



Bryn Derwen Newsletter

Fourteenth Edition 2017



Contact Details

Bryn Derwen EMI Residential Home

Bryn Gobaith

St Asaph

Clwyd

LL17 ODN

01745 582570

Email: brynderwenhome@btinternet.com

Web: 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 May edition of our newsletter!

We had a wonderful time celebrating Christmas together both within the home and the local community, and we would like to take this opportunity to once again thank everyone who helped to make it such a magical festive season for us.

We have been busy as usual with all of our spring themed parties, activities and day trips out 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!

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.

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.

Over the festive season several of our friends came to visit us and we would like to thank everyone at The Grange, St Asaph VP Primary School, The Brownies and Llanelwy Community Church for joining in with our celebrations. We would also like to thank everyone at Musical Memories and St Asaph Community Association for the community events that they kindly invited us to over this period.

Recently we attended St Asaph Cathedral over the Easter period for several of their services and we would like to thank all of the staff there for their assistance and kindness.



We have also been enjoying spending time with our newly made friends at Connexions at Trefnant Village Hall whom we now visit on a monthly basis; please refer to the 'Recent Developments' section for further details.

We continue to work in conjunction with our sister homes and recently visited our friends in Bronafallen for a chat over tea and cake as well as an afternoon of activities.



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 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.

World Prematurity Day

As many of us here at Bryn Derwen have first-hand experience of the complications that occur with a premature birth, we decided to once again raise money for the charity Bliss on World Prematurity Day by holding a raffle and coffee morning event.

As our cooks baked some wonderful cupcakes for our cake sale, the rest of us began the day by displaying our colourful artwork that we had made earlier in the week around our home. We then spent the rest of the morning with a Doll Therapy and Reminiscence Session! We all had lots of fun raising money for this worthy cause, which ended with us having £33 for the charity Bliss and we would like to thank everyone who took part in this event.



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.



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.



Celebrate your Unique Talent Day

Everyone has a unique talent, so on this special day we spent the morning sharing our particular gifts with one another. As well as some wonderful song and dance performances, we were also treated to a short piano recital, some cleaning tips, and a balloon modelling tutorial too!



French Toast Day

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



Christmas



We were incredibly busy over the whole of December as we took part in numerous Christmas events and activities both within Bryn Derwen and the local community. After transforming our home into a winter wonderland with the items that we had purchased on our shopping trips, we then had several Christmas themed arts and crafts sessions where we produced some wonderful festive decorations to go along with the ones we displayed around our home and on our Christmas tree.



We were treated to Christmas carols again this year with our good friends from 'Musical Memories' who really helped us to get into the festive spirit with their lively performance. We also had our regular entertainers sing Christmas songs with us, and as well as all this, we had our much anticipated visits from both St Asaph V.P. and The Brownies who kindly came to spend time with us and sing their wonderful Christmas songs.

Our friends from The Grange also came to spend time with us over the Christmas period and we had a lovely morning with our Christmas themed quiz, reminiscence session, story session and film afternoon.

Several of us also attended the annual Senior Citizens Christmas Party at Llanelwy Community Church where we had a really lovely time making new friends and we each received a 3 course meal, a visit and gift from Santa, a Christmas carol performance, and some games of bingo.

Our staff also really got into the spirit of things by proudly wearing their ugly Christmas jumpers for the day, as the residents voted for the winner of the much anticipated competition!



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

Several of us also attended Flintshire County Councils' Christmas themed 'Never Ending Story' event in which Donna Redgrave worked with schools and members of the community in an intergenerational project that promotes fun and creativity.



As usual, we had a fantastic Christmas party with festive activities and a sing-along with our visiting entertainer! 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.

We would once again like to thank the following businesses for kindly donating items over the festive period;

- Jan's
- The Welsh Maid
- NWW Studios
- The Chippery
- Scissor Trix
- City Glam Hair Studio
- The Barbers Shop
- St Asaph Cathedral's Pop Up Shop
- Creaseless & Clean
- Cathedral Frames
- Tony Doyle's
- Relative's donations

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 some readings, prayers and carols from our friends from Llanelwy Community Church, followed by a luxury Christmas dinner which many of us had been looking forward to for weeks!

