



Bryn Derwen Newsletter

Twentieth Edition 2018



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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 November edition of our newsletter!

With the lights drawing in and the crunching of leaves underfoot, autumn is finally here in all its glory! We have lots of exciting news to tell you as well as updating you on all the exciting things we have been up to over the last few months.

Our diary is already bursting at the seams as we have even more events planned for our festive period and we sincerely hope that you will be able to join us in celebrating these special occasions too. So, sit back and relax with all of our latest news whilst we all start to transform our home into a Christmas winter wonderland!

Thank you

Helen Johnson (Activities Coordinator)

Our Staff Members

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

We are pleased to welcome a new staff member here at Bryn Derwen. Tracey O'Neill 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.



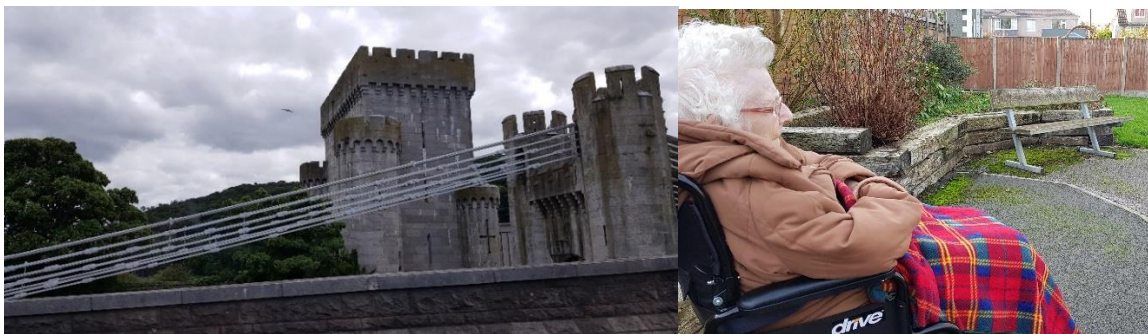
We enjoy music therapy sessions, arts and crafts, gardening, baking, memory exercises, armchair exercises, dancing, sing-alongs, quizzes, bingo, card games, board games, pampering sessions, beetle drives, multi-sensory activities and pet therapy.



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.



We recently supported our friends at Connexions with their Macmillan Coffee Afternoon! As well as enjoying tea, cake and good company, we also danced the day away thanks to the efforts of our amazing DJ!

We continue to build on our links with the churches in St Asaph, and as well as enjoying coffee mornings together, we also attend their monthly dementia friendly Forget Me Not Tea Parties.

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.

International Beer Day

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



Sandcastle Day

On this day we enjoyed producing some amazing work during our arts & crafts sessions! We also took some time to reminisce about holidays in our seaside themed sensory corridor and enjoyed an ice-cream together in the afternoon!



Doll Day



Our beautiful dolls once again were the centre of attention as we all celebrated this wonderful day together!



Eisteddfod Celebrations

To celebrate the Eisteddfod this year, we took part in several arts & crafts sessions over the week, watched the show live on TV and also ate a variety of traditional Welsh meals. We received some Welsh lessons from our Activities Assistant Sarah Macnamara and enjoyed both listening to and singing Welsh songs together.



Family History Month

On Family History Month we got all nostalgic by looking through our memory books as well as reminiscing and sharing our cherished stories of our loved ones.

Bowling Day

STRIKE!!!! We all had so much fun on Bowling Day as we held contests to crown our winning players as 'Queen of the Pins'!

Book Lovers 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.

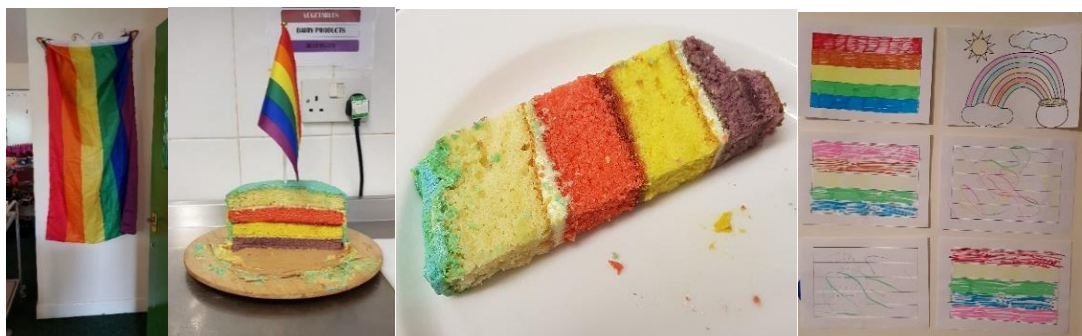


As well as this, we also enjoyed reading the days tabloid newspapers and flicking through our wonderful memory books!



Pride Celebrations

We celebrated LGBT diversity with our Diversity Champion Helen Johnson who prepared a range of activities and discussion groups regarding inclusion and diversity. We all had lots of fun learning about the LGBT community and really enjoyed reading Vintage Cheddar together which is a newspaper containing retro LGBT articles of interest.



As well as decorating our home with rainbow flags and our wonderful art display, our cook prepared a fantastic rainbow cake for us all to enjoy together at our themed tea party!



Relaxation Day



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

Photography Day



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



Poets Day

For Poets Day we held a reading session consisting of works by Sylvia Plath, Oscar Wilde, William Shakespeare and Dylan Thomas, all of which provided inspiration in our creative writing sessions! We also played a memory game, the object of which was to complete nursery rhyme sentences', many of which brought back fond childhood memories for us! We then finished the day with a poem by Tanya Howden which really resonated with us;

I Talked to a Lady

I talked to a lady yesterday
 She didn't know my name
 She was amazed to hear about my past
 And the places I had been
 Her daughter's life so similar
 Filled her with awe and fear
 She looked at me bewildered could this really be real?

We talked about her family
 We talked about her past
 We talked about the folk she'd known
 Their walk their talk their cheer
 The ones who floated through her world
 And those who stopped to share
 We talked about the future
 Her hopes her dreams her fears
 We talked about her sorrows
 All the sadness life threw in

We talked about her children-
(some things I shouldn't hear!)
We giggled and cried and laughed
At a life so rich so full
And in a moment shared
Sat in silence with our thoughts...
And I whispered "Goodnight Mother"
As her eyes succumbed to dreams

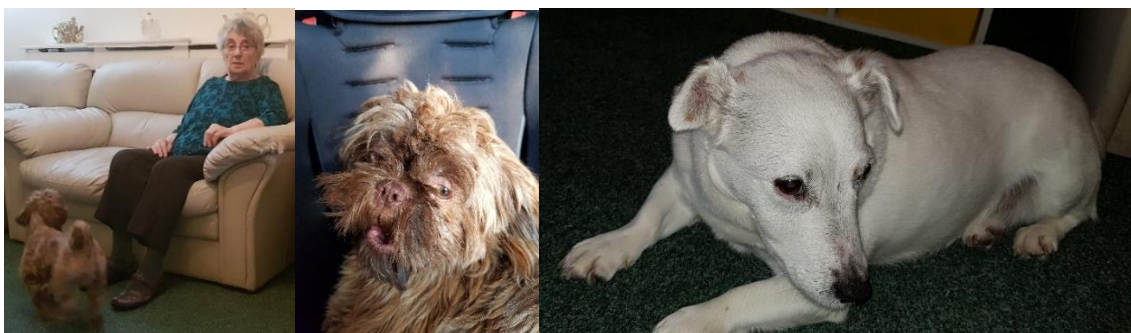
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Dog Day

We spoilt our dog Henry rotten as went go shopping to get him some new toys and treats, all of which he thoroughly enjoyed! As well as this, both Henry and our residents were also treated to a visit from our friend Vera the shih-tsu!



After playing together and having a fuss, both Vera and Henry were very tired, so she went home whilst he settled down for a much-deserved nap!



Shake Month

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



Welsh Rarebit Day

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

Wildlife Day

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



As well as making a fuss over our dog Henry and enjoying our animal themed quiz, we also got to spend time with some unique animal friends from our inflatable safari! Several of our residents even assisted with the layout of our wonderful art display and we had lots of fun taking turns to do our best animal sound impressions!



