derwen Tea Dance



Our Afternoon Tea Dances are held every Friday courtesy of our own resident DJ TJ! We always have lots of fun baking cakes, preparing sandwiches and making milkshakes together for these events!



Everyone is welcome to attend and dance the afternoon away with us- feel free to bring along your favourite CD's to listen to or request a song from the amazing DJ TJ!



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

Parties

- **Halloween Party** 31/10/18- entertainment and party games will be provided for as usual at our Halloween party! All are welcome to come and join us and fancy dress is optional
- **Bonfire Night** 03/11/18- come and join us as share jacket potatoes and toffee apples during our fantastic fireworks display!

Community Based Activities

- **Llanelwy Community Group**- held every Tuesday in Llanelwy Community Church @ 10.00-12.00
- **Connexions Group in Trefnant**- held on the last Thursday of every month at Trefnant Village Hall @ 14.00-16.00

- **Forget Me Not Tea Party**- held on the third Thursday of every month at St Marys Parish Church @ 14.00-16.00
- **Intergenerational Activities with our friends from Esgob Morgan**- held every Tuesday in the dining room @ 13.45-14.45

Other Special Occasions

- **International Beer Day** 01/09/18- 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!
- **Shake Month** 04/09/18- come and join us as we enjoy making delicious milkshakes together!
- **Welsh Rarebit Day** 05/09/18- come and join us as we enjoy this traditional Welsh delicacy!
- **Wildlife Day** 07/09/18- we will be visiting an animal park with our friends from our sister homes!
- **Actors Day** 08/09/18- to be, or not to be, that is the question! And to answer this day, we will be dressing up, learning lines & taking centre stage in order to celebrate all things thespian!
- **Teddy Bear Day** 11/09/18- everyone loves teddy bears, so what better reason to make a fuss for our furry friends!
- **Hug Your Hound Day** 12/09/18- our pampered pooch Henry will be only too happy to receive extra cuddles from everyone!
- **Make a Hat Day** 13/09/18- we will be making a selection of hats in our arts & crafts session and there will be prizes awarded for best in show and most creative!
- **Hug Your Boss Day** 15/09/18- yes it's that time of year again when staff show our Manager how special she is to us!
- **Play Doh Day** 18/09/18- we will be releasing our inner child as we get creative with this iconic modelling clay!
- **International Country Music Day** 20/09/18- yee haw partner! Come join us pilgrims as we spend the day listening to music, watching old westerns and shooting out targets on our ranch!
- **Miniature Golf Day** 21/09/18- come join us as we tackle our mini golf course!
- **International Rabbit Day** 26/09/18- a special friend will be hopping down to Bryn Derwen to meet everyone!
- **Computer Learning Month** 02/10/18- come join us as we discover how to use youtube, facebook, skype and other fun apps!
- **Old Farmers Day** 05/10/18- we will be visiting a local farmers market and reminiscing about life on the farm
- **World Smile Day** 06/10/18- we will be sharing jokes, stories and music that makes us want to smile
- **Cake Decorating Day** 10/10/18- we will be spending the afternoon adding the finishing touches to our chefs' delicious sponge cakes
- **Royal Wedding** 12/10/18- come join us as we watch Princess Eugene on her wedding day!
- **World Food Day** 12/10/18- a selection of foods from around the world will be offered during our fantastic taster session!!!

- **Count your Buttons Day** 20/10/18- after counting and organising our button collection, we will then use them in our arts & crafts sessions to create some lovely homemade jewellery
- **Apple Day** 23/10/18- our chefs will be assisting us as we make some tasty apple based treats from our recipe books
- **Magic Day** 26/10/18- abracadabra! Come and join us as we perform magic tricks together, watch Tommy Cooper, and see the wine disappear before our very eyes! Just like that!
- **Cliché Day** 01/11/18- seize the day with us as we rattle off these annoying sayings and learn all about their origins
- **Sandwich Day** 02/11/18- come and join us as we give Subway a run for its money with our delicious selection of homemade sandwiches!
- **Housewife's Day** 06/11/18- a woman's work is never done so we will be arming ourselves with dusters, brushes and brooms as we sweep up our home before going shopping and making some lunch.
- **Nacho's Day** 07/11/18- as well as enjoying these tasty snacks, we will also be making our own dips to accompany them!
- **Hug a Bear Day** 09/11/18- come and join us as we pamper our favourite cuddly toys
- **Remembrance Day** 11/11/18- we will be paying tribute to all those who lost their lives during the war
- **International Tongue Twister Day** 13/11/18- everyone is welcome to partake in these tricky sentences with us- hopefully we will beat our record from last year!
- **Origami Day** 14/11/18- it's that time of year again where we try our hand at the traditional art of origami
- **International Men's Day** 20/11/18- we will be partaking in a variety of manly based activities throughout the day
- **Celebrate your Unique Talent Day** 23/11/18- whether it's dancing, drawing, hula hooping or cooking, everyone is good at something! Why not come and show yours off too?
- **Cake Day** 27/11/18- that's right, you guessed it! We're going to have a cake making competition!
- **French Toast Day** 28/11/18- our chefs will treat us to this delicious breakfast meal

