



## **Bryn Derwen Newsletter**

**Eighteenth Edition 2018**



### **Contact Details**

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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 May edition of our newsletter!

We have been busy as usual with all of our spring themed activities and as you can expect our calendar is already jam packed with a variety of events for the forthcoming months.

With summer just around the corner we can now all look forward to longer days and (fingers crossed!) some warmer weather! We have already been spending quality time in our purpose built multi-sensory garden, and 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. Our hard work has already begun to pay off with our flowers in full bloom and a variety of birds visiting us regularly.

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 spring 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. Alicia Baxter 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.



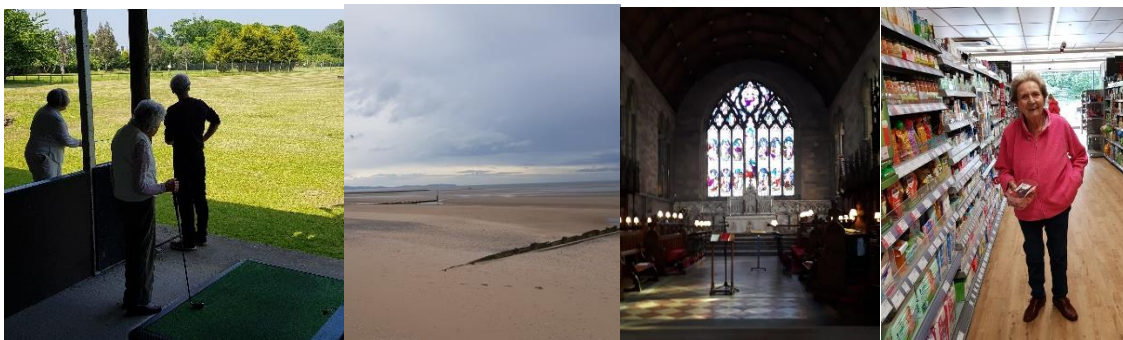
We enjoy music therapy sessions, arts and crafts, gardening, baking, memory exercises, armchair exercises, dancing, sing-alongs, quizzes, bingo, card games, board games, pampering sessions, beetle drives, multi-sensory activities and pet therapy.



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**

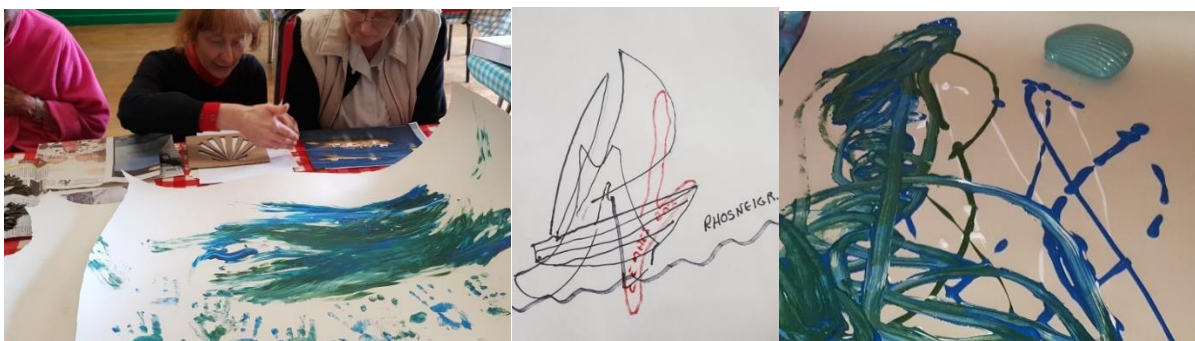
We have excellent relationships with our friends in the community and they regularly support the activity programme, themed parties, and charity events that we run.

As well as attending 'Connexions' in Trefnant, we also regularly attend the 'Llanelwy Community Church Group' where we have been making friends over tea and cake and sharing our skills and experience in the activities on offer.



Our friends from Esgob Morgan Primary School very kindly come to visit and invite us to their school every week as part of our Intergenerational work. We have lots of fun together and these sessions are extremely popular with our residents. They also invited us to several of their themed decades parties where we were transported over the weeks to the 1940's right up to the 1980's!

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 for The Gwanwyn Festival.



As mentioned in our previous newsletter, our friends at cARTrefu have 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 monthly 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.

### **Tortilla Chip Day**

To mark this unusual day, we were all treated to some delicious homemade versions of these tortilla based snacks- yum yum!



### **Floral Design Day**

Although we had initially planned on using the flowers in our garden to produce some beautiful bouquet displays, we then decided to create a paper floral display instead as we are really enjoying tending to our flowers and plants in our Horticultural Therapy sessions.



### **Tell a Fairy Tale Day**

To celebrate this event, we spent the morning reading our favourite classic tales from our library and later collaborated in groups to create our own unique stories using our costume box props! Here is our favourite;

#### Happily Ever After

Once upon a time in a far away land there lived a beautiful princess, in a grand looking castle. She dreamed of meeting her prince, a young man who was handsome and a gentleman.

Her mother the queen wanted a grandchild, so she agreed to seek out a suitor for the princess. After searching the land, her mother met the perfect gentleman whom she then introduced to her daughter.

The princess and the gentleman fell madly in love with one another and within a week they were married and they all lived happily ever after!



### St David's Day

We had a wonderful St David's Day celebration this year! As well as having a variety of Welsh themed activities on offer, our cooks treated our residents to several Welsh dishes including lamb dinner, Welsh rarebit, and Bara Brith- yum yum!



### 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!



### 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;

Blank: Dutch nickname for a man with white or fair hair or a pale complexion. In German it means 'bright', 'shining', 'white' or 'beautiful'.

Lillian: derived from the flower name Lily

Henry: German meaning 'rules his household'

Jones: originating from English and Welsh deriving from the name John

Tom: from the biblical meaning 'twin'

Wynne: of Welsh origin meaning 'wind'



### **National Anthem Day**

For this special day we had a good old patriotic sing-along with our visiting entertainer, followed by a quiz and language taster session in which we practiced some Welsh, French and Russian phrases.

### **International 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 heart warming and inspiring feminist film 'The Company of Strangers' together.

### **Nutrition Month**

For this event we spent the morning creating some healthy milkshakes for our afternoon tea party! We also had a quiz about healthy foods, as well as swapping recipes ideas that help us to lead a healthier lifestyle!



We had lots of fun creating our homemade banana and strawberry milkshakes and everyone agreed that both flavours were absolutely delicious!



### **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!



A few days earlier we had a special themed Reminiscence session where we shared all of our happy memories of our mums and children which we placed onto love notes for our Mother's Day display, and below is a small selection of memories from this activity;

'I love my mum, she's the best!'

'She was a wonderful mother and always looked after us'

'To mum, we love and miss you!'

'I love receiving beautiful flowers!'

'It's my favourite bit of the year'

'I love seeing all the lovely cards!'

## International Wig Day



We had so much fun exploring our costume box and trying on our fantastic wigs from our collection! We even shared some hair-raisingly funny jokes, our favourite being;

Why do bees have sticky hair?  
Because they use honeycombs!



## Plant a Flower Day



We have been really busy over spring tending to our wonderful multi-sensory garden! As well as watering and weeding our plants, new seedlings have been planted and we are looking forward to picking our home-grown fruits and vegetables.

After all this initial hardwork was completed, we took a well deserved rest by relaxing in our gorgeous garden!



### St Patrick's 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!



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.

### World Poetry Day

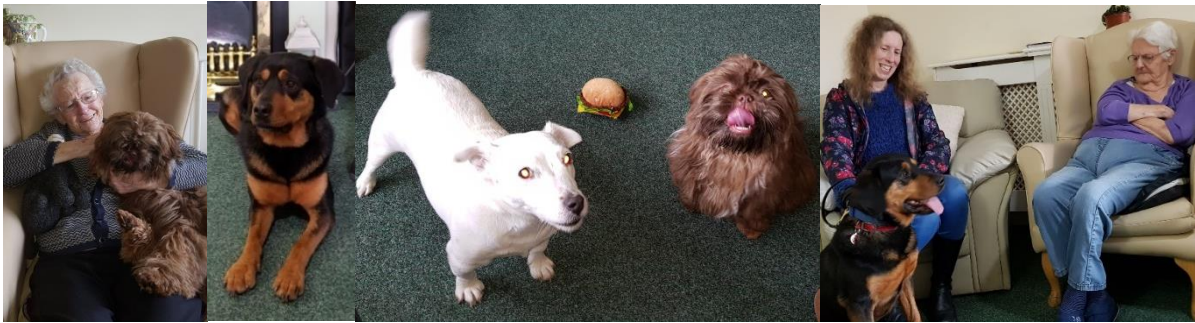
For Poetry Day we held a reading session consisting of works by Phillip Larkin, Sylvia Plath and William Shakespeare. We also played a memory game, the object of which was to complete nursery rhyme sentences', many of which brought back fond childhood memories for us! We then finished the day with several humorous poems, our favourite being this one;

Roses are red  
Violets are blue  
I bet you were expecting something romantic  
But no, these are just gardening facts!