New Year

After all of our Christmas celebrations we decided to celebrate the New Year in a more quiet manner and so simply had an entertainer come and sing for us as we discussed amongst ourselves our New Year's resolutions as well as all the things we hope 2017 brings.

Pancake Day

As is the tradition here at Bryn Derwen on Pancake Day, our residents and staff were all treated to these very delicious treats, complete with a selection of tasty toppings!

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!



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. In the afternoon, we were offered a selection of the day's papers as we discussed current affairs and events around the world.



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;

- Johnson- son of John
- Proudlock- a dialectical variant of Proudlove which is a surname associated with Cheshire and Lancashire
- Theodore- from Greek meaning 'gift from God'
- Haler- possibly an occupational name for a porter or carrier
- Pierce- an Irish baby name meaning 'Form of Piers from Peter'
- Cupid- from Latin meaning 'desire'
- Jones- a medieval variant of John
- Vaughn- a Celtic baby name meaning 'small'

International Women's Day

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

St Patricks 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!



We also worked very hard to make some traditional Celtic bread knots and biscuits in our baking session, all of which were delicious! 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.



Memory Day

To celebrate Memory Day we spent the morning reminiscing about the items of yesteryear, our school days and traditional home style cooking. In the afternoon we held a highly competitive quiz along with a memory game involving objects from around the home.

World Poetry Day

For Poetry Day we held a reading session consisting of works by Ezra Pound, Phillip Larkin, Edgar Allan Poe and Henry Carey. We also played a memory game, the object of which was to complete nursery rhyme sentences', many of which brought back fond childhood memories for us! We then finished the day with several humorous poems, our favourite being this one by Shelley W. Williams;

Fanny's Bloomers

Linens, an armful of clothes
Were set out to dry one day,
Fanny hung the clothes line
While Fred had much to say

The laundry in the backyard
Under a clear, azure sky,
A sudden change in weather
Homemade bloomers waving bye.

The storm was unpredictable
That took them by surprise,
The wind blew up the linen
And stains lit up the skies

High flying in a sudden gust
Name sewn in each design,
Fanny was the one in shock
With bloomers on the power line.

The moment was unpleasant
For the flowers on her blouse,
A rooftop of many colours
Adorned the neighbours' house

Tree branches were swaying
With towels and coloured diapers
Rags lost in the northern wind
Would be no use as wipers.

Waffle Day

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



Mother's Day



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

and on display. In the afternoon, there was a special tea party to mark this important occasion, and we all thoroughly enjoyed the delicious homemade cake that our cook had prepared for us!



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

'To Mum, miss you so much'

'I love my mum to the moon and back'

'One year David bought me a lovely perfume as a mother's day gift'

'She was a good mother and a good cook'

'To mum, love and miss you, happy mother's day! Thank you for all the trips to the park and for all my cool toys!'

'My mum was a lovely kind woman who was funny and cuddly'

'I love getting chocolates on mother's day!'

'To Marion, you were always so kind- happy mother's day'

'Thank you Bryn for always getting me lovely flowers'

'My mum Florence was the perfect lady who was very cute and loving, and who did a wonderful job of raising me and my brothers'

Garden Month

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



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



The Crabbies Grand National Festival

In order to take part in this year's Grand National, we all chose horses a week before the race using betting slips that were kindly provided by Corbett's Bookmakers in St Asaph. We also conducted a Grand National Sweepstake for our staff and visitors in order to raise money for our Resident's Fund and I am pleased to announce that we successfully made £23! After sharing lots of fun and laughter together, we ended the day with a themed disco and provided everyone with alcoholic beverages, posh cakes and crackers.

Jazz Appreciation Month

We all had a jazz-tastic time swinging away to the rhythm and blues for this event, as we spent the morning listening to some incredible jazz songs from the like of Fats Waller, Louis Armstrong, Charlie Parker, Miles Davis, Nat King Cole and Chet Baker. As well as this, we also spent time learning all about the rich and diverse history of this music genre and the influence it has on our culture.

Pet Day

We all love our dog Henry and so are always looking for an excuse to spoil him rotten! For Pet Day we went on a shopping trip to get him some new treats, and later that day we took our fantastic menagerie of pets for a walk around St Asaph Park and on a day trip out to Rhos on Sea where we met some thorough bred dogs!