Actors Day



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



Teddy Bear Day

We all really enjoyed celebrating Teddy Bear Day, as we had been looking forward to reminiscing over our favourite cuddly toys!



As usual, we spent time baking a variety of treats for our picnic themed tea party, as well as producing some eye-catching pictures in our arts & crafts session. We also spent time with our bear mascot and discussed our favourite bear characters from books and films!

Hug Your Hound Day

Our pampered pooch Henry was only too happy to receive extra cuddles from everyone on this special day for our canine friends! He also received several edible treats from our residents and some new clothes that we had made for him!



Carys' Hen Party

We all really enjoyed becoming part of 'Team Bride' as part of Carys' Hen Party celebrations!





As well as enjoying incredible music for this fancy dress tea party courtesy of our own resident DJ, we were also treated to a selection of delicious home baked cakes and party food from our wonderful chefs!



After enjoying a selection of wedding themed games, we were surprised to receive a visit from a very special stripper gram who had us in stitches with his costume and dad dancing!





Several of us enjoyed having a dance & singalong with the bride to be, and after providing her with words of wisdom for a successful marriage, we presented Carys with a card and traditional Welsh love spoon as a gift! After returning from her honeymoon a couple of weeks later, Carys kindly brought in her wedding dress for everyone to view, and we really enjoyed being a part of her special day!

Make a Hat Day



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



Play Doh Day

For Play Doh Day we released our inner child as we got creative with this iconic modelling clay! We really enjoyed making a selection of shapes and impressions into the plasticine, as

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



International Country Music Day

Yee haw partner! To celebrate this occasion, we spent the morning listening to music by Dolly Parton, Kenny Rogers, Johnny Cash, Patsy Cline and Willie Nelson to name but a few! Despite not having the urge to line-dance that day, we did enjoy watching some classic John Wayne films such as 'El Dorado' and 'True Grit'

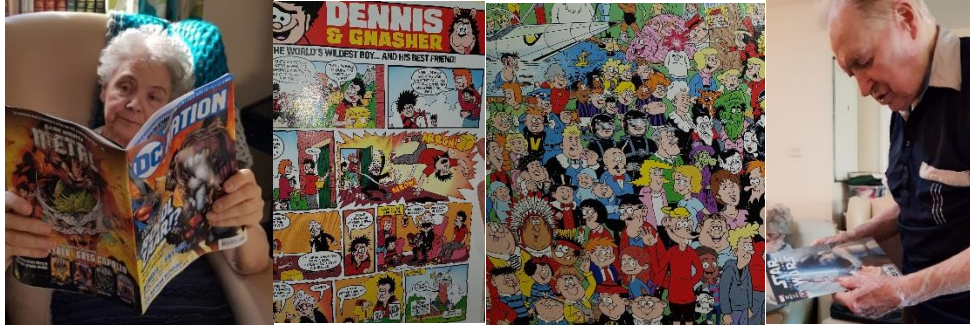
Doodle Day

On Doodle Day, several of us expressed our creativity in an arts & crafts session; all of which was then proudly displayed around our home!



National Comic Book Day

On Comic Book Day we enjoyed a selection of titles in our Reading Session ranging from Spiderman, Superman, and Batman to The Dandy and The Beano! In the afternoon we watched The Avengers as well as the classic 1960's series of Batman starring Adam West!



Piano Month

To celebrate Piano Month, several of our residents enjoyed tickling the ivories on our wonderful piano in our small lounge, as well as on our dementia apps!

National Fitness Day

We all spent the morning enjoying music based and balloon exercises and rounded off this day with a weight lifting class with Dai using our resistance bands!



Macmillan Coffee Morning



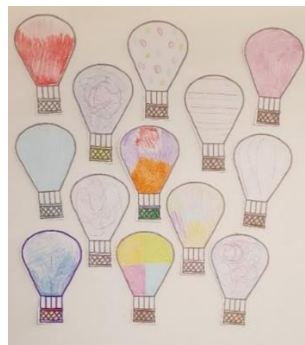
As mentioned earlier, we recently supported our friends at Connexions with their Macmillan Coffee Afternoon! As usual at these monthly gatherings, there was tea, coffee, cake and

good company! We also danced the day away thanks to the efforts of our amazing DJ and we would once again like to thank our friends at Connexions for inviting us!