## Puppy Day



We all love animals here, so we were all so excited to be visited by our furry friends on puppy day! Joining our pampered pooch Henry was Vera the shih-tzu and Bella the rottweiler all of whom were very huggable and playful!



## Waffle Day

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



## Easter

In our Easter themed arts and crafts sessions, we produced some wonderful 2D egg decorations and brilliant posters to brighten up our home!

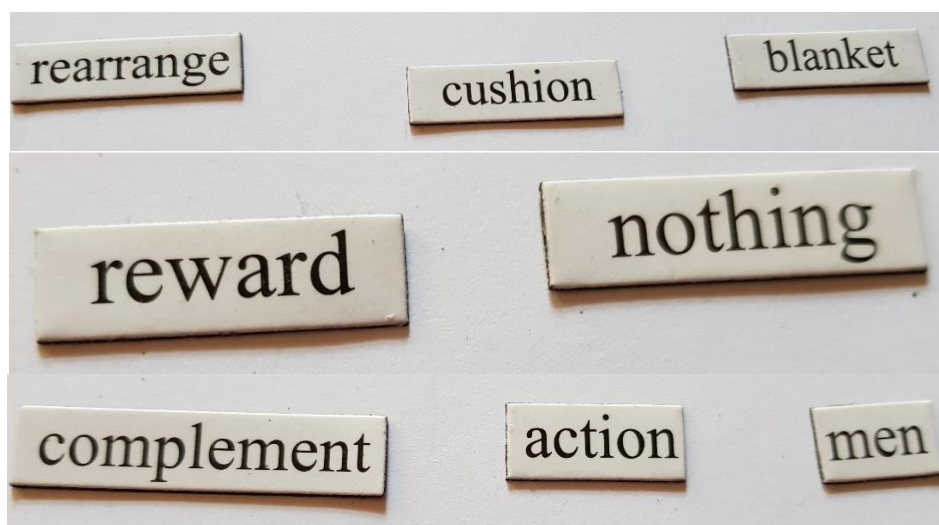
As well as a highly competitive quiz, we also enjoyed several Easter church services and a variety of fun themed games! There was also an egg-tastic musical performance from Tony Hudson during which everyone was visited by the Easter Chick himself!



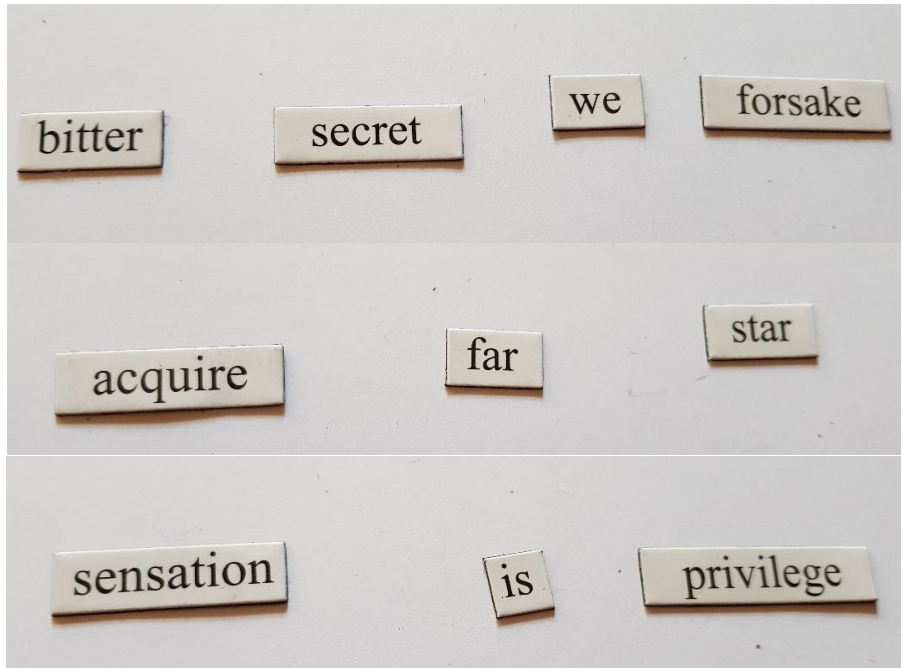
As well as all this, our Manager Nia Pierce treated every service user and staff member to their own Easter eggs and this special treat was hand delivered by our staff and was thoroughly enjoyed by all!



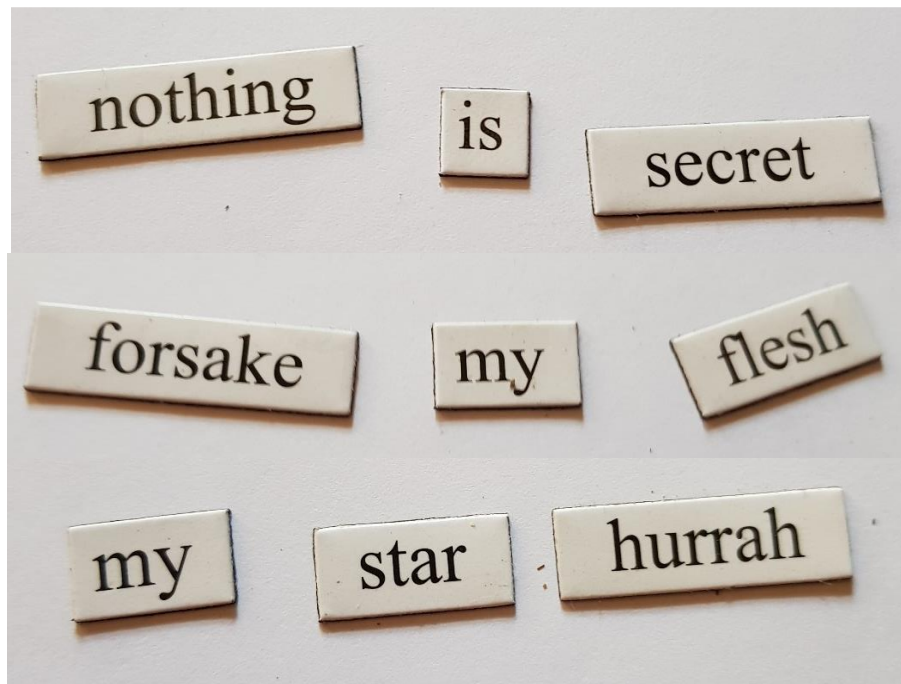
### Poetry Month



For Poetry Month, we took part in several creative writing sessions to produce our own unique poems!



We used the collage method for our work and after scattering our words onto the table, we then experimented by moving them around into different combinations in order to enable our poems to emerge.



#### **DIY Day**

As part of this event we began to replenish our well used sensory corridors as well honing our DIY skills with our staff to transform some unused items into beautiful flower beds for our garden!



### Golfers Day

Birdie! We used this event to brush up on our putting skills before taking part in our highly competitive mini golf challenge!



### Pet Day



We all love our dog Henry and so are always looking for an excuse to spoil him rotten! For Pet Day we bought him some new treats, and later that day we were once again visited by our friend Vera the Shih-Tzu! Both were made a fuss of and provided with lots of love and attention!





### **Haiku Poetry Day**

A haiku is a traditional Japanese poem consisting of seventeen syllables in three lines of five, seven, and five, and we all had lots of fun experimenting with this technique in our creative writing about our garden and our dog Henry in our creative writing session! Here is a small selection of our work;

Bring on the bygones  
Memories brought to life  
Happiness is bliss

Sunny sun hot, hot  
Nice and warm, grow the corn....now  
While it lasts forever

Blue sky, oh my neck!  
Looking up for too long me!  
Was worth it, see it!

Swaying trees in the breeze  
Birds a singing im in glee  
That beautiful way

### **World Wish Day**

After discussing things that we have always wanted to do and places that we have always wanted to go, we used our incredible virtual reality goggles to make these wishes come true!



### The Queen's 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 hosted a royal tea party in her honour! Happy Birthday again Your Highness!!!



### St Georges Day

We were all really busy making some wonderful art works on this special day! We also had lots of fun taking part in our themed quiz, reminiscing session, and singing English themed songs together!

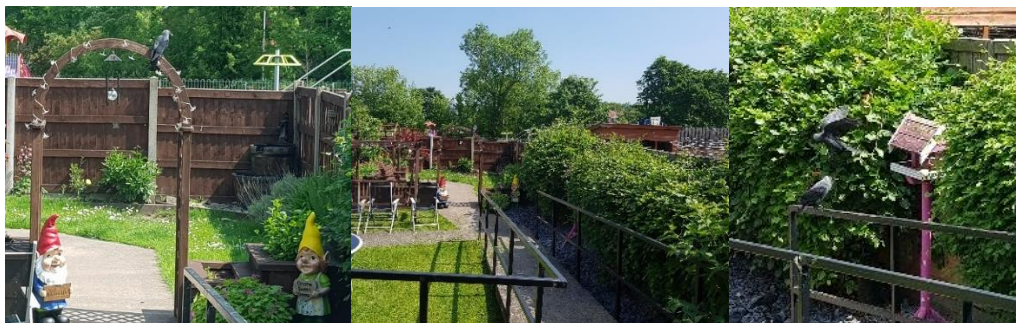
## International Jazz Day

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 Fats Waller, Louis Armstrong, Charlie Parker, Miles Davis, Nat King Cole and Chet Baker. 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.

## Garden Month



As many of you may have already noticed, we have been very busy sprucing up our beautiful garden! As well as planting new flowers and plants, we have also invested in some hilarious gnomes, some new flower beds, wind chimes and outdoor solar lighting. Along with taking care of the garden, we are also actively feeding our feathery friends everyday to encourage more birds to visit us!



## Tell a Story Day

In order to celebrate World Storytelling Day, we were treated to a selection of funny stories from our visiting entertainer Tony Hudson who treated us to a selection of humorous songs and tales! Later that afternoon, we worked in groups to create our own unique stories for us all to enjoy using several ad libs templates. The following are samples from our creative writing session;

Walking to the high street and I smelled the bara. The most beautiful of smells so I went into the shop where there stood a lovely man with a beard. Henry the baker said, 'good morning' and we spoke for a while about life and the types of bread he sold at his baking shop. We

got a crusty loaf. When leaving we said goodbye and then looked forward to getting home and making some toast!

It was a nice sunny morning down on the farm. The cock was crowing, and the pigs were mucky, rolling around in the mud. I walked outside and the chicken all raced towards me as they always do, so I scooped up a pan of barley and threw it to them on the ground and they ate it all up. The end.

### 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!



### Photo Month





CHEEESSSSSEEEEE!!!!!! We all really enjoyed having our new family pictures taken on Photo Month! As well as this, we also enjoyed a reminiscence and photography sessions too as we took time to look over our family albums on the big screen!



### **BBQ Month**

Due to the unpredictable weather, we had to cancel our planned barbeque as it was raining cats and dogs! Our barbeque was then rearranged to coincide with our Dementia Action Week events- please refer to this section for further details.

### **Drawing Day**

For Drawing Day our residents', staff and visitors spent the morning producing a variety of fun and quirky drawings that were then exhibited around the home and we all had lots of fun sketching landscapes, animals, flowers and fabulous patterns together!



## The Royal Wedding



We had an amazing time at our Royal Wedding Celebration Party in honour of Prince Harry and Meghan Markle! Our chefs served up food fit for a king, and as well as watching the marriage live on TV and enjoying sing songs together, a few members of the royal family even popped in to say hello!





### **Dementia Awareness Week**

We celebrated this important event by hosting a variety of events in order to raise awareness about dementia. As well as many of us now being Dementia Friends, we also enjoyed a coffee morning and barbeque together, as well as a tap dancing lesson, a singing session, a dog walking service and a meals of yester year reminiscing session!



### **Paper Airplane Day**

We had a lot of fun creating and flying our paper airplanes around our home- that is until our pampered pooch Henry ran off with them all!



### **Biscuit Day**

We originally planned on making a selection of biscuits for our tea dance event, but as our treats proved far too tempting and tasty, they were devoured instantly!!! Fortunately our chef's had prepared some extra biscuits in case of an emergency and so the day was saved!



## Golf Month



We had lots of fun practicing our teeing off skills on our visits to the driving range at Trefnant! As they say, practice makes perfect!



## Water a Flower Day



As mentioned earlier, we have been really busy recently tending to our wonderful multi-sensory garden!



As well as watering and weeding our plants, new seedlings have been planted and we are looking forward to picking our home-grown fruits, flowers and vegetables!



### **Bryn Derwen Tea Dance**

Our Afternoon Tea Dances are now held on 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

- **Father's Day** 17/06/18- we will be hosting a luxurious tea party for this special day, all are welcome to attend
- **Summer Party** 27/07/18 @ 12.00-15.00- this year we will once again be providing entertainment, food & drinks, and party games! We will also be selling raffle tickets for the fantastic prizes that we have on offer!
- **Sports Day** 30/07/18 @ 14.00- 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!