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! We also spent a lot of time creating our egg-troinary Easter bonnets which we wore for our annual Easter egg hunt.



There was also an egg-tastic musical performance from Tony Hudson during which everyone was visited by the Easter Chick himself!



We also got creative in the kitchen during our Cake Making Sessions as we worked very hard to produce a selection of treats for everyone to enjoy together.



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!

Haiku Poetry Day

A haiku is a traditional Japanese poem consisting of seventeen syllables in three lines of five, seven, and five. They usually evoke images of the natural world so we had lots of fun writing about our garden and our dog Henry in our creative writing session! Here is the most famous of Haikus by the poet Matsuo Basho;

Frog

Old pond
Frogs jumped in
Sound of water

Banana Day



We all went bananas on this fun and unusual day! We spent the morning reminiscing over how bananas were difficult to get hold of during the war years, as well as playing word association and banana based games.



Later in the afternoon, we made a variety of scrummy banana treats for us all to enjoy, as well as some homemade banana milkshakes!

Queen Elizabeth's 91st Birthday

We all paid tribute to the Queen on her special day by reminiscing over her life and singing the national anthem together. As well as this, we also produced some wonderful cakes and hosted a royal tea party in her honour! Happy Birthday again Your Highness!!!



St Georges Day

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

Tell a Story Day

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

Hidden Present

I was so happy! I'm a kid; we're supposed to snoop, especially around Christmas time! What bugger doesn't snoop? I just so happened to be in our attic. Normally I'm not up there, it's cold and smelly. Plus there are spiders with hairy legs! I couldn't help myself! There it was right by my little sisters old pram. I guess mum and dad didn't think I would find it. I rattled it, it felt yucky! Should I open it? Yes! Looking closer I saw some ribbon. I got even closer and saw more spiders in gigantic webs! The hidden present was alive! A yelp came from the present. I opened the box and to my surprise a beautiful dog was inside! Guess who else was inside the attic? Mum and dad who just knew I would be snooping!

Bryn Derwen Tea Dance

Our Afternoon Tea Dances are held on the last Tuesday of every month and our residents always have lots of fun baking the cakes and preparing the sandwiches 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 on our amazing jukebox!



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

- Thursday 11/05/17 @ 10.30-12.00
- Thursday 25/05/17 @ 10.30-12.00
- Thursday 08/06/17 @ 10.30-12.00
- Thursday 22/06/17 @ 10.30-12.00
- Thursday 06/07/17 @ 10.30-12.00
- Thursday 20/07/17 @ 10.30-12.00
- Thursday 03/08/17 @ 10.30-12.00
- Thursday 17/08/17 @ 10.30-12.00
- Thursday 31/08/17 @ 10.30-12.00
- Thursday 14/09/17 @ 10.30-12.00
- Thursday 28/09/17 @ 10.30-12.00

Parties

- **Father's Day** 18/06/17- we will be hosting a luxurious tea party for this special day, all are welcome to attend
- **Summer Party** 14/07/17 @ 12.00-15.00- this year we will once again be providing entertainment, food & drinks, and party games! We will also be selling raffle tickets for the fantastic prizes that we have on offer!
- **Sports Day** 21/07/17 @ 14.00- we will competing in a variety of fun events throughout the day so please feel free to come and cheer on your loved ones!

Community Based Activities

- **Musical Memories**- every alternative Wednesday in the Eirianfa Centre, Denbigh @ 13.30-15.00

- **Trefeirian Social Group**- held every 3rd Thursday of the month @ 10.00-15.00
- **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