Balloons around the World Day

To celebrate this event, our residents and staff created and displayed some beautiful artworks around our home!



Punch Day

We love sharing a tippie or two here at Bryn Derwen so we spent the afternoon enjoying a delicious selection of drinks together as well as enjoying a good old fashioned pub singalong!



Miniature Golf Day

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

International Rabbit Day

Some special friends hopped down to Bryn Derwen to meet everyone on International Rabbit Day all of whom quickly became very popular with our residents!



Cooking Day



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



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

Computer Learning Month

For this event, we spent the day developing our IT skills by using our tablets to access shopping, social media, entertainment and learning sites and apps!



Old Farmers Day

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



World Smile Day



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



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

The Sound of Silence

Last week, a man decided to visit his local cinema to see his favourite movie “The Sound of Music”. His movie experience was quickly ruined though by two women loudly chatting together in front of him. After a while, he got fed up so he leaned forward and said “excuse me ladies but I cant hear” to which one of the women replied “I should hope not, this is a private conversation!”.

Cake Decorating Day

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

Royal Wedding

We all watched excitedly on our TV as Princess Eugenie finally married her long-term partner Jack Brooksbank at St George’s chapel in Windsor! All of the residents commented on the beautiful dress and venue, as we all played ‘spot the celebrity’ with the attending guests!



Count your Buttons Day

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



Apple Day

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

Magic Day

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

Halloween Party



We all had a scream celebrating Halloween this year! As well as our usual line up of spooky games and hair-raising arts and crafts sessions, we also wore our Halloween costumes whilst enjoying chocolates together!



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



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





As well as all this, we also shared some of our own personal ghostly encounters with one another in our Reminiscing Session!



To finish our Halloween celebrations this year, we hosted a Spooktacular themed fancy dress tea party where we were treated to singing & dancing, themed games, and a selection of delicious cakes and party food!





Our resident DJ TJ put a spell on us with his majestic themed Halloween playlist and we were all in stitches as our dog Henry dressed up as a naughty little devil!

Cliché Day

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

Cat got your tongue?

And they all lived happily ever after

Read between the lines

Don't get your knickers in a twist

As old as the hills

Weak as a kitten

Ugly as sin

Every cloud has a silver lining

When life gives you lemons, make lemonade

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

- **Bonfire Night** 05/11/17- come and join us as share jacket potatoes and toffee apples during our fantastic fireworks display!
- **Christmas Party** 14/12/17- entertainment and party games will be provided for as usual at our Christmas party! All are welcome to come and join us and fancy dress is optional 13.00-15.30
- **New Year's Eve** 31/12/17- All are welcome to come and join us with our New Year's Eve celebrations!

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

- **Housewife's Day** 01/11/18- a woman's work is never done so we will be arming ourselves with dusters, brushes and brooms as we sweep up our home before going shopping and making some lunch.