### 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

- **Donut Day** 05/06/18- who doesn't love donuts? Come and join us as we produce and sample a variety of these delicious treats
- **Hot Air Balloon Day** 07/06/18- come and join us as we create a beautiful art display
- **World Doll Day** 08/06/18- as well as doll therapy and reminiscing sessions, we will also be holding a baby pageant in the home!
- **The Queen's Official Birthday** 9/06/18- come and join us with our Royal celebrations that are fit for a Queen!
- **Flag Day** 13/06/18- we will be hosting a flag based quiz with prizes for those who match the most flags to the correct countries
- **FIFA World Cup** 14/06/18- as part of the FIFA Tournament, we will be enjoying some football ourselves during our penalty shootout game!
- **Nature Photography Day** 15/06/18- come and join us as we spend the day going on walks around St Asaph's beauty spots to photograph the local wildlife
- **International Picnic & Go Fishing Day** 18/06/18- As well as a planned picnic, our residents will also be offered some fishing lessons from our staff

- **Royal Ascot Ladies Day** 19/06/18- we will be celebrating this racing event with pamper and makeover sessions, arts & crafts, themed games, and a luxurious tea party!
- **Selfie Day** 20/06/18- we will be learning how to take our very own selfies!
- **World Music Day** 21/06/18- we will be working hard composing both some music and lyrics to celebrate this day
- **Take Your Dog to Work Day** 22/06/18- we can't wait to welcome back our visiting canine friends!
- **Global Beatles Day** 25/06/18- Let it be! We will be, as we celebrate all things Beatles!
- **International Joke Day** 02/07/18- You've probably heard this one before, but hopefully there are some from our humorous collection that we will be sharing that will bring a smile to your face
- **Wimbledon** 3/07/18- we will once again be offering a variety of tennis based activities, along with champagne and strawberries to enjoy whilst watching the live finals
- **BBQ Day** 6/07/18- come join us as we enjoy an afternoon barbeque together! Fingers crossed it doesn't rain!
- **Teddy Bear Picnic Day** 9/07/18- 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!
- **Ice Cream Month** 16/07/18- come and join us as we create our very own unique flavours together!
- **Colouring Book Day** 23/07/18- come and join us as we showcase our creative side!
- **International Beer Day** 03/08/18- to coincide with the Denbighshire festivities, we will be offering a selection of alcoholic beverages in the afternoon
- **Sandcastle Day** 06/08/18- 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!
- **Doll Day** 07/08/18- we will be hosting a variety of doll based activities throughout the day
- **Eisteddfod Celebrations** 08/08/18- we will have Welsh themed activities throughout the day
- **Family History Month** 9/08/18- come join us as we get all nostalgic with our memory books!
- **Bowling Day** 10/08/18- STRIKE!!!! We will once again be attending Flint Leisure Centre for another ten pin bowling contest!
- **Book Lovers Day** 13/08/18- come and join us as we celebrate our love of books!
- **Pride Celebrations** 14/08/18- come and join us as we celebrate LGBT diversity with our LGBT champion!
- **Relaxation Day** 15/08/18- 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** 17/08/18- we will be spending the day taking, editing and displaying our photography work around the home

- **Poets Day 21/08/18-** we will be reading a collection of poems together and producing some new ones in our creative writing session
- **Dog Day 24/08/18-** for this event we will be spoiling our dog Henry rotten as we go shopping to get him some new toys and treats, followed by a walk around St Asaph
- **Burger Day 31/08/18-** come and join us at our tasty BBQ afternoon!

## 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 recently awarded funding for 'The Gwanwyn Festival' which celebrates creativity in older age. The theme for this year is 'Sea Scripts' and the following are a selection of pieces that we have so far created for the exhibition;





Thanks to our friends at cARTrefu, we have another artist in residency here at Bryn Derwen! This year, our friend Emma is teaching and encouraging us to become creative through the medium of dance!



We are now halfway through the project and everyone has commented on how much they have enjoyed these sessions, as you can see in the photos!





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 have recently been in discussions about our next sensory corridor project and have been choosing our favourite films and film stars. Collages for each will soon be produced using Photoshop; please feel free to offer any suggestions you may have for this work!

We have also started to produce new 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 are pleased to inform you that we have completed work on our latest 'through the Decades' corridor!



This has been designed following our residents' requests, and we have had lots of fun travelling through the 1920's right up till the present day!



As mentioned previously, we have begun the initial work on our 'Film' themed project and will have this completed in the next couple of months.