



## **Bryn Derwen Newsletter**

**Twenty-Second 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 May edition of our newsletter!

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

With summer just around the corner we can now all look forward to longer days and (fingers crossed!) some warmer weather! We have already been spending quality time in our purpose built multi-sensory garden, and as many of you may have seen on your visits here, we have been very busy planting, watering and weeding our garden in order to make it as lovely as possible. Our hard work has already begun to pay off with our flowers in full bloom and a variety of birds visiting us regularly.

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

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

Thank you

Helen Johnson (Activities Coordinator)

### **Our Staff Members**

Here at Bryn Derwen our staff members are provided with on-going opportunities for learning and development to ensure that the care they give is not only the kindest possible, but that it is also delivered from a sound, professional knowledge base.

We are pleased to welcome a new staff member here at Bryn Derwen. Jessica Broadly 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, 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 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.

### 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.

### Kite Flying 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.



### 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! in the afternoon we watched 'The Magic Flute' whilst doing our best dramatic operatic impressions!

### **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!



### **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!



### **Drink Wine Day**

Hic! Hic! We enjoyed a tippie or two.....maybe three whilst having a good old-fashioned singalong to classics such as 'Roll out the Barrel' and 'Show Me the Way to Go Home'!

### **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!

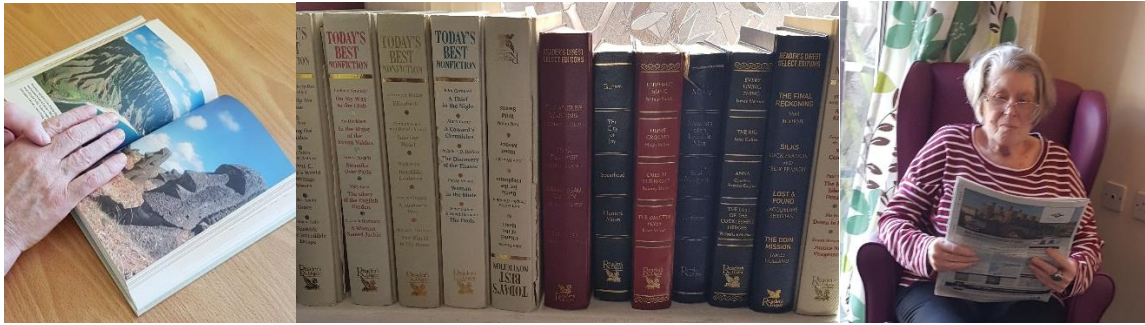


## Library Lovers Month

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 Rhyl library as planned, but we will visit our friends there on our next day trip out.





### **Bird Feeding Month**

We spent the day putting out food for our feathery friends, as well as attempting to identify all the different species of birds that visit our beautiful garden.



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

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

#### The Wicked Witch

Once upon a time in a faraway land there lived a very wicked witch who lived in a creepy old castle. She had many black cats in her company, but they too were very wicked and would bully the townsfolk with their wicked owner.

After having their milk stolen again, the townsfolk decided that enough was enough, so set a trap for the wicked witch and her wicked cats. That night in the dead of night, the wicked witch and her wicked cats were up to their usual tricks, when all of a sudden, the townsfolk jumped out and threw spoiled milk all over them! The cats screamed and the witch melted away, whilst the townsfolk exclaimed; "No use crying over spilt milk!". The end.

### **Strawberry Day**

On Strawberry Day we spent the day indulging in a variety of strawberry based treats that were lovingly made by our cooks! Yum yum!



### **Floral Design Day**

On this day we produced some beautiful bouquet displays using the flowers from our garden that we had picked earlier in the in our Horticultural Therapy sessions.



As you can see from the examples shown, we certainly got creative and really enjoyed proudly displaying our work around our home!

### **St David's Day**

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



### **National Anthem Day**

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

### **Fun Facts about Names Day**

We were all fascinated to learn about the historical meanings and influences behind our names! It was also interesting to learn how name trends have changed over the years, and we all had a giggle at some of the outlandish names that celebrities have given to their children! Below is a small sample of meanings;

Henry: German meaning 'rules his household'

Aelwyn: 'noble friend'

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

Caterine: French meaning 'pure, clear'.

Owen: a traditional Welsh name meaning 'young warrior' or 'well born', 'noble'.

Eva: derived from Hebrew meaning 'life, living one, full of life or mother of life'.

Eric: from the Old Norse meaning 'ever always' and 'ruler'.

