



Bryn Derwen Newsletter

Seventeenth 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 Febuary edition of our newsletter!

We had a wonderful time celebrating Christmas together both within the home and the local community, and we would like to take this opportunity to once again thank everyone who helped to make it such a magical festive season for us. You will be pleased to hear that the video editing has now been completed for our Christmas reminiscence video and should any of you desire a copy then please don't hesitate to request one from me.

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.

We also have some important announcements to make regarding our ongoing improvements to our home and we would love to hear any suggestions that you may have for us.

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. Caroline Watts is our newest Night 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 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 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.



Over the festive period, we also received visits from St Asaph VP Primary School, Glan Clwyd High School, The Brownies, and the RAK (Random Acts of Kindness) group, all of whom sang Christmas carols for us!

We have also been enjoying spending more time with our friends at Connexions in Trefnant Village Hall whom we visit on a monthly basis, and we have recently been producing art for The Gwanwyn Festival.



As well as this we also enjoyed several interactive musical performances from a variety of entertainers thanks to our friends at Music in Hospitals! We all had lots of fun singing and dancing together at their performance over Christmas!

Our good friend Ticky also joined us over Christmas to run a festive inspired reminiscing and arts session! We first met Ticky during her cARTrefu residency here, and she has remained in touch with us ever since!

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.

Christmas

We were incredibly busy over the whole of December as we took part in numerous Christmas events and activities both within Bryn Derwen and the local community.



After transforming our home into a winter wonderland with the items that we had purchased on our shopping trips, we then had several Christmas themed arts and crafts sessions where we produced some wonderful festive decorations to go along with the ones we displayed around our home and on our Christmas tree.



We were treated to Christmas carols again this year from our good friends from the Cathedral who really helped us to get into the festive spirit with their lively performance. We also had our regular entertainers sing Christmas songs with us, and we enjoyed a festive themed sing-along with Llanelwely Community Church, RAK (Random Acts of Kindness) group, and The Brownies. As well as all this, we had our much anticipated visits from both St Asaph V.P. and Ysgol Esgob Morgan who kindly came to spend time with us and sing their wonderful Christmas songs.



Unfortunately due to the bad weather, we were unable to attend the annual Senior Citizens Christmas Party at Llanelwy Community Church this year but we are hoping to visit our friends at next year's gathering. Despite this though, we really enjoyed having a white Christmas and it brought back fond memories for us!



We also had the opportunity to attend a panto again this year and so many of us got to go and see 'Sleeping Beauty' at The Pavilion in Rhyl. We all had a wonderful time and are hoping to go again to next year's show.



As mentioned previously, we enjoyed a festive themed reminiscing and arts session with our good friend Ticky, as well as a Christmas performance courtesy of Music in Hospitals!



We also spent time baking treats together, going on festive VR tours, and hosting an Ugly Christmas Sweater Competition!



We also visited the children from Esgob Morgan to deliver some Christmas gifts and cards, and spent time discussing what we wanted from Santa this year!



As usual, we had a fantastic Christmas party with festive activities ranging from quizzes, games, and a sing-along with our visiting entertainer! Everyone got dressed up for the occasion, even Henry, and we were visited by the gingerbread man and a turkey!



We also feasted on a variety of food and drinks as we danced the evening away, and after the party we relaxed by watching a Christmas film together.





A few days later we had lots of fun playing a festive version of bingo, followed by a Sherry & Mince Pies Evening shortly thereafter during which all of our residents were treated to a festive tea party where we indulged in a variety of sweets, chocolates, cakes, sherry and wine!



As usual all of our residents received a collection of gifts from Bryn Derwen again this year, which were delivered to them by our staff on Christmas Day. After excitingly opening these presents, we were all treated to a luxury Christmas dinner which many of us had been looking forward to for weeks!

New Year's Eve

As we were all exhausted from our many festive activities we chose to have a relaxing start to the New Year instead in order to recharge our batteries.

Science Fiction Day

We celebrated this day by watching a selection of themed films such as 'The Day the Earth Stood Still' and 'Forbidden Planet'. Our favourite part of the day though was listening to the original radio segments from 'War of the Worlds' (as well as songs from the musical) and reminiscing how this caused mass panic in New York in 1938 when listeners confused the show with an actual news broadcast!

Trivia Day

We spent the morning discovering random facts together, the following selection being some of our favourites;

During its lifetime an oyster changes its sex from male to female and back several times

Nutmeg is extremely poisonous if injected intravenously

Daniel Boone hated coonskin caps

More people speak English in China than the United States

All the swans in England are property of the Queen

The town of Calma, Chile in the Atacama Desert has never had rain

Cleveland spelled backwards is DNA level C

Winston Churchill was born in a ladies room during a dance

The average person falls asleep in seven minutes

There are 336 dimples on a regulation golf ball

'Stewardesses' is the longest word that is typed with only the left hand

The only domestic animal not mentioned in the Bible is the cat

During his entire life, Vincent Van Gogh sold exactly one painting, "Red Vineyard at Arles"

Certain species of male butterflies produce scents that serve in attracting females during courtship

There are no clocks in Las Vegas gambling casinos

Male bees will try to attract sex partners with orchid fragrance

On a Canadian two-dollar bill, the American flag is flying over the Parliament Building

In the Arctic, the sun sometimes appears to be square

Non-dairy creamer is flammable

Stewardesses is the longest word typed with only the left hand

Camels have three eyelids

The average person laughs 10 times a day!

A healthy human eye can distinguish between 500 shades of grey

A syzygy occurs when three astronomical bodies line up

Shakespeare invented the word “assassination” and “bump”

Your heart beats over 100,000 times a day!

Bird Day



We spent the morning doing a spot of bird watching and listening to bird songs together. After spotting some chirpy sparrows, blackbirds and crows, we shared stories together of our own feathery pets!



Poetry at Work Day

We celebrated this day by reading the works of famous poets as well as our favourite nursery rhymes! Below is a selection of short poems that we really enjoyed;

In a Station of the Metro

The apparition of these faces in the crowd:
Petals on a wet, black bough.

By Ezra Pound

Risk

And then the day came,
when the risk
to remain tight
in a bud
was more painful
than the risk
it took
to blossom.

By Anais Nin

It's all I have to bring Today

It's all I have to bring today-
This, and my heart beside-
This, and my heart, and all the fields-
And all the meadows wide-
Be sure you count- should I forget
Some one the sun could tell-
This, and my heart, and all the Bees
Which in the Clover dwell.

By Emily Dickinson

Show & Tell at Work Day

For Show & Tell at Work Day many of us shared our interests, hobbies, and experiences with one another by giving talks on our hobbies and interests. Later that afternoon, a couple of us visited our friends at Esgob Morgan where we were taught all about their card making business. It certainly was a fun and informative day and we are hoping to do it again next year!



International kite day

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



Dress up your pet day

We were all really looking forward to dressing up our pampered pooch Henry for this event, but instead he had us in fits of laughter as he ran around the home hiding his selection of adorable costumes!

Hat Day

We all had lots of fun picking out and wearing hats from our collection that we have built up over the years!



Everyone got involved and we also had a quiz to see if we knew our Beret's from our Sombrero's!



Hugging Day

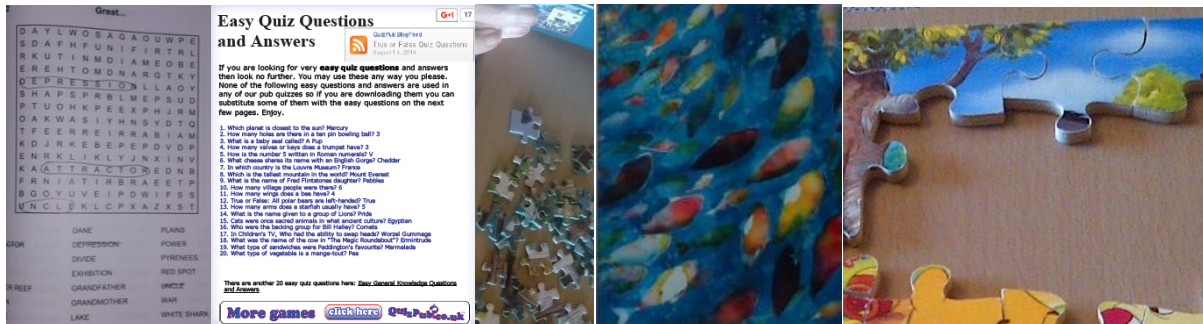


For this event we really showed our caring side by having an almighty hugathon as well as spending the day paying each other compliments!



Puzzle Day

For Puzzle Day we spent the morning playing quizzes to test our general knowledge, completed some crosswords together, and attempted to solve some picture puzzles!



Inspire your Heart with Art Day

For this event we spent the morning harnessing our inner Picasso by showcasing our artistic side by producing some magnificent artworks which we later exhibited around the home.



Opera Day

As well as listening to some classic opera songs, we also spent the day learning all about opera; several of us even took part in singing the different operatic scales to test our vocal range!

Pancake Day

As is the tradition here at Bryn Derwen on Pancake Day, our residents and staff all took part in our highly competitive pancake flipping competition! This fun and messy competition was extremely close again this year and as usual, several staff members resorted to some blatant cheating and so were rightly disqualified!



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



Six Nations

We have all really enjoyed the games played so far and we have our fingers crossed that our favourite teams go on to be successful in this tournament!

Valentine's Day

We provided a range of Valentine's Day themed activities again this year; as well as our usual setup consisting of romantic music entertainment and quiz, we also reminisced about how we met our significant other, produced heart shaped love notes in our arts and crafts session, and played valentines bingo!



Library Lovers Month

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.



Due to the bad weather, we were unfortunately unable to Rhyll library as planned, but we will visit our friends there on our next day trip out.

Chinese New Year



Kung Hei Fat Choy! As usual, we celebrated Chinese New Year in style by offering a variety of themed activities throughout the whole day!



As well as listening to oriental music, several of us took part in our Chinese quiz, Chinese fortune sticks, Chinese whispers game and our arts and crafts session.



Radio Day

We celebrated radio day by spending the morning listening and singing along to some of our favourite music. Later in the afternoon we were treated to some classic radio plays which certainly brought back a lot of memories for our residents!

Bird Feeding Month



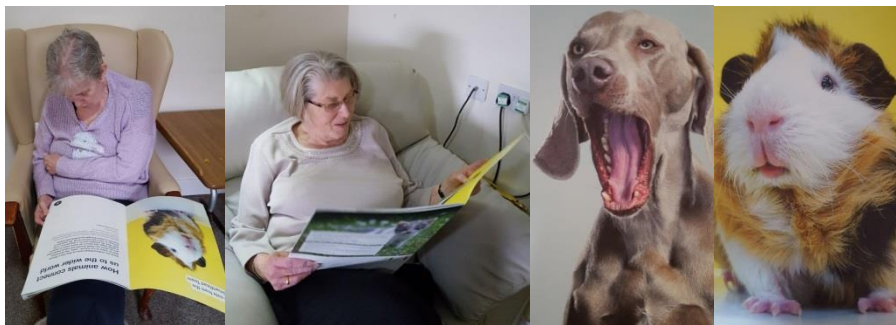
We spent the day putting out food for our feathery friends, as well as adding some 3D bird decorations to our main lounge, dining area, sensory themed Nature corridor, and in our beautiful garden.



Love your Pet Day



We love animals, so on this special day we spent time reminiscing about our furry friends over the years, reading large print animal magazines, and yet again making a huge fuss of Henry!



Digital Learning Day

We had lots of fun trying out a variety of educational apps with subjects ranging from languages, cooking, arts & crafts, etc. we also used our VR headset to learn all about star charts, guided meditation, animals and the human body!



Walking the Dog Day

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



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

- **St Davids Day 1/3/18-** entertainment and party games will be provided for as usual! All are welcome to come and join us and fancy dress is optional
- **Mother's Day 11/3/18-** we will be enjoying a special tea party to mark this important occasion
- **St Patrick's Day 17/3/18-** entertainment and party games will be provided for, and there will be Guinness and Irish coffees too!
- **Easter 1/4/18-** come join us as we celebrate with our Easter themed games and annual egg and spoon race! Once again Rabbit and Chicken will be joining us for the Easter egg hunt and birdie dance
- **St Georges Day 23/4/18-** there will be entertainment, party games and an English tea party!

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

- **Tortilla Chip Day 26/2/18**- come join us as we make some tasty tortilla based snacks!
- **Floral Design Day 27/2/18**- come join us as we begin arranging flowers around our home
- **Tell a Fairy Tale Day 28/2/18**- to celebrate this event we will be working together to create our own unique story for everyone to enjoy, as well as reading our favourite classic tales from our library!
- **World Book Day 2/3/18**- we will be enjoying a selection of short stories and discussing which books have inspired and moved us through the years.
- **Fun Facts about Names Day 5/3/18**- we will be learning about the historical meanings and influences behind our names, as well as discussing how name trends have changed over the years
- **National Anthem Day 6/3/18**- come join us as we have a good old patriotic sing-along, followed by a quiz
- **International Women's Day 8/3/18**- we will be learning all about feminism and how this has affected our own individual lives.
- **Nutrition Month 9/3/18**- come join us as we spend the morning creating some healthy milkshakes for our afternoon tea party! There will also be a quiz about healthy foods, as well as swapping recipe ideas that will help us to lead a healthier lifestyle!
- **International Wig Day 12/3/18**- we will be exploring our costume box to try on a variety of items within our collection!
- **Craft Month 14/3/18**- we will be spending the day producing decorative items for our home
- **Plant a Flower Day 16/3/18**- come and join us as we start planting flowers in our multi-sensory garden
- **World Poetry Day 22/3/18**- we will be reading a selection of poetry to celebrate this event as well as reading our own written poems too
- **Puppy Day 23/3/18**- we will be visited by a surprise guest for this event!
- **Waffle Day 26/3/18**- yes you guessed it! A selection of waffles with different toppings will be available for everyone to enjoy!
- **Take a Walk in the Park Day 29/3/18**- gentle strolls will be on offer throughout the day
- **Poetry Month 3/4/18**- we will be reading a selection of poetry to celebrate this event as well as reading our own written poems too
- **DIY Day 6/4/18**- we will be honing our DIY skills for this event!
- **Golfers Day 9/4/18**- come and join us as we tackle our mini golf course as well as teeing off at our local park
- **Pet Day 11/4/18**- 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

- **Haiku Poetry Day 17/4/18**- we will be reading a selection of poetry to celebrate this event as well as reading our own written poems too
- **World Wish Day 20/4/18**- everyone will have 1 wish granted at this event, thanks mostly to our VR headset!
- **The Queen's Birthday & Care Home Open Day 21/4/18**- Happy Birthday ma'am! All are welcome to join us at our Royal tea party! This year's theme is 'Communities Near and Far' as part of NAPA's Commonwealth celebrations
- **International Jazz Day 25/4/18**- we will be having a jazz-tastic time swinging away to the rhythm and blues
- **Garden Month 26/4/18**- come join us as we begin work to improve our garden
- **Tell a Story Day 27/4/18**- to celebrate this event we will be working together to create our own unique story for everyone to enjoy
- **Lei Day 1/5/18**- we will be celebrating this event by making our very own Lei's in our arts & crafts session, as well as wearing them during our dancing session.
- **Garden Meditation Day 3/5/18**- come join us as we find inner peace and harmony in our beautiful garden
- **Star Wars & International Space Day 4/5/18**- feel free to come along to our marathon film event and space themed tea party
- **Photo Month 8/5/18**- join us as we take pictures that even David Bailey himself would be proud of!
- **BBQ Month 11/5/18**- come and join us as we treat ourselves to a barbeque! Fingers crossed that it doesn't rain!
- **Train Day 14/5/18**- for this event we will be visiting Conway Valley Railway Shop & Museum
- **Drawing Day 15/5/18**- we will be producing a variety of quick drawings to be exhibited around the home.
- **Museum Day 18/5/18**- all are welcome to join us as we visit a local museum
- **Maritime Day 21/5/18**- come and join us mateys as we learn all about the sea, produce some nautical based art and enjoy a sea themed tea party
- **Paper Airplane Day 22/5/18**- you're never too old to make a paper airplane so come and join us as we get crafting before taking them to the skies for a race!
- **Tap Dance Day 24/5/18**- tap your feet to our incredible beat at this dancing extravaganza!
- **Biscuit Day 25/5/18**- we will be making a selection of tasty biscuits to enjoy at our Tea Dance event.
- **Golf Month 28/5/18**- come and join us as we tackle our mini golf course as well as teeing off at our local park
- **Water a Flower Day 28/5/18**- come and join us as we start planting flowers in our multi-sensory garden
- **Senior Health & Fitness Day 30/5/18**- feel free to join us as we spend the day taking part in a variety of fitness programmes such as Zumba, yoga, tai chi and armchair exercises

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.



We are pleased to announce that our group has successfully been awarded funding 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 will soon be welcoming another artist in residency here at Bryn Derwen! This year we will learn how to become creative through the medium of dance and we are all really excited about taking part in this project in late March!

Due to our commitment to constantly improve our home, we have recently invested in a smart TV, a subscription to Netflix and Amazon Prime, as well as an Amazon Echo device. This technology allows our residents to choose exactly what shows and films they would like to watch, and what music they would like to listen to. This enables staff to better tailor for their preferences, and the add on apps will allow residents to independently begin quizzes, guided meditation, and listen to audio books.



We will also be taking part in the NAPA Challenge 2018, the theme for this year being 'A Food Journey around the Commonwealth'. More details for this event will be posted around the home soon.

Several staff will be attending various upcoming dementia conferences and training programmes, the details of which will be posted in our next issue.

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 residents 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 memorable and favourite elements through the 1920's-2010's. Collages for each decade have then been produced using Photoshop and below are the draughts completed so far;



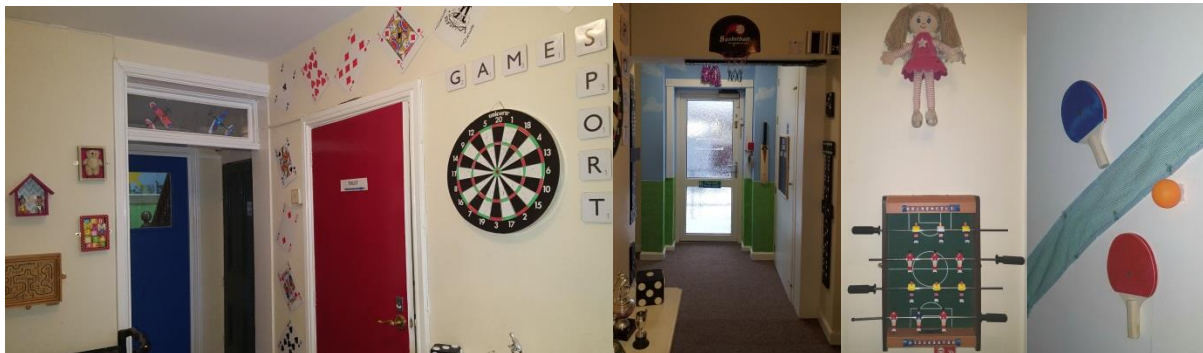


Renovations

As part of the ongoing improvements to our home, we are pleased to inform you that we have completed work on two more sensory corridors and will continue with this project over the coming months.



Both our 'Farm' area and 'Games and Sports' corridor are fully interactive and have been designed following our residents' requests.



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

Thank You

We would like to take this opportunity to thank everyone who bought presents over the festive period- all were thoroughly enjoyed and we would once again like to say a big thank you for your thoughtfulness and kindness.



We would also like to express our gratitude to our friends from the cathedral and local churches that have spent time creating a collection of beautiful twiddle muffs for our residents to keep. Everyone is really enjoying interacting with them and we can't wait to see what our friends make next!

