



## **Bryn Derwen Newsletter**

**Twenty-First Edition 2019**



### **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 February edition of our newsletter!

We would like to wish you all a happy new year from everyone at Bryn Derwen!

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.

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. Jessica Louise Rowbotham 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.



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



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!

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.

#### **Bonfire Night**

We all had a roaring time this Bonfire Night and celebrated the occasion with a virtual reality firework display! As well as this we were treated to hotdogs, burgers and chips- yum yum!



#### **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, sorting the laundry and making some lunch! Even our gents got involved!

#### **Sandwich Day**

On sandwich day we spent the afternoon giving Subway a run for its money with our delicious selection of homemade sandwiches, all of which we enjoyed together at suppertime!



### **Nacho's Day**

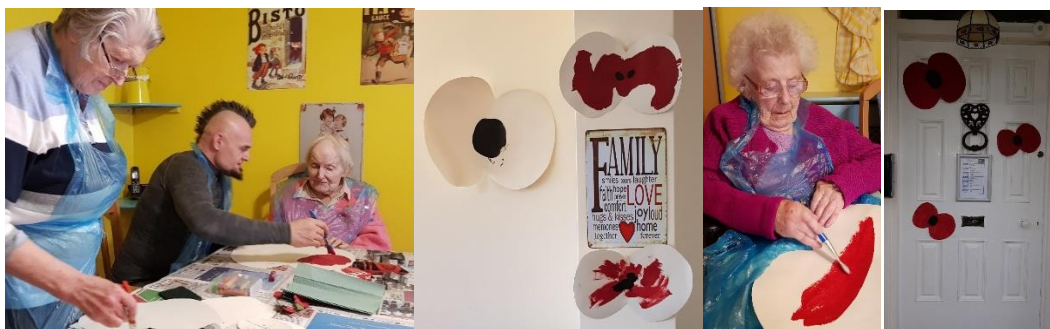
Everyone got to sample our tasty nachos and salsa dip and although they weren't to everyone's taste, the majority of us really enjoyed eating these tasty snacks!



### **Hug a Bear Day**

Our special furry friends were the centre of attention on this day and as well as receiving lots of lovely cuddles, they also joined us over our story time activities!

### **Remembrance Day**



On Remembrance Day we paid our respects to the service men women from both world wars and later conflicts, with a church service at the cathedral and a wartime singalong with

our visiting entertainer Tony Hudson. 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.

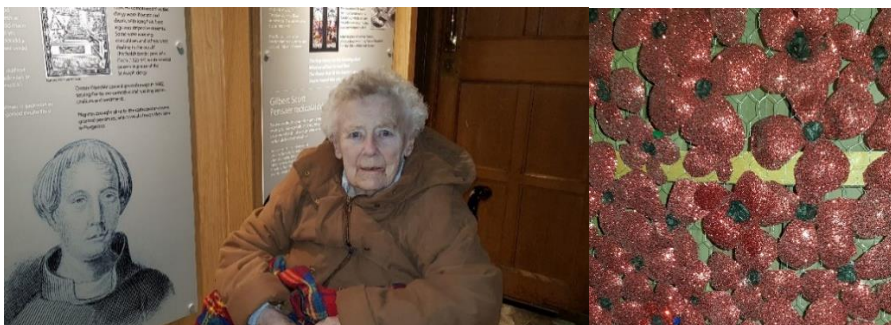


**In Flanders' Fields**  
(by Major John McCree, 1915)

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.





### **International Tongue Twister Day**

We all had lots of fun laughing together as we attempted to complete these tricky sentences! Below is a selection of our favourite lines;

Silly Sally swiftly shooed seven silly sheep

How can a clam cram in a clean cream clan?

The cheap shop sold sheep chops

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

How many hair styles could Harry Styles style if Harry Styles could style hair styles?

Six socks sit in a sink, soaking in soapsuds

How much wood would a woodchuck chuck if a woodchuck would chuck wood?

### **Origami Day**

We spent the day by going to town in our arts and crafts session, experimenting with the traditional art of origami!



### **International Men's Day**

Although we avoid gender stereotyping as much as possible here at Bryn Derwen, we spent the day participating in activities that are traditionally aimed at men. As well as doing some DIY and watching sporting events, we also had lots of fun in our reminiscing session and Spot the Ball competition.

## Celebrate your Unique Talent Day



Everyone has a unique talent, so on this special day we spent the afternoon sharing our particular gifts with each other. As well some wonderful song and dance performances, we also made time to tickle the ivories and mother the babies in our doll therapy sessions.



## Cake Day



On cake day our cooks kindly bought us a variety of ingredients for our baking session, and we spent the morning making some treats for us all to enjoy together later that day.



**French Toast Day**

To celebrate this event our chefs kindly treated us to this delicious breakfast meal which went down a treat with our residents!

**Christmas**



We were incredibly busy over the whole of December as we took part in numerous Christmas events and activities!



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 local community, all of whom really helped us to get into the festive spirit with their lively performances!





