



Bryn Derwen Newsletter

Fourth Edition 2014



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About Us

Bryn Derwen is a small EMI residential home in the historic city of St Asaph and we 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 the cathedral, and as such we 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. Each resident receives a care plan which reflects hers/his individual needs, interests, and physical and emotional abilities.

Editors Message

Hello everyone and welcome to the August edition of our newsletter!

We have spent the last couple of months enjoying the summer weather by having lots of fun activities to do in the sun. As well as celebrating our annual summer garden party we have also enjoyed picnics, day trips out to the seaside, and regular group walks around St. Asaph. We spent time relaxing in our multi-sensory garden, and we have also enjoyed watching all of the sporting events that the summer season has had to offer.

As many of you may have seen on your visits here, we are currently in the process of redecorating all of our bathrooms and several of our staff has worked very hard alongside the residents in designing the themes to be used in each of these. As well as this we are also repainting our entire bedroom doors in bright colours individually chosen by our residents. All of these doors will feature door knockers to go along with the newly added name plaques.

We have also spent a lot of time working with our friends in the community, fundraising, and planning many more activities and celebrations for our residents to enjoy over the coming months.

I hope you enjoy all of our latest news!

Thank you

Helen Johnson (Activities Organiser) & Rebecca Marriot (Activities Assistant)

New Staff Members

We are pleased to welcome two new staff members here at Bryn Derwen.

Andrew Diggle is our new domestic cleaner. We are pleased to have him join our team and hope that he settles in well.

Wendy Murray is welcomed back as a night care assistant. The night staff are very pleased to have her working alongside them and the home gives both Andrew and Wendy a big, warm welcome.

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 Margaret Spencer or Lina Davitt.

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, 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.



As stated earlier, we have been making the most of the sunny weather so as well as day trips out, we he also spent time enjoying our multi-sensory garden, going on group walks to the local park and cathedral, and we were even fortunate enough recently to have a picnic together at Cae Ddol Park- Rhuthin.

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.

We would like to take this opportunity to thank Reverend Val, Reverend Elaine and their friends Tom and Carol who were kind enough to put on a special musical performance for us as part of our WW1 Centenary tea party celebrations.



We would also like to take this opportunity to thank the Health and Social Care students from Llandrillo College who came to work with us on their placements, and we hope that they all go on to have successful careers within the care industry.

We have also benefited from having weekly visits from Theresa Redfern Jones who works on behalf of Age Concerns 'Speak Up' project. The 'Speak Up' project aims to encourage residents to talk about themselves and express their thoughts and feelings on things that they enjoy, would like to do, or would like to change. Relatives are encouraged to attend these sessions if they wish, which are held each Thursday at 10.30-12.00 in the main lounge.

We are also pleased to announce that we will be offering our residents at Bryn Derwen the opportunity to have skype chats with the residents from our sister homes at Phoenix House and Bronafallen Care home. Needless to say we are all really looking forward to having these chats and making new friends.

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.

Father's Day

The gentleman residents of our home really enjoyed receiving all of their cards, gifts and family visits on Father's Day and our Care Assistants created a lovely card display area for everyone to enjoy this special day together.



Summer Garden Party

This year we had a beach themed summer party and so decorated our garden with lots of seaside decorations and games. As is the norm, we had a wonderful singer to keep us musically entertained whilst we spent the afternoon dancing, playing our summer party games, and enjoying a buffet together.



We would like to say a special thank you to the two students who were on placement with us at the time as they really got involved with our hook a duck, wet sponge throwing and tug of war games. As well as making the day very special for our residents, they were also both very humble when they beat the staff in the tug of war competition!



Everyone had a wonderful time and we are all looking forward to the parties in the forthcoming months.

Wimbledon

We all had lots of fun watching this important sporting event and we were all very surprised when Roger Federer lost in the finals as several of our residents believed he would win the title. We were also able to play a few games ourselves on our Nintendo Wii and had a really nice afternoon participating in this and playing our other computer games too!

The Open Championship

After watching the championship this year we all got caught up in golfing fever and held a little tournament of our own. We all had a lot of fun putting and driving, and the activities department was easily defeated by several of our residents who have been playing this sport for several years now. Well done again everyone!



The Commonwealth Games

We were amazed by the athletes at the games this year and we all felt very proud to be British! We had organised to have a Bryn Derwen version of the games, but unfortunately due to bad weather we have had to postpone this. Hopefully when the weather picks up again we can all take part in our friendly tournament- we will keep you informed of when this will likely to be.

St Asaph Scarecrow Competition

We once again took part in this annual community event and after much debating on what the film or book character entry should be, we eventually decided to make a Jaws themed scarecrow! We all worked very hard on this project and despite not winning again this year, we were all very proud of what we had achieved in such a short space of time.



First World War Centenary

As well as having a tea and cake party for our First World War Centenary celebrations, we were also treated to a musical performance by Reverend Val, Reverend Elaine and their friends Tom and Carol to mark this very special occasion. We really enjoyed singing along to all of the wartime tunes whilst we waved our flags and danced along, and afterwards we were all treated to a lovely buffet.

Eisteddfod

We had lots of traditional Welsh themed activities to do again this year as part of our Eisteddfod celebrations. As well as the Welsh themed arts and crafts, Welsh choir songs, singing of the national anthem, watching classic Welsh movies and S4C programmes together and having some Welsh conversations, we were once again treated to some lovely bara brith, which for many of us was the most anticipated part of the week!