- **Sandwich Day** 02/11/18- come and join us as we give Subway a run for its money with our delicious selection of homemade sandwiches!
- **Nacho's Day** 06/11/18- as well as enjoying these tasty snacks, we will also be making our own dips to accompany them!
- **Hug a Bear Day** 08/11/18- come and join us as we pamper our favourite cuddly toys
- **Remembrance Day** 11/11/18- we will be paying tribute to all those who lost their lives during the war
- **International Tongue Twister Day** 12/11/18- everyone is welcome to partake in these tricky sentences with us- hopefully we will beat our record from last year!
- **Origami Day** 09/11/18- it's that time of year again where we try our hand at the traditional art of origami
- **International Men's Day** 19/11/18- we will be partaking in a variety of manly based activities throughout the day
- **Celebrate your Unique Talent Day** 22/11/18- whether it's dancing, drawing, hula hooping or cooking, everyone is good at something! Why not come and show yours off too?
- **Cake Day** 23/11/18- that's right, you guessed it! We're going to have a cake making competition!
- **French Toast Day** 27/11/18- our chefs will treat us to this delicious breakfast meal
- **Christmas Winter Wonderland** 3/12/18- come and join us as we start transforming our home into a Christmas Winter Wonderland with our beautiful decorations and seasonal themed arts & crafts
- **Christmas Shopping Trip** 4/12/18- come and join us as we visit the local shops to buy some Christmas presents!
- **Dementia Friendly Christmas Shopping Night** 6/12/18- come and join us as we visit Flint high street
- **Make a Gift Day** 7/12/18- come and join us as we begin creating our Christmas gifts and cards for our friends and families
- **Christmas Virtual Reality Tours** 10/12/18- come and join us as we visit Santa at the North Pole using our Samsung Gear VR headset!
- **Christmas Carols with Esgob Morgan Primary School** 11/12/17- feel free to join us as we indulge ourselves to these wonderful Christmas treats whilst singing Christmas carols with our friends from the local primary school
- **Christmas Bingo & Themed Quiz** 12/12/18- feel free to join us as we play our festive version of bingo and our seasonal themed quiz- amazing prizes to be won throughout!
- **Christmas Reminiscence Morning** 13/12/18- we will be spending the morning sharing all of our favourite Christmas memories together, whilst enjoying some arts and crafts with a professional artist!
- **Christmas Party** 14/12/18- this year we will once again be providing entertainment, food and drinks, party games and a visit from Santa at our annual Christmas party. All are welcome to attend, please feel free to bring a friend!
- **Ugly Christmas Sweater Day & Christmas Carols with Ysgol Glan Clwyd** 17/12/18- feel free to join us as we proudly wear our Christmas sweaters and enjoy some festive treats together!

- **Aladdin at Rhyl Pavillion** 18/12/17- several of us will be enjoying a pantomime in the afternoon.
- **Christmas Carols with St Asaph VP Primary School, RAK & Brownies** 20/12/17- feel free to join us as we indulge ourselves to these wonderful Christmas treats whilst singing Christmas carols with our friends from the local primary school, RAK & Brownies
- **Christmas Stories Afternoon** 21/12/18- we will be spending the afternoon reading traditional Christmas stories together
- **Christmas Films Afternoon** 23/12/18- join us as we spend the day watching festive films together over some mulled wine and mince pies
- **Christmas Eve** 24/12/18- feel free to come and join in with our Christmas fun and a glass of sherry from 11am onwards
- **Christmas Day** 25/12/18- feel free to join us as we unwrap our gifts from Santa and enjoy a delicious festive meal together! Please ring in advance to book your place!
- **Games Day** 28/12/18- come and join us as we play a selection of traditional board games!
- **Science fiction Day** 2/1/18- come join us as we watch a selection of themed films and listen to original radio segments from 'War of the Worlds'!
- **Trivia Day** 4/1/18- join us as we spend the day doing quizzes and solving puzzles and crosswords!
- **Bird Day** 5/1/18- we will be spending the morning doing a spot of bird watching and listening to bird songs together.
- **Poetry at Work Day** 9/1/18- we will be spending the afternoon reading the works of famous poets!
- **Inspire your Heart with Art Day** 31/1/18- join us as we harness our inner Picasso to produce some magnificent artworks!

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.



Since our last newsletter, we attended The Care Show at the NEC in Birmingham to network with other care professional, explore the latest dementia products and attend several talks by some of the industry's leading experts.



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.

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 Carys Williams on her recent wedding and would once again like to thank her for hosting her hen party at our home!

Congratulations too to Helen Johnson for recently completing her Level 3 Diploma in Health & Social Care!

Recently Elenor Watkins and Helen Johnson undertook training at our sister home in Phoenix House and we are pleased to inform you that they are both now qualified first aiders. In conjunction with this, they were also provided with further training from one of our residents who formerly worked as a nurse. She certainly put them through their paces by demonstrating and explaining how to apply dressings, bandages and a sling!



Thank You



Everyone at Bryn Derwen would like to say a big thank you to 'Guys & Dolls' hairdressers in Prestatyn who kindly offered our residents the opportunity to be receive a free day of luxury pampering at their salon.



As well as having their hair washed, cut and styled, the staff also treated our residents to a professional manicure session!

Condolences

The staff and residents of Bryn Derwen would like to express their deepest sympathies to the friends of Miss Freda Ellison and Mrs Brenda Jones, both of whom sadly passed away.