Isabel: of Spanish origin meaning 'pledged to God'

Gwladys: Welsh meaning 'of Royalty (Princess)'

## 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!



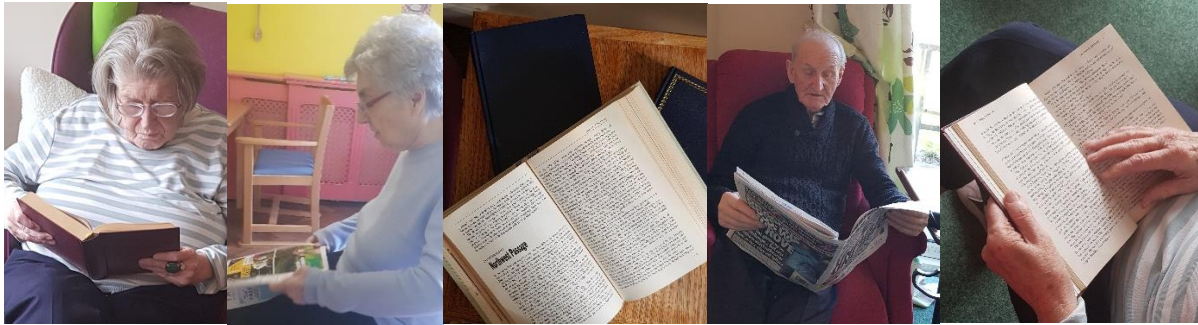
This fun and messy competition was extremely close again this year and as usual, several staff members resorted to some blatant cheating and so were rightly disqualified!



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

## World Book Day

We love reading here at Bryn Derwen, so as usual on World Book Day we all sat down together in the morning to enjoy a selection of short stories and discussed which books have inspired and moved us through the years!



### International Women's Day

On International Women's Day we discussed the importance of feminism and how this has affected our own individual lives with topics ranging from the Suffragettes, The Land Girls, Germaine Greer, and the need to fight for equality still. After putting the world to rights, we then kicked back and watched the heart warming and inspiring feminist film 'Thelma & Louise' together.

### Nutrition Month



For this event we spent the morning creating some healthy milkshakes for our afternoon tea party! We also had a quiz about healthy foods, as well as swapping recipes ideas that help us to lead a healthier lifestyle! We enjoyed buying fruit on our shopping trip and everyone agreed that these 'sweets of nature' were absolutely delicious!



## Mother's Day

Our home was filled with an array of gorgeous coloured flowers this Mother's Day, along with boxes of chocolates that relatives brought in for their loved ones. As usual, our care staff worked very hard alongside our residents putting these beautiful bouquets in vases and on display.



In the afternoon, there was a special tea party to mark this important occasion, and we all thoroughly enjoyed the delicious homemade cake that our cook had prepared for us! A few days earlier we had a special themed Reminiscence session where we shared all of our happy memories of our mums and children which we placed onto love notes for our Mother's Day display.

## Plant a Flower Day



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



### **St Patrick's Day**

We had lots of fun celebrating St Patricks Day this year by singing traditional Irish Songs, dressing up as Irish mascots, taking part in an Irish themed quiz, and colouring in shamrocks and rainbows!



Our chef also produced traditional Irish stew which was thoroughly enjoyed by our residents and after dinner we were treated to Irish coffee and Guinness.

### **World storytelling day**

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

### **Garden Meditation Day**

OM!!!!!! OM!!!! We all had a really lovely time relaxing in our purpose built multi-sensory garden as we sought to find inner peace and harmony in our beautiful surroundings!



## Photo Month

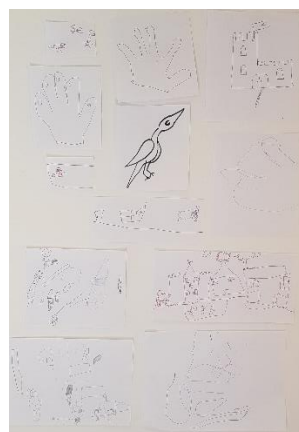


CHEEESSSSEEEEE!!!!!! We all really enjoyed having our new family pictures taken on Photo Month! As well as this, we also enjoyed a reminiscence and photography sessions too as we took time to look over our family albums on the big screen!