We also had our regular entertainers sing Christmas songs with us, and we enjoyed a festive themed sing-along with Llanelwey 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., Ysgol Esgob Morgan and Glan Clwyd High School who kindly came to spend time with us and sing their wonderful Christmas songs.



We also had the opportunity to attend services in the cathedral and a panto again this year. Many of us got to go and see 'Alladin' at The Pavilion in Rhyl- We all had a wonderful time and are hoping to go again to next year's show. In order to ensure that everyone was provided with the opportunity to experience a festive pantomime, staff and residents collaborated to write, direct, film and act in our unique production of the Nativity story!



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!



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!



### **Games 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!

### **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 by watching the show on our smart TV with our tipples!



### **Science fiction Day**

We celebrated this day by producing some arts & crafts and watching a selection of themed films such as 'Star Wars' and 'E.T.'. Our favourite part of the day though was when we decided to create and re-enact our very own sci fi show!



### **Trivia Day**

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

On Good Friday in 1930, the BBC reported, "There is no news". Instead they played piano music.

According to a 2015 study, sarcasm can promote creative thinking

Fredric Baur invented the Pringles can. When he passed away in 2008, his ashes were buried in one.

Bacon was used to make explosives during WW2

Johhny Cash's "A Boy Named Sue" was penned by beloved children's author Shel Silverstein

Ravens in captivity can learn to talk better than parrots

At Fatburger, you can order a "Hypocrite"- a veggie burger topped with crispy strips of bacon.

Baby porcupines are known as porcupettes

Only female mosquitoes will bite you



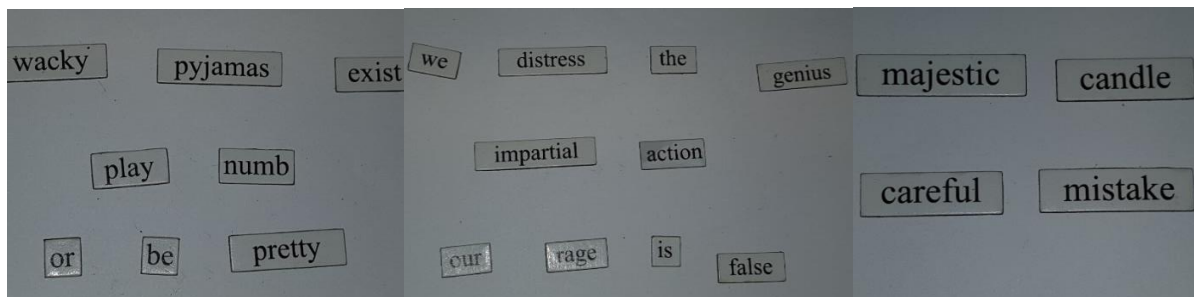
### **Bird Day**

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 before taking part in our arts & crafts sessions.



### **Poetry at Work Day**

We celebrated this day by reading the works of famous poets, our favourite nursery rhymes and experimenting in our creative writing session! Below is a selection of our work and some short poems that we really enjoyed;



### **A Word to Husbands**

To keep your marriage brimming  
With love in the loving cup,  
Whenever you're wrong, admit it;  
Whenever you're right, shut up.

By Ogden Nash

### **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 and demonstrations on sculpting, singing, ironing, yoga, Brazilian

jujitsu and gym exercises. It certainly was a fun and informative day and we are hoping to do it again next year!

### **Make your Dream Come True Day**

For this event we spent the morning discussing our hopes and dreams for the future before taking various tours using our VR headset to make these dreams come true!



### **Motivation & Inspiration Day**

For this event we spent the morning reading inspiring articles and listening to motivational speeches by Tony Robbins. Below is a selection of some of our favourite quotes;

Happiness is not the absence of problems, it's the ability to deal with them

An honest answer is like a kiss on the lips- Proverbs 24:26

Never let the things you want make you forget the things you have

If you see someone without a smile, give them one of yours!

Dream it. Believe it. Build it

The key to success is to focus on goals, not obstacles

Sometimes we're tested not to show our weaknesses, but to discover our strengths

Don't wait for opportunity. Create it

Little things make big days

Do something today that your future self will thank you for

Wake up with determination. Go to bed with satisfaction

Don't stop when you're tired. Stop when you're done

The harder you work for something, the greater you'll feel when you achieve it

Success doesn't just find you. You have to go out and get it

Great things never come from comfort zones

### **Winnie the Pooh Day**

To commemorate A.A. Milnes birthday we produced a fantastic arts and crafts display, as well as reading and watching some of his classic stories and movies.



### **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!

### **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 and arts & crafts session to see if we knew our Beret's from our Sombrero's!



### 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! To compensate for this, we used our apps to digitally kit out Henry with some fantastic outfits and accessories!