Other News

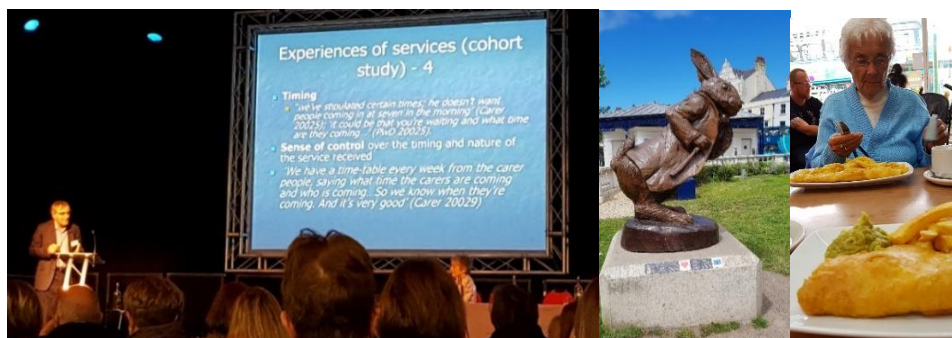
Recent Developments

We continue to be part of the steering committee which is responsible for ensuring that the Dioceses of St Asaph becomes a dementia friendly organisation, with a view to St Asaph becoming a dementia friendly community in the future. We are really looking forward to working with the various organisations that we have built links with and we will keep you updated.

Bryn Derwen continues to play a vital role with our friends and their work at Connexions which meet up on the last Thursday of every month. Connexions is a grassroots community

group owned by the service users, the purpose of which is to focus and engage with people in the community, irrespective of age or ability, by providing a place to come together, have fun and to share skills.

As mentioned in our last newsletter, Connexions were awarded funding for 'The Gwanwyn Festival' which celebrates creativity in older age. We are pleased to announce that although this popular event has finished, we continue to receive funding for a visiting artist to tutor us during these monthly sessions.



We continue to attend various conferences in Wales in order to ensure that our residents' thoughts and opinions are represented and listened to during these important talks, as well as to continue to network with specialists and gain access to the latest therapies and products.



After our last two conferences in Llandudno, we even had time to enjoy the local sights, art exhibitions and a fish and chips supper! We would like to thank all of the organisations and individuals who personally invite us to these sessions, and we are looking forward to attending all future events!

We have now completed the cARTrefu project and everyone has commented on how much they have enjoyed these fun and interactive sessions! We would once again like to thank cARTrefu for this wonderful opportunity, along with our dancer Emma who has promised to return to visit us again during the festive season!



The Activities Coordinators from all sister homes regularly attend monthly meetings and continue to work on ways to build links between the homes. We have also set up Skype accounts between our homes so that all of our residents can have a catch up with their friends!

Since our last newsletter we have held even more resident's meetings and if anyone would like a copy of the minutes then they can request these from Helen Johnson (Activities Coordinator). Everyone is welcome to attend these meetings which are held on the last Tuesday of every month to express their thoughts, ideas and suggestions.

We continue to produce memory books for each and every one of our residents! These have proven to be very popular and we would like to thank everyone who has brought in family pictures of their loved ones. If anyone has any pictures that they would like included in these books, then please contact Helen Johnson (Activities Coordinator) for further details.

Renovations

As part of the ongoing improvements to our home, we will soon begin to give our home a fresh lick of paint and replace the light fixtures in the main lounge.

Congratulations

We would like to congratulate David Williams for recently completing his NVQ Level 3 in Health & Social Care- well done David!

Condolences

The staff and residents of Bryn Derwen would like to express their deepest sympathies to the families of Mrs Rita Gater and Mrs Anne Lomax who sadly passed away