



Bryn Derwen Newsletter

Twelfth Edition 2016



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 August edition of our newsletter!

We have had lots of fun over the last few months with our fantastic themed days, Sports Day, various barbeques and our Annual Summer Garden Party! As well as this we have also been on some wonderful day trips out and have attended several local community celebrations too, and we would just like to take this opportunity to thank everyone who attended to helping to make these events so enjoyable!

As many of you have already noticed, we have recently redecorated our dining room and have begun working on several multi-sensory themed corridors in order to make the interior of our home even more dementia friendly!

We also have lots of good news to share with you regarding our recent entries into the Annual St Asaph Community Scarecrow Competition and on becoming members of Bangor University's Dementia Supportive Practice Community! This along with the upcoming projects to be held in our home as well as our ongoing fundraising efforts will be discussed further in our 'Recent Developments' section

With so many positive things happening in our home, we have devoted this newsletter to our recent achievements; none of which would be possible without your continuing help and support.

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 two new staff members here at Bryn Derwen. Daisy Theodore is our newest Care Assistant and Olivia Proudlock is our new Domestic Assistant. Both of them have already made fantastic contributions to our home and have become valuable members 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 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 have also been making the most of the summer weather by hosting several barbeques, our Annual Sports Day event and our Annual Summer Garden Party!



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.



Our Driver is always taking us to fun and exciting places; recently we went to Flint to play Ten Pin Bowling at the Jade Jones Pavilion, golf at Llanerch Park in Trefnant, Rhyl Marina, Cai Dai 1950's Museum and The Plough for some afternoon drinks.



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 'Singing for the Brain' 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 'Singing for the Brain' 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.



We recently attended the St Asaph Fair where we displayed our scarecrows to the public and held a cake stall in order to raise money for our resident's fund. It was great to spend the day chatting to everyone about the work that we do here in Bryn Derwen and we would like to take this opportunity to thank the members of St Asaph Community Association for inviting us.

Music in Hospitals also kindly paid us a visit a couple of months ago and they put on a very enjoyable interactive performance for us all to enjoy!



We were all also recently invited to attend a Strawberry Tea Party at The Old Palace in St Asaph. We were treated to a marvellous performance from their musical entertainer, took part in a raffle and enjoyed some scones, hot drinks, and strawberries with cream with members of the local community. We all had lots of fun making new friends and dancing the afternoon away, and we look forward to attending this event again next year!

We have also started to attend some of Flintshire Age Connects' 'Spill the Beans' sessions in Flint where we have partaken in some afternoon activities, bought items from their jumble sales, and made new friends over a selection of hot beverages!



We continue to work in conjunction with our sister homes and have a variety of fun activities planned with them for the next coming months; please refer to the 'Recent Developments' section for further details on this.

Other regular visitors to our home include various Lay workers from St Asaph Cathedral. Our Church Services are held on the second Tuesday 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.

Barbeque Month

Despite the unpredictable weather throughout May, we successfully held several barbeques throughout the month and our residents thoroughly enjoyed all of the food that our chefs' provided for us!



Train Day



On Train Day we produced some fantastic art works that were displayed in our home, and as well as reminiscing over some of our journeys that we have been on, we were also fortunate enough to visit a train museum in Rhyl and travel on their miniature railway around the marina!



World Baking Day

To celebrate World Baking Day we spent an entire morning preparing a selection of delicious cakes and biscuits to enjoy! We all had lots of fun in the kitchen and we particularly enjoyed tasting the fruits of our labour!



Museum Day



On Museum Day we went to visit our friends in Cai Dai 1950's Museum in Denbig. As well as enjoying seeing all the fantastic vintage items on display, we also found much inspiration for our new dining room revamp. We would once again like to thank Trevor and Sparrow for the kind donations that they made to Bryn Derwen, and we hope to visit our friends again soon.



Maritime Day



We held several arts & crafts sessions on the run up to Maritime Day, and as well as producing a beautiful display and learning all about the sea, several of us also enjoyed a trip to Rhyl harbour too! We all had a fantastic time breathing in the cool sea breeze, and our driver taught us all about the different kinds of boats.



Biscuit Day

We originally planned on making a selection of biscuits for our tea dance event, but as our treats proved far too tempting and tasty, they were devoured instantly!!! Fortunately our chef's had prepared some extra biscuits in case of an emergency and so the day was saved!



Senior Health & Fitness Day

On Senior Health & Fitness Day our residents took part in activities such as yoga, tai chi and armchair exercises, as well as golf and boxercise. Everