



## **Bryn Derwen Newsletter**

**Thirteenth Edition 2016**



### **Contact Details**

Bryn Derwen EMI Residential Home

Bryn Gobaith

St Asaph

Clwyd

LL17 ODN

01745 582570

Email: [brynderwenhome@btinternet.com](mailto:brynderwenhome@btinternet.com)

Web: [brynderwenhome.co.uk](http://brynderwenhome.co.uk)

### **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!

With the lights drawing in and the crunching of leaves underfoot, autumn is finally here in all its glory!

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

As many of you have already noticed, we have recently completed work on three more multi-sensory themed corridors as well as our wonderful relaxing library area!

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

With so many positive things happening in our home, we have devoted this newsletter to our most recent fundraising events and work done with our friends in the community, as it's important to reflect on our achievements; none of which would be possible without your continuing help and support. So sit back and relax with all of our latest news whilst we all start to transform our home into a Christmas winter wonderland!

Thank you  
Helen Johnson (Activities 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 member of staff here at Bryn Derwen, Kathy Airey-Manall who is our newest Care Assistant. Kathy has already made some fantastic contributions to our home and she has 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 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 The Alzheimer's Societies' 'Musical Memories' sessions and the 'Denbigh Social Group', 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 'Musical Memories' and the 'Denbigh Social Group', we also regularly attend the 'Llanelwy Community Church Group' where we have been making friends over tea and cake, and sharing our skills and experience in the activities on offer.

We recently attended St Asaphs' International Music Festival which is always very popular within the community and we would like to thank the organisers for inviting us along again this year.



We have also been enjoying spending time with staff from Age Connects who are now visiting us on a weekly basis to deliver their popular 'Speak Up' project; please refer to the 'Recent Developments' section for further details.



Our friends from Sugar Dandy's Nursery very kindly came to visit us over Halloween! The children wore their wonderful Halloween costumes and spent time chatting to us all whilst handing out a selection of delicious sweets and chocolates!



We continue to work in conjunction with our sister homes and recently took part in a Pantomime themed Guy Fawkes Competition; please refer to the 'Recent Developments' section for further details on this.

Our staff have also been kindly bringing in their children and grandchildren in order to encourage more intergenerational work and our residents have really enjoyed these visits, as have the children!



Other regular visitors to our home include various Lay workers from St Asaph Cathedral. Our Church Services are held on the second Tuesday 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.

### **Relaxation Day**

For this event we all took some time out from our hectic daily lives to de-stress in some yoga and music therapy sessions, and we were even treated to some gentle massages too! We were left feeling so relaxed by the end of these activities that some of us even had a nap afterwards!

### **Photography Day**

Many of us spent the day searching for and photographing pictures together on our cameras. After a quick refresher lesson, we took it in turns to practice our skills and captured some very interesting shots and here are some from our collection;



### **Poets Day**

For Poets Day we held a reading session consisting of works by John Keats, Robert Frost, Walt Whitman and Christina Rossetti, all of which provided inspiration in our creative writing sessions! We also played a memory game, the object of which was to complete

nursery rhyme sentences', many of which brought back fond childhood memories for us!  
We then finished the day with some readings from 'Blue.River.Apple; An Exploration of  
Alzheimer's through Poetry' by Nancy Nelson and the following poem really resonated with  
us;

Lost!

As I drive...  
I know I know this road,  
Quickly, though, where am I going?  
If I keep on travelling, the destination will surprise me  
And just APPEAR!  
PLEASE, where are my wheels taking me?  
When I agreed to lead, I knew where to go,  
But I'll be doggone if I know  
How in this moment to get us there!  
While my foot followed my crazy,  
Frantic pressure to the gas pedal for logic  
Speeding through the not-so-telltale  
Streets & businesses-  
I couldn't let her know- the unsuspecting car behind.  
My mind only checked long enough to agree.  
It's like my mind was frozen on an ice slick,  
Sliding away,  
Moving but not helping me to know where.  
My heart rapidly pumping,  
Keeping beat with my stomach  
Like on the world's worst roller coaster ride.  
My eyes darting desperately for a recognizable  
Landmark that keys in our destination.  
I plead, Please, dear Lord, where am I?  
I know this highway. Come on, work!  
Suddenly, I was lost and broken  
With no time to belabour the despair I felt.  
Tires spin,  
I need a solution and now!  
Should I stop-  
Tell her I don't know where I am-  
I'm mixed up?  
No, keep driving. It'll come, it'll come.  
Ahhh, yes, yes, here it is! The turn-off  
To Dragon Boat Racing on beautiful Lake Las Vegas.  
Thank you, THANK YOU,  
And a beautiful THANK YOU again!

### **Bow Tie Day**

We had lots of fun on Bow Tie Day as we learned all about the history of this famous garment, as well as how to fasten it properly! We then spent the afternoon creating our own unique designs which were proudly displayed around our home!



### **Slinky Day**

Everyone had lots of fun playing with these classic toys as we raced them down an obstacle course and untangled them as quickly as possible. Unfortunately our dog Henry insisted on playing as well so we spent the rest of the afternoon chasing him around the living room as we tried to get the Slinky's from him!



### **Letter Writing Day**

For Letter Writing Day we spent time reminiscing over letters that we have sent and received in the past, from love letters to postcards, as well as all of the different stamps that there has been over the years. And to mark this occasion some of us really got into the spirit of the day by write short letters to one another to keep as a memento!





### **Welsh Rarebit Day**

On one of our favourite days in the year, our cooks treated us to this delicious traditional Welsh delicacy! We really do love this dish and its recipe always leads to a heated debate!



### **Read a Book Day**

What better way to celebrate Read a Book Day than to create a library in our home?! As many of you have already seen, the library is now completed and as well as being a quiet space for our residents to relax with a selection of books, it also houses an activity station, reminiscing display case and a piano that plays soothing music in order to create a soothing environment.



### **Actors Day**

To be, or not to be, that is the question! And to answer this day we spent the afternoon dressing up, learning lines from famous Shakespearian plays as we took centre stage in order to celebrate all things thespian!



### **Teddy Bear Day**

We all really enjoyed celebrating Teddy Bear Day, as we had been looking forward to reminisce over our favourite cuddly toys! As usual, we spent time baking a variety of treats for our picnic themed tea party, as well as producing some eye catching pictures in our arts & crafts session. We also spent time with our bear mascot and discussed our favourite bear characters from books and films!



### **Hug Your Hound Day**

Our pampered pooch Henry was only too happy to receive extra cuddles from everyone on this special day for our canine friends! He also received several edible treats from our residents and spent time enjoying his newly bought toys!



### **Chocolate Milkshake Day**

Many of us got busy in the kitchen in order to produce a selection of fantastic chocolate milkshakes for us all to enjoy after dinner! We all had lots of fun and the drinks were delicious!



### **Roald Dahl Day**

We celebrated Roald Dahl Day by reading Fantastic Mr Fox and reminiscing over the types of books that we would read as children. We always enjoy our Group Reading Sessions and later that afternoon we watched 'The BFG' movie whilst enjoying a selection of chocolate treats.

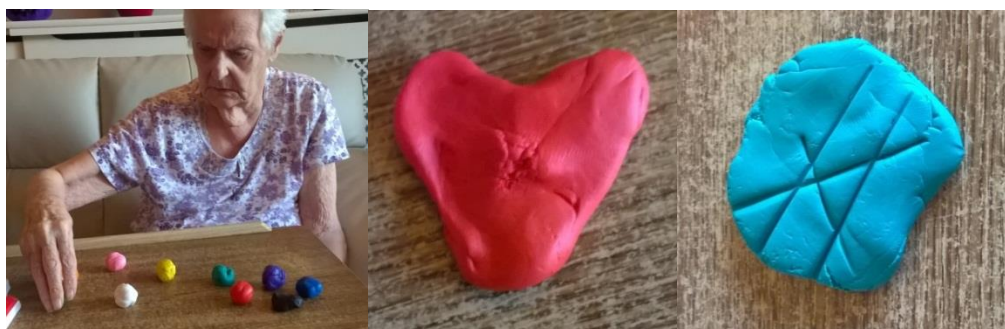
### **Make a Hat Day**

We all had lots of fun picking out and wearing hats from our collection that we have built up over the years, and some of us even designed our own during our arts & crafts session!



### **Play Doh Day**

For Play Doh Day we released our inner child as we got creative with this iconic modelling clay! We really enjoyed making a selection of shapes and impressions into the plastecine, as well as mixing the different colours together.



This was a really fun and creative activity that many people also found to be very therapeutic as well.



### **International Country Music Day**

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



Despite not having the urge to line-dance that day, we did enjoy dressing up as cowboys & cowgirls for our Western themed shoot out game and hobby horse race! Later on in the afternoon we watched some classic John Wayne films such as 'El Dorado' and 'True Grit'



### **Balloons around the World Day**

To celebrate this event, our residents and staff wrote their names onto helium filled balloons which were then released into the community for other people to find.



Although we included our contact details in our messages, we have as yet not received any replies so far. Fingers crossed that we hear back soon!



### **Punch Day**

We love sharing a tippie or two here at Bryn Derwen so we spent the afternoon enjoying a selection of drinks together, complete with fancy umbrellas!



### **Miniature Golf Day**

Due to the bad weather we were unable to attend a local miniature golf course, so we quickly improvised instead and created our own table top mini golf course! As usual, things became very competitive as we all competed to be crowned the winner!



### **International Rabbit Day**

A special friend hopped down to Bryn Derwen to meet everyone on International Rabbit Day and he quickly became very popular with our residents who have named him 'Hoppy'! Hoppy will be living in our new Nature themed sensory corridor but will come out from his burrow to play at any time!



### **Cooking Day**

On Cooking Day our cooks kindly bought us a variety of ingredients for our baking session, and we spent the morning rolling dough and cutting out a variety of shapes.



The cooks' then assisted with the oven duties and once cool, we were able to decorate and taste our delicious biscuit selection that very same afternoon!



### **Macmillan Coffee Morning**

We once again supported Macmillan by holding our yearly coffee morning in order to raise much needed funds for their cause. Our cooks made a selection of cakes for us to enjoy, as did some of our other staff members who had been busy baking away the day before. As well as being treated to these lovely cakes and drinks, we were also joined by our singer Gavin Strong who spent the morning entertaining us with his performance. Our cake sales and Macmillan games raised £24 altogether and we would like to take this opportunity to thank everyone for their kind donations.



### **Drink Beer Day**

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

### **North Wales International Music Festival**

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



### **Comic Book Day**

On Comic Book Day we enjoyed a selection of titles in our Reading Session ranging from Spiderman, Superman, and Batman to The Dandy and The Beano! We also enjoyed playing our shootout gallery game together as well as receiving a special visit from SuperTed! In the afternoon we watched The Avengers as well as the classic 1960's series of Batman starring Adam West!



### **International Coffee Day**

On International Coffee Day we spent the morning chatting and sharing coffee together whilst we read all of the latest headlines from the daily papers.

### **Chocolate Cupcake Day**

To celebrate this day our cooks kindly baked us up some homemade chocolate cupcakes, complete with a gooey chocolate centre! They were absolutely delicious and were enjoyed by residents, visitors and staff alike!





### **World Animal Day**

Unfortunately due to the poor weather, we were unable to go and visit any animal parks as we had planned, but we still had lots of fun on World Animal Day!

As well as making a fuss over our dog Henry and enjoying our animal themed quiz, we also got to meet our new cuddly friends who will be joining our rabbit Hoppy on our Nature wall! Several of our residents even assisted with the layout of the interactive display and we had lots of fun taking turns to do our best animal sound impressions!



### **World Smile Day**



On World Smile Day we shared some jokes, short stories and music that make us want to smile! We also took the time to photograph each of our smiles; even the staff showed off their best cheesy grins!



Our reading sessions are very popular, and below is our favourite funny short story that helped to make everyone smile;

## Christmas Shopping

A couple were Christmas shopping. The shopping centre was packed and as the wife walked around she was surprised to discover that her husband was nowhere to be seen. She was quite upset because they had a lot to do and she became so worried that she called him on her mobile phone to ask him where he was.

In a quiet voice he said: "Do you remember the jewellers we went into about five years ago, where you fell in love with that diamond necklace that we couldn't afford, and I told you that I would get it for you one day?"

The wife choked up, started to cry, and said: "Yes, I do remember that shop"

The husband replied: "Well, I'm in the pub next door!"

## Handbag Day

On Handbag Day we learnt all about the history of this famous fashion item and reminisced over our favourite ones that we have owned over the years! Some of us even brought our handbags with us and let others have a sneaky rummage through, and we ended the day playing memory games together as we tried to recall what items were placed inside them!

## Cake Decorating Day

We love to bake and so were only too keen to get into the kitchen to start decorating our delicious homemade cakes! Obviously we had to put them through a rigorous tasting process and after sampling at least three each, our helpful bakers then gladly shared out the remaining batches with everyone else!



## Old Farmers Day

We all had lots of fun on this day! As several of our residents come from a farming background we were all excited to hear their stories about what life on a farm is really like. As well as these reminiscing sessions, we also produced some wonderful artworks which were then proudly displayed around our home, and sang Old MacDonald together.



### World Maths Day

We worked really hard on World Maths Day as we completed a few arithmetic quizzes together and went over our times tables. We also read some Maths themed stories, poems and jokes together, here is our favourite;

#### Math Problem

- Q) John has 32 candy bars. He eats 28. What does he have now?  
A) Diabetes!

### Apple Day

As well as getting creative in our arts & crafts session, we also celebrated Apple Day by having a tasting session of several different varieties (including braeburn, Royal Gala, Granny Smith, cooking apple etc), a reminiscing session, and also a quiz to see if we could name them all and the recipes that require apples as an ingredient.



### Count your Buttons Day

After counting and organising our button collection, we then used some of them in our arts & crafts sessions to create some lovely homemade jewellery!



### **World Pasta Day**

We were all treated to some delicious homemade pasta dishes; complete with a side order of garlic bread yum!



### **Animation Day**

For Animation Day some of us worked on some simple stop motion props which were then used to produce a short animation on Windows Movie Maker. Although the film is very short, we all enjoyed seeing how our work came together to produce this funny film clip! Later that afternoon, we were treated to some popcorn whilst we watched Disney's 'Beauty & the Beast' together.



## Magic Day

Abracadabra! We watched in awe as our magicians performed some amazing card tricks and disappearing acts for us! We then spent the afternoon watching the hilarious Tommy Cooper together over tea and cake, all of which quickly disappeared before our very eyes! Just like that!



## Halloween Party



We all had a scream celebrating Halloween this year! As well as our usual line up of spooky games and hair raising arts and crafts sessions, we also received a visit from our friends from Sugar Dandy's Nursery, who wore their Halloween costumes for us whilst kindly distributed chocolates to everyone!



We also had some spooky stories read to us from our Edgar Allen Poe collection and a selection of cakes and sweets to enjoy as we watched some scary films together!



Our home received lots of fantastic comments from our visitors about our scary decorations, and we would like to thank the residents and staff who displayed these so wonderfully around the home!



As well as all this, we also shared some of our own personal ghostly encounters with one another in our Reminiscing Session and a fancy dress competition in our Dress Up Session!

### **Cliché Day**

We spent the day discussing these annoying sayings in our quiz and learning all about their origins. Here are some of our favourites;

Actions speak louder than words

The grass is always greener on the other side

The apple doesn't fall far from the tree

You can't judge a book by its cover

You can't please everyone

What doesn't kill you makes you stronger

Love is blind

Ignorance is bliss

There's no time like the present

Better safe than sorry

### Housewife's Day

A woman's work is never done so we armed ourselves with dusters, brushes and brooms as we swept up our home before going shopping and making some lunch! These items were then placed proudly on display in our new Household Chores Sensory Corridor and can be accessed at any time, along with chores from our jobs board, by both residents and staff.



### Sandwich Day

On Sandwich Day we spent the whole afternoon preparing a selection of delicious butties for us all to enjoy for our supper, as well as discussing what our favourite breads and fillings are!



### Bonfire Night

We all had a roaring time this Bonfire Night and celebrated the occasion with a display in our garden!



Earlier on in the day we spent time creating some eye-catching artwork and had a themed quiz! As well as all this we were treated to hot dogs, burgers and chips at our party, followed by a real 'sparkler' of a cake!



### **Nacho's Day**

Everyone got to sample our tasty Nacho's and Salsa dip that had been lovingly prepared by several of our residents during our Baking Session! Although not to everyone's taste, the majority of us really enjoyed eating these tasty snacks and some even had second and third helpings!



### **Hug a Bear Day**

Our very special friend 'Cuddles' came to visit us on Hug a Bear Day and everyone was provided with some lovely cuddly hugs!





### **Origami Day**

We celebrated origami day by going to town in our arts and crafts session! Although we struggled to make a swan, and threw lots of paper across the room in frustration again this year, overall we had fun and really enjoyed decorating the pieces we had managed to make.



### **International Tongue Twister Day**

We spent the morning in fits of laughter as we attempted to recite a collection of tongue twisters together, the following selection being some of our favourites;

Shut up the shutters and sit in the shop

Ken Dodd's dad's dog's dead

The big black bug bit the big black bear, but the big black bear bit the big black bug back!

Give papa a cup of proper coffee in a copper coffee cup

Betty bought a bar of butter, but the butter Betty bought was bitter, so Betty beat a bit of butter to make the bitter butter better!

### **Remembrance Day**

On Remembrance Day we paid our respects to the service men and women from both world wars and later conflicts with a church service. We also produced some artwork to commemorate this day, read poetry together, and reminisced how these events shaped our own lives through the Women's Land Army and rationing.

#### **In Flanders' Fields**

(By Major John McCrae, 1915)

In Flanders' fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky, fly

Scarce heard amid the guns below.

We are the dead. Short days ago  
We lived, felt dawn, saw sunsets glow,  
Loved, and were loved, and now we lie  
In Flanders' fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch, be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders' fields.



### 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 08/11/16 @ 10.30-12.00
- Thursday 24/11/16 @ 10.30-12.00
- Thursday 22/12/16 @ 10.30-12.00
- Thursday 05/01/17 @ 10.30-12.00
- Thursday 19/01/17 @ 10.30-12.00
- Thursday 02/02/17 @ 10.30-12.00
- Thursday 16/02/17 @ 10.30-12.00
- Thursday 02/03/17 @ 10.30-12.00
- Thursday 16/03/17 @ 10.30-12.00

#### Parties

- **Christmas Party** 04/12/16 @ 12.00-15.00- this year we will once again be providing entertainment, food & drinks, party games and a visit from Santa at our annual Christmas party! We will also be selling raffle tickets for the fantastic prizes that we have on offer, the winners of which will be drawn at our Sherry & Mince Pies

Evening. All are welcome to attend, please feel free to bring a friend; we look forward to seeing you all!

- **New Year's Party 30/12/16 @ 12.00-15.00-** come and join us as we host our party to ring in the New Year together!

#### Community Based Activities

- **Musical Memories-** every alternative Wednesday in the Eirianfa Centre, Denbigh @ 13.30-15.00
- **Trefirian Social Group-** held every 3<sup>rd</sup> Thursday of the month @ 10.00-15.00
- **Llanelwy Community Group-** held every Tuesday in Llanelwy Community Church @ 10.00-12.00

#### Other Special Occasions

- **World Prematurity Day 17/11/16-** we will once again be raising money for Bliss, please see our 'Fundraising' section for further details
- **International Men's Day 21/11/16-** we will be partaking in a variety of manly based activities throughout the day
- **Cake Day 22/11/16-** that's right, you guessed it! We're going to have a cake making competition!
- **Celebrate your Unique Talent Day 23/11/16-** whether its dancing, drawing, hula hooping or cooking, everyone is good at something! Why not come and show yours off too?
- **Mickey Mouse Day 25/11/16-** come and join us as we celebrate all things Disney on this exciting day!
- **French Toast Day 28/11/16-** our chefs will treat us to this delicious breakfast meal
- **Christmas Shopping Trip 29/11/16-** come and join us as we visit the Tweedmill to buy some Christmas Presents!
- **Christmas Meet Up at Lindan House 01/12/16-** we will be visiting our friends at our sister home in Wrexham to take part in some festive activities
- **Christmas Winter Wonderland 02/12/16-** come and join us as we start transforming our home into a Christmas Winter Wonderland with our beautiful decorations and seasonal themed arts & crafts
- **Make a Gift Day 05/12/16-** we will be making some very special Christmas presents for our loved ones
- **Cookie Day 05/12/16-** we will be baking our very own homemade cookies!
- **Christmas Carols with 'Musical Memories' 07/12/16-** we will be attending The Alzheimer's Society's 'Musical Memories' group to sing a selection of festive songs
- **Christmas Reminiscence Morning and Peter Pan at Rhyl Pavillion 09/12/16-** we will be spending the morning sharing all of our favourite Christmas memories together, and then enjoying a pantomime in the afternoon
- **Gingerbread Decorating Day and Peter Pan at Rhyl Pavillion 12/12/16-** come and join us as we spend the morning preparing a selection of festive treats, and then enjoying a pantomime in the afternoon
- **Christmas Bingo 13/12/16-** feel free to join us as we play our festive version of bingo; amazing prizes to be won throughout!

- **Community Christmas Celebrations** 14/12/16- 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 Llanelwy Community Church
- **Christmas Carols with St Asaph VP Primary School & The Brownies** 15/12/16- our friends from the local primary school will be visiting us to perform carols for our residents in the morning, and The Brownies will be singing for us in the evening
- **Ugly Christmas Sweater Day** 16/12/16- feel free to join us as we proudly wear our Christmas sweaters and enjoy some festive treats together!
- **Christmas Activities with our Friends from The Grange** 19/12/16- join us as we celebrate with The Grange in some fun Christmas themed activities
- **Sherry & Mince Pie Evening** 20/12/16- feel free to join us as we indulge ourselves to these wonderful Christmas treats whilst singing Christmas Carols and announcing the winners to our Christmas raffle draw
- **Christmas Stories Afternoon** 21/12/16- we will be spending the afternoon reading traditional Christmas stories together
- **Christmas Films Afternoon** 22/12/16- join us as we spend the day watching festive films together over some mulled wine and mince pies
- **Christmas Eve** 24/12/16- feel free to come and join in with our Christmas fun and a glass of sherry from 11am onwards
- **Llanelwy Community Church Christmas Service** 25/12/16- our friends from the church will be visiting us on Christmas morning to provide readings, prayers and carols to us
- **Card Playing Day** 28/12/16- come and join us as we play our cards right!
- **Trivia Day** 04/01/17- come and join us as we discover random facts together.
- **Creativity Month** 05/01/17- we will be organising some day trips out to see the art exhibitions in our local community.
- **Show & Tell at Work Day** 06/01/17- For Show & Tell at Work Day we will be sharing our interests, hobbies, and experiences with one another by giving talks on our topics of interest.
- **Milk Day** 11/01/17- join us as we prepare some delicious milkshakes together
- **Poetry at Work Day** 12/01/17- feel free to come along to our all day poetry event
- **Dress Up your Pet Day** 13/01/17- join us as we dress up our pampered pooch Henry in a selection of adorable costumes.
- **International Hot & Spicy Food Day** 16/01/17- we will be hosting a tasting session for this day
- **Hugging Day** 23/01/17- come and join us as we take part in this caring event.
- **Puzzle Day** 30/01/17- For Puzzle Day we will be playing reminiscing and nostalgia quizzes, as well as completing jigsaws and crossword puzzles together.
- **Library Lovers Month** 01/02/17- we will be enjoying a selection of short stories and discussing which books have inspired and moved us through the years.
- **Bird Feeding Month** 02/02/17- We will be learning all about the variety of birds that visit our garden whilst listening to relaxing bird songs. We will also be making some fat balls for our feathery friends to enjoy over the cold months.
- **Doodle Day** 03/02/17- For Doodle Day we will be producing a variety of quick drawings to be exhibited around the home for 2 weeks.

- **Kite Flying Day** 08/02/17- come join us as we spend the afternoon flying our kites in a local park!
- **Walking the Dog Day** 22/02/17- it's time to take our pampered pooch Henry for a walk!
- **Tell a Fairy Tale Day** 24/02/17- come and join us as we share these stories together and reminisce over our childhood favourites!
- **Floral Design Day** 28/02/17- come join us as we begin arranging flowers picked fresh from our garden around our home.

### **Fundraising**

We have continued to raise money for our residents fund in order to help pay towards the costs for day trips out, parties, and new activity products.

We are always extremely grateful for your enthusiasm and generosity towards our fundraising events, and we would like to ask if anyone has any unwanted items around the home that could be used in our future raffles and tombola's and car boot stall, then please could you consider donating them towards our cause?

As mentioned earlier, we successfully raised £24 at our Macmillan Coffee Morning and we would like to thank everyone who contributed to this event.



As well as our usual fundraising events, we are also planning on supporting World Prematurity Day on 17/11/16 with a tea party in order to raise money and awareness of this condition. There will be a selection of drinks and cakes to enjoy at this event and everyone is invited to attend; please feel free to bring along a friend.

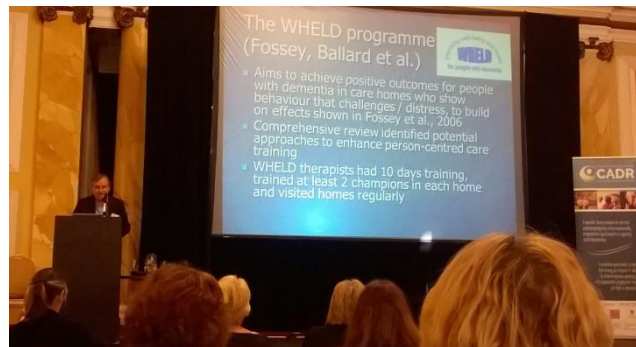
We would once again like to take this opportunity to thank you all for your continued help and support, and should anyone wish to donate unwanted items, or take part in any of our other fundraising events then please could they speak to Helen Johnson (Activities Coordinator) for further details.

### **Other News**

#### **Recent Developments**

We are pleased to inform you that from attending various Dementia conferences over the last few months, we have made many new friends and contacts who are keen to work with our home. We are currently in discussions with Professor Bob Woods & Dr Kat Algaar from

Bangor University regarding staff training in Cognitive Stimulation and research projects that focus on improving communication and engagement for people in late stage dementia.



We are also in talks with Emma Quaeck from Wales' National Exercise Referral Scheme's DementiaGo Exercise Class, who is hoping to secure funding to train care staff on how to deliver appropriate exercise classes within a care setting and we have also recently taken part in a film by The Alzheimer's Society.

Bryn Derwen has also been featured in several presentations by groups discussing best practice which have been delivered by the following organisations;

- Age Connects
- Key Academy Training
- Harbin Medical University in Daking in China as part of the Enrichment Programme for 3<sup>rd</sup> year Nursing students (Therapeutic Activities in Dementia)

We are really looking forward to working with the various organisations that have built links with and we will keep you updated.

We have continued to build upon the work from cARTrefu's 'Fantastic Pet' project and have already made one creature from our latest designs. 'Paddy' was designed by one of our Irish residents, and he has already become very popular here with his friend Shep!



As mentioned earlier, the staff from Age Connects now visiting us on a weekly basis to deliver their popular 'Speak Up' and 'Voyager' projects and our residents have been enjoying these sessions immensely so far with their new friends.



We have also begun to offer a new session to our residents called 'Dinner Date'; each week a person will be paired up to a member of staff to enjoy a three course meal together whilst

they are waited on by our staff. These events have become very popular with both our residents and staff as they enable us to have more quality 1-1 time with each other and further enriches our person centred approach to care.



The Activities Coordinators from all of the sister homes regularly attend monthly meetings and continue to work on ways to build links between the homes. Recently we held a Pantomime Themed Guy Fawkes Scarecrow Competition and we have a valentine's cake baking competition planned for February. We will also be meeting up for a sing-along during our Christmas celebrations and you are all more than welcome to join us.



Since our last newsletter we have held 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.

### **Renovations**

As part of the ongoing improvements to our home, we are pleased to inform you that the work to our front yard has now finished. The space is now more accessible for wheelchairs and provides additional car park spaces.





We continue to work on our interactive multi-sensory corridors in order to create a dementia friendly environment that is both stimulating and a source of reminiscence for our residents. We have now completed our Memory Lane and Seaside areas, as well as our Nature and Music themed corridors.



We have also completed our Household Chores corridor, and plan on working on our Film, Farm, Fairies, Games and Sport themed Corridors next year. We would once again like to thank the residents and their relatives for their invaluable contributions to this project, as well as Trevor and Sparrow from Cai Dai 1950's Museum for kindly donating some vintage items to us.



Following on from some of the feedback from our recent residents meeting, we have transformed our small lounge into a library so that the residents have a dedicated reading area to enjoy one of their favourite pastimes.



### **Congratulations**

We would like to say well done to our sister home Hollybank for winning the Pantomime themed Guy Fawkes Scarecrow Competition with their Cinderella entry! Personally we felt as though Puss in Boots should have won, but that may just be because he was our entry ha ha!



Congratulations to all of our residents and staff who recently became Dementia Friends and to Helen Johnson on becoming a Dementia Champion! We have more of these sessions planned over the next few months and if anyone wishes to take part in a Dementia Friends Session then please could they speak to Helen Johnson (Activities Coordinator) for further details.

### **Thank You**

Everyone at Bryn Derwen would like to say a big thank you to the staff at The Old Brewery in Shotton who kindly donated several hand knitted twiddle muffs to our residents.