Other Special Occasions

- **Photo Month** 02/05/17- we will be taking and editing photographs all this month to be used as part of a 2 week display around our home. There will be prizes for the winners of each category, so snap to it!
- **Garden Meditation Day** 04/05/17- come join us as we find inner peace and harmony in our beautiful garden
- **Drawing Day** 09/05/17- we will be producing sketches throughout the day to be used as part of a 2 week display around our home.
- **Golf Month** 11/05/17- come and join us as we tackle our mini golf course as well as teeing off at our local park
- **BBQ Month** 16/05/17- come and join us as we treat ourselves to a barbeque! Fingers crossed that it doesn't rain!
- **World Baking Day** 18/05/17- it's time to dig out our rolling pins and get busy in the kitchen!
- **Dementia Awareness Week** 19/05/17- we will be celebrating this event by taking part in some activities with our friends at Bronafallen as well as attending a Forget Me Not Tea Part at St Asaph Parish Church
- **Museum Day** 22/05/17- all are welcome to join us as we visit a local museum
- **Biscuit Day** 25/05/17- Oh crumbs, they're all so tempting!!!! Everyone is welcome to join us as we make a selection of tasty biscuits to enjoy at our Tea Dance event.
- **Maritime Day** 26/05/17- come and join us mateys as we learn all about the sea and produce some nautical based art and enjoy a sea themed tea party
- **Water a Flower Day** 30/05/17- as well as tending to our multi-sensory garden we will also enjoy a trip to local garden centre
- **Senior Health & Fitness Day** 31/05/17- feel free to join us as we spend the day taking part in a variety of fitness programmes such as Zumba, yoga, tai chi and armchair exercises
- **St Asaph Cathedral Flower Festival** 01/06/17- we will be attending the Cathedral to see all of their beautiful flower displays!
- **Eisteddfod Celebrations** 02/06/17- we will have Welsh themed activities throughout the day
- **Donut Day** 05/06/17- who doesn't love donuts? Come and join us as we produce and sample a variety of these delicious treats
- **Hot Air Balloon Day** 06/06/17- come and join us as we create a beautiful art display
- **Yo-Yo Day** 08/06/17- after personalising our own yo-yos we will be holding a competition for best trick and best decorated
- **World Doll Day** 09/06/17- as well as doll therapy and reminiscing sessions, we will also be holding a pram race around our multi-sensory garden

- **Superman Day 12/06/17-** Is it a bird? Is it a plane? No its Dei dressed up as Superman as we partake in a variety of fun comic based activities!
- **Flag Day 13/06/17-** as well as designing our own Bryn Derwen flag, we will also be hosting a flag based quiz with prizes for those who match the most flags to the correct countries
- **Nature Photography Day 14/06/17-** come and join us as we spend the day going on walks around St Asaph's beauty spots to photograph the local wildlife
- **International Picnic & Go Fishing Day 15/06/17-** As well as a planned picnic, our residents will also be offered some fishing lessons from our staff
- **The Queen's Official Birthday 16/06/17-** come and join us with our Royal celebrations that are fit for a Queen!
- **World Music Day 19/06/17-** we will be working hard composing both some music and lyrics to celebrate this day
- **Royal Ascot Ladies Day 22/06/17-** we will be celebrating this racing event with pamper and makeover sessions, arts & crafts, themed games, and a luxurious tea party!
- **Ice Cream Month 03/07/17-** come and join us as we head to a local ice cream makers to see how this fantastic treat is made!
- **Cricket Tournament 04/07/17-** we will be commemorating the test matches by hosting our second annual cricket tournament, alongside our regular cricket based activities
- **International Joke Day 06/07/17-** 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 11/07/17-** we will once again be offering a variety of tennis based activities, along with champagne and strawberries to enjoy whilst watching the live finals
- **Teddy Bear Picnic Day 13/07/17-** please feel free to come and join us as we host a teddy bears picnic themed party. As usual, food and entertainment will all be provided for- don't forget to bring your teddies along with you! There will be prizes for the cutest, cuddliest, and most unusual looking bears in our Bear Show, all of which will be judged fairly by our panel of judges!
- **Colouring Book Day 31/07/17-** come and join us as we showcase our creative side!
- **Sandcastle Day 03/08/17-** oh I do love to be beside the seaside! So come and join us as we head to the local beach and host a sandcastle building competition!
- **Doll Day 07/08/17-** we will be hosting a variety of doll based activities throughout the day
- **Bowling Day 08/08/17-** STRIKE!!!! We will once again be attending Flint Leisure Centre for another ten pin bowling contest!
- **Book Lovers Day 10/08/17-** come and join us as we celebrate our love of books!
- **Relaxation Day 15/08/17-** slow down....breathe and relax! Come and unwind with us as we spend the day doing yoga, tai chi, meditating, having massages, and practicing our breathing techniques whilst listening to calming music
- **Photography Day 18/08/17-** we will be spending the day taking, editing and displaying our photography work around the home

- **Poets Day** 21/08/17- we will be reading a collection of poems together and producing some new ones in our creative writing session
- **Dog Day** 24/08/17- 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
- **Pride Celebrations** 25/08/17- come and join us as we celebrate LGBT diversity with our newly appointed LGBT champion!
- **Slinky Day** 29/08/17- we will be racing Slinkys down the stairs, performing Slinky tricks, and having a competition to see who can untangle them the quickest!
- **Burger Day** 31/08/17- come and join us at our tasty BBQ afternoon!
- **International Beer Day** 01/09/17- to coincide with the Denbighshire festivities, we will be offering a selection of alcoholic beverages in the afternoon. show me the way to go home, I'm tired and I want to go to bed! Or at least we will do after all of our pub based activities!

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 £33 at our World Prematurity Day event for the charity Bliss!



We also raised £23 from our Grand National Sweepstake and we would like to thank everyone who contributed to these events.

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 that are keen to work with our home. In particular, both Nia Pierce (Manager) and Helen Johnson (Activities Coordinator) have been asked 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 have built links with and we will keep you updated.

The staff from Age Connects have now finished their popular 'Speak Up' and 'Voyager' projects and we would like to thank everyone involved with this work for their time and kindness.

Despite this work coming to an end, we are delighted to inform you that we have become active members of the newly established Connexions group which meet up on the last Thursday of every month. Connexions is a grassroots community group owned by the service users, the purpose of which is to focus and engage with people in the community, irrespective of age or ability, by providing a place to come together, have fun and to share skills.



We have continued to build upon the work from cARTrefu's 'Fantastic Pet' project and are pleased to inform you that our first creation 'Shep' is currently being exhibited in Cardiff for a few weeks before coming back home to us from his exciting trip!



We were also fortunate to have a trip to the cinema thanks to the Dementia Friendly Screenings being held at Theatr Colwyn. Our residents were treated to a sing-a-long version of 'Calamity Jane' which was an interactive performance via the use of a live choir.

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. We will also be meeting up for a sing-along and quiz in Bronafallen during Dementia Awareness Week and you are all more than welcome to join us.

As it is that time of year again, we have been working really hard on our entry into The St Asaph Scarecrow Competition! This year's theme is nursery rhymes, and after a unanimous vote, we have chosen to create 'The Owl and the Pussycat' by Edward Lear. For those of you who may be unfamiliar with this, here is the nursery rhyme in its entirety;

The Owl and the Pussycat

The Owl and the Pussycat went to sea
In a beautiful pea green boat,
They took some honey, and plenty of money,
Wrapped in a five pound note.
The Owl looked up to the stars above,
And sang to a small guitar,
'O lovely Pussy! O Pussy my love,
What a beautiful Pussy you are,
You are,
You are!
What a beautiful Pussy you are!'

Pussy said to the Owl, 'You elegant fowl!
How charmingly sweet you sing!
O let us be married! Too long we have tarried:
But what shall we do for a ring?'
They sailed away, for a year and a day,
To the land where the Bong-tree grows
And there in the wood a Piggy-wig stood
With a ring at the end of his nose,
His nose,
His nose,
With a ring at the end of his nose.

'Dear Pig, are you willing to sell for one shilling your ring?'
Said the Piggy, 'I will'.
So they took it away, and were married next day
By the Turkey who lives on the hill.
They dined on mince, and slices of quince,
Which they ate with a runcible spoon;
And hand in hand, on the edge of the sand,

They danced by the light of the moon,
The moon,
The moon,
They danced by the light of the moon.



We will inform you in the next newsletter of the results, so keep your fingers crossed for us in the meantime!

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

Renovations

As part of the ongoing improvements to our home, we are pleased to inform you that the work to our main lounge has now finished. The space is now much more brighter and has a more homely feel to it.

We will continue to work on our sensory corridor project over the coming months, along with repainting the flower boxes and fences in the garden.

Congratulations

We would like to congratulate Sally Proudlock and Dawn Tisdell-Melling for passing their NVQ Level 3 in Health & Social Care, as well as Jade Roberts for passing her NVQ Level 2. Well done to you all!

Thank You

All of our staff would like to thank Bryn Derwens' family and friends who very generously gave gifts to them over the festive and Easter period. All of the presents 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 Sarah May Jones and Mr Peter Kemp, both of whom sadly passed away.