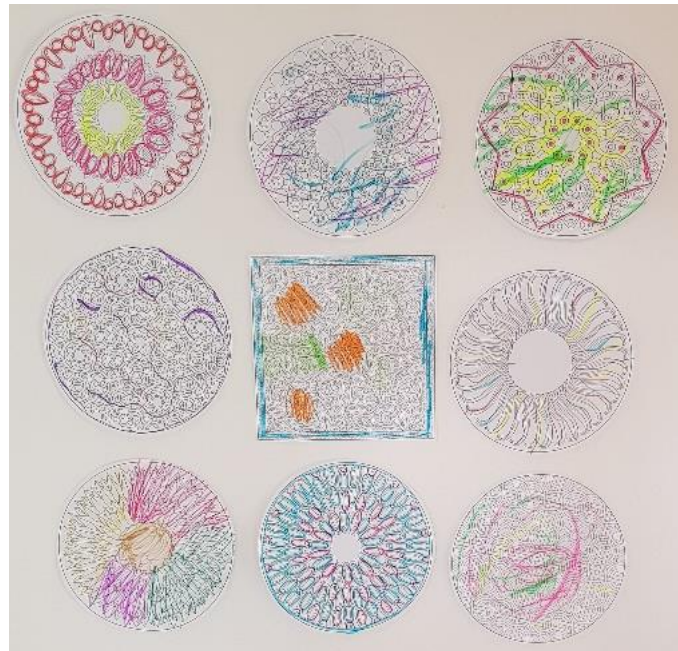
### International Kite Day

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.



### **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.



### **Bryn Derwen Tea Dance**

Our Afternoon Tea Dances are 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 David's Day 1/3/19-** 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** 11/3/19- we will be enjoying a special tea party to mark this important occasion
- **St Patrick's Day** 17/3/19- entertainment and party games will be provided for, and there will be Guinness and Irish coffees too!
- **Easter** 10/4/19- come join us as we celebrate with our Easter themed games and fun! Once again, Chicken will be joining us for the Easter egg hunt and birdie dance
- **St Georges Day** 23/4/19- there will be entertainment, party games and an English themed 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

#### Other Special Occasions

- **Chinese New Year** 05/02/19- to celebrate the year of the pig we will be enjoying a selection of Chinese foods, listening to oriental music and doing arts & crafts together
- **Kite Flying Day** 07/02/19- come join us as we spend the afternoon flying our kites in a local park!
- **Opera Day** 08/02/19- we will spend the day learning all about opera whilst attempting to sing some classic songs. In the afternoon we will be watching 'Carmen Jones'
- **Radio Day** 13/02/19- we will be spending the day listening to music and programmes on a selection of radio channels
- **Valentine's Day** 14/02/19- there will be arts & crafts, themed bingo, reminiscing and a romantic themed tea party.
- **Drink Wine Day** 18/02/19- come and join us as we enjoy a tippie or two whilst having a good old-fashioned singalong!
- **Love your Pet Day** 20/02/19- we all love our dog Henry and use any excuse to shower him love, attention and treats, so come join us as we yet again give our baby a much-deserved fuss!
- **Library Lovers Month** 23/02/19- we will be enjoying a selection of short stories and discussing which books have inspired us through the years
- **Bird Feeding Month** 25/02/19- we will be learning all about the variety of birds that visit our garden whilst listening to relaxing bird songs.
- **Tell a Fairy Tale Day** 26/02/19 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!

- **Strawberry Day** 27/02/19- we will be indulging in a variety of strawberry based treats!
- **Floral Design Day** 28/02/19 come join us as we begin arranging flowers around our home
- **National Anthem Day** 03/03/19 come join us as we have a good old patriotic sing-along, followed by a quiz
- **Fun Facts about Names Day** 04/03/19 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
- **Shrove Tuesday** 05/03/19- we will be having our annual pancake competition again, followed by pancakes with a selection of toppings
- **World Book Day** 07/03/19 we will be enjoying a selection of short stories and discussing which books have inspired and moved us through the years.
- **International Women's Day** 08/03/19 - we will be learning all about feminism and how this has affected our own individual lives.
- **Plant a Flower Day** 12/03/19 come and join us as we start planting flowers in our multi-sensory garden
- **World storytelling day** 20/03/19 come join us as we read and create some fantastic tales together
- **World Poetry Day** 21/03/19 we will be reading a selection of poetry to celebrate this event as well as reading our own written poems too
- **Puppy Day** 23/03/19 we will be visited by a surprise guest for this event!
- **Waffle Day** 25/03/19 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** 30/03/19 gentle strolls will be on offer throughout the day
- **Craft Month** we will be spending the day producing decorative items for our home
- **Beer Day** 07/04/19- come join us for a good old-fashioned knees up!
- **Golfers Day** 10/04/19 come and join us as we tackle our mini golf course as well as teeing off at our local park
- **Pet Day** 11/04/19 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** 17/04/19 we will be reading a selection of poetry to celebrate this event as well as reading our own written poems too
- **International Dance Day** 28/04/19 tap your feet to our incredible beat at this dancing extravaganza!
- **World Wish Day** 29/04/19 everyone will have a wish granted at this event, thanks mostly to our VR headset!
- **International Jazz Day** 30/04/19 we will be having a jazz-tastic time swinging away to the rhythm and blues
- **Garden Month** Throughout April- come join us as we begin work to improve our garden

## **Other News**

### **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.

### **Condolences**

The staff and residents of Bryn Derwen would like to express their deepest sympathies to the family of Mrs Betty Burns Jones whom sadly passed away.