Photography Day

Many of us spent the morning posing and photographing each other as part of photography day and the manager really got into the spirit of things by posing with everyone for 'Hug Your Boss Day' which followed a few days later.



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 2/9/14 @ 10.30-12.00
- Tuesday 16/9/14 @ 10.30-12.00
- Tuesday 30/9/14 @ 10.30-12.00
- Tuesday 14/10/14 @ 10.30-12.00
- Tuesday 28/10/14 @ 10.30-12.00
- Tuesday 11/11/14 @ 10.30-12.00

Parties

- **Halloween** Friday 31/10/14- entertainment, party games, fancy dress and decorations will all be provided for
- **Guy Folks Night** Wednesday 5/11/14- there will be entertainment, party games and a fireworks display

Other Special Occasions

- **'Speak Up' Project**- held every Thursday @ 10.30-12.00 in the main lounge
- **Singing For The Brain**- held every alternative Wednesday in the Eirianfa Centre, Denbigh @ 13.30-15.00
- **Flower Festival in St Marys Parish Church, Cefn** Friday 29/08/14 @ 10.30-17.00- we will be taking some our residents to celebrate with the local community and to look at the flower displays as well as the vintage tractors and farming memorabilia
- **Trefirian Social Group**- held every 3rd Thursday of the month @ 10.00-15.00
- **North Wales International Music Festival, St. Asaph Cathedral**- we will be attending the performances held on 24/09/14 @ 11.30-12.30 and 13.30-14.00

- **Macmillan Coffee Morning** Friday 26/09/14- we will be hosting this event in our dining room this year, all are welcome to come and join us

As well as all of these planned activities we will also be going on our regular day trips out and walks to the local cathedral.

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. As well as raising money from our weekly lottery game, we have also been successful in raising money from our car boot sales.

We are also planning to go on our annual sponsored walk to Llyn Brening on Saturday 25/10/14.

As well as raising money for our residents fund, several of our staff members have been busy taking part in 'The ALS Ice Bucket Challenge' which promotes awareness of the disease amyotrophic lateral sclerosis and helps to fund much needed research.



We are also planning on supporting Macmillan this year by holding a coffee morning on Friday 26/09/14, feel free to come and join us!

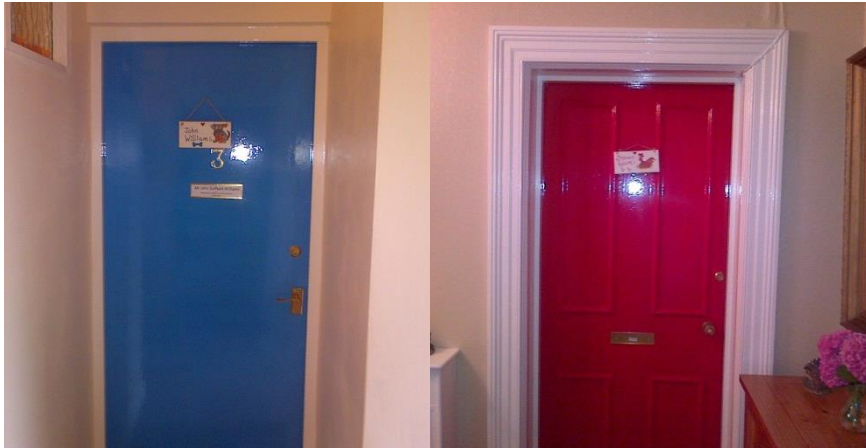
We would once again like to take this opportunity to thank you all for your continued help and support, and should anyone wish to play our lottery or take part in any of our other fundraising events then please could they speak to Helen Johnson (Activities Organiser) for further details.

Other News

Renovations

As mentioned earlier, we are currently making several changes to our home. We are redecorating all of our bathrooms to incorporate nature themes as well as repainting all of our bedroom doors in bright colours (chosen by our residents.) All doors feature door knockers to go along with the newly added name plaques. These new designs not only

brighten our home up but they also provide a visual aid that has been widely advocated by dementia awareness groups.



Nostalgic Display Cabinet

We are pleased to announce that due to our fundraising efforts we have now created a Nostalgic Display Cabinet situated in our main lounge. This is a wonderful focal point in the room, which helps to prompt memories and offers opportunity for many conversations. The Display Cabinet has a variety of functioning retro items housed within it and we will continue to add more products to it over time.



Future Plans and Events

Bryn Derwen is currently investing in transforming the dining room into a retro themed tea room. This will allow our residents to have another comfortable place to come and reminisce in. We will inform you when this project is completed and discuss it in further detail in our next newsletter.

We are also hoping to treat our residents to a pantomime this Christmas and we will be contacting you all soon regarding this.

Congratulations

We would like to take this opportunity to congratulate Rebecca Marriott for gaining an overall distinction in her NVQ Travel & Tourism Level 2 course, and we wish her well in the Level 3 course that she is to undertake soon.

Condolences

The staff and residents of Bryn Derwen would like to express their deepest sympathies to the families of Mrs Ivy Sullivan, Miss Vera Roberts and Mrs Joan Yates who sadly passed away.