## Drawing Day

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



## Paper Airplane Day

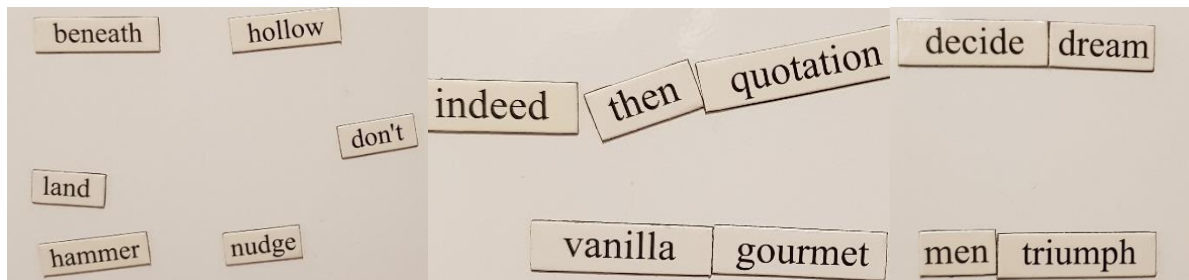
We had a lot of fun creating and flying our paper airplanes around our home- that is until our pampered pooch Henry ran off with them all!





### World Poetry Day

For Poetry Day we held a reading session consisting of works by Phillip Larkin, Sylvia Plath and William Shakespeare.



We also played a memory game, the object of which was to complete nursery rhyme sentences' (many of which brought back fond childhood memories for us!) as well as making our own poems in our creative writing sessions.

### Puppy Day

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



### Waffle Day

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



### Take a Walk in the Park Day

We spent the afternoon going on gentle relaxing strolls to the park and shops- we even stopped for a game of football!



### Craft Month

As part of Craft Month we enjoyed several Arts & Crafts sessions producing decorative items for our home!



## Beer Day

We use any excuse for a good old-fashioned knee up, and Beer Day was no exception! As well as enjoying a selection of beverages, we also spent time playing traditional pub games; the highlight of which was our competitive quiz!

## Easter



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





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



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

**Golfers Day**

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

### **Pet Day**

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



### **Haiku Poetry Day**

A haiku is a traditional Japanese poem consisting of seventeen syllables in three lines of five, seven, and five, and we all had lots of fun experimenting with this technique in our creative writing session!

### **St Georges Day**

For this celebration, we enjoyed creating some wonderful flags of England in our Arts & Crafts sessions, as well as themed quizzes and bingo! Later that afternoon we held an English themed tea party, where we enjoyed singing, dancing and eating party food!



### **International Dance Day**

We could have danced all night; we could have danced all night! Everyone got into the spirit of the day by dancing away, singing, and tapping their feet with our visiting entertainer- even Henry had a dance!



### World Wish Day



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



### International Jazz Day

We all had a jazz-tastic time swinging away to the rhythm and blues on International Jazz Day! As well as enjoying a reminiscence session, we spent most of the day enjoying classics by Duke Ellington, Louis Armstrong, Dexter Gordon and Nina Simone.

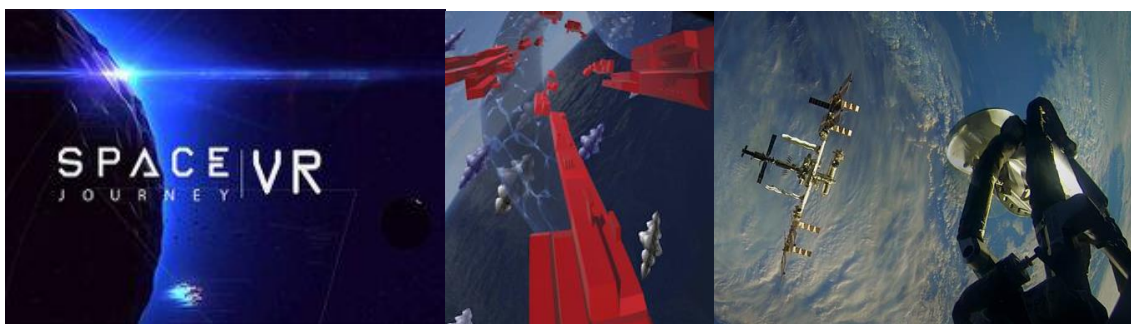
## Garden Month



As part of Garden Month, we took part in several Horticultural Therapy sessions to begin work to improve our garden. After weeding, mowing the lawn, watering plants and trimming back the hedges, we decided to take a much-needed break in the sunshine.



## Star Wars and International Space Day



As part of this day, we spent time creating a fantastic display before using our VR Headset to explore the outer reaches of space together! We also discussed the first moon landing and reminisced where we were at that time.



### **Biscuit Day**

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



### **Bryn Derwen Tea Dance**

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



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



## Forthcoming Events

The following are a list of dates that our weekly entertainment will be visiting and also dates for our organised parties. We would like to invite you all to come and join in with us on these special occasions

### Parties

- **Father's Day** 16/6/19- entertainment and party games will be provided for as usual! All are welcome to come and join us and fancy dress is optional
- **Summer Party** 02/08/19-Back to School Bash 13.00-15.00- this year we will once again be providing entertainment, food & drinks, and party games! We will also be selling raffle tickets for the fantastic prizes that we have on offer!

### 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

- **World Doll Day** 07/06/19- as well as doll therapy and reminiscing sessions, we will also be holding a baby pageant in the home!
- **The Queens Official Birthday** 08/06/19- come and join us with our Royal celebrations that are fit for a Queen!
- **Cupcake Day** 10/06/19- to celebrate this day, we will be creating a selection of fabulous treats to enjoy!
- **Flag Day** 12/06/19- we will be hosting a flag-based quiz with prizes for those who match the most flags to the correct countries
- **Nature Photography Day** 14/06/19- come and join us as we spend the day going on walks around St Asaph's beauty spots to photograph the local wildlife
- **International Picnic Day** 18/06/19- come and join us as we enjoy a picnic together!
- **Take your Dog to Work Day** 19/06/19- we can't wait to welcome back our visiting canine friends!
- **Royal Ascot** 20/06/19- we will be celebrating this racing event with pamper and makeover sessions, arts & crafts, themed games, and a luxurious tea party!
- **International Joke Day** 01/07/19- You've probably heard this one before, but hopefully there are some from our humorous collection that we will be sharing that will bring a smile to your face
- **Wimbledon** 3/07/19- we will once again be offering a variety of tennis-based activities, along with champagne and strawberries to enjoy whilst watching the live finals
- **Independence Day** 04/07/19- to celebrate this day, we will be enjoying trips out to American themed diners!

- **Chocolate Day** 05/07/19-yum yum! Come and join us as we treat our sweet tooth!
- **Build a Scarecrow Day** 08/07/19- we will be producing this in our arts & crafts sessions
- **Teddy Bear Picnic Day** 11/07/19- please feel free to come and join us as we host a teddy bears picnic- don't forget to bring your teddies along with you! There will be prizes for the cutest, cuddliest, and most unusual looking bears in our Bear Show, all of which will be judged fairly by our panel of judges!
- **Hot Dog Day** 17/07/19- Hot diggity dog! We will be indulging in this food; all of which will come with a selection of sides- you want fries with that?!
- **Ice Cream Day** 22/07/19- come and join us as we visit our local parlour to sample a variety of unique flavours together!
- **Gorgeous Grandma Day** 24/07/19- we will be dressing up and having a makeover to make ourselves look even more beautiful than usual!
- **Colouring Book Day** 01/08/19- come and join us as we showcase our creative side!
- **International Beer Day** 03/08/19- to coincide with the Denbighshire festivities, we will be offering a selection of alcoholic beverages in the afternoon
- **Sandcastle Day** 05/08/19- Oh I do love to be beside the seaside! So come and join us as we head to the local beach and host a sandcastle building competition!
- **Bowling Day** 07/08/19- STRIKE!!!! We will once again be attending Flint Leisure Centre for another ten-pin bowling contest!
- **Book Lovers Day** 09/08/19- come and join us as we celebrate our love of books!
- **Pride Celebrations** 12/08/19- come and join us as we celebrate LGBT diversity with our LGBT champion!
- **Relaxation Day** 13/08/19- slow down.... breathe and relax! Come and unwind with us as we spend the day doing yoga, tai chi, meditating, having massages, and practicing our breathing techniques whilst listening to calming music
- **Men's Grooming Day** 16/08/19- the boys are back in town! All of whom will enjoy a variety of pamper sessions and makeovers to make them look even more handsome than usual!
- **Photography Day** 19/08/19- to celebrate the we will be spending the day taking, editing and displaying our photography work around the home
- **Burger Day** 22/08/19- come and join us at our tasty BBQ afternoon!
- **Dog Day** 26/08/19- 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

## 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.

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!

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

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

As mentioned earlier, Connexions have recently begun a new body of artwork for an upcoming exhibition. The theme for this work is 'Home & Childhood Memories' and the following are a selection of pieces that we have so far created for the exhibition;





## Renovations

As part of the ongoing improvements to our home, we are pleased to announce that we recently purchased some new chairs in order to continue to create a more homely environment for our residents (several of whom even offered suggestions regarding styles and colour schemes in the purchasing stage).



As mentioned previously, we intend to have work completed on our 'Film' themed sensory corridor project in late January/early February.

### **Congratulations**

We would like to congratulate Elenor Watkins for recently completing her Level 3 Diploma in Health & Social Care! Well done Elenor!

### **Thank You**

We would like to take this opportunity to thank everyone who bought presents over the Easter 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 families of Mrs Edna Jones and Mrs Jackie Joyce whom sadly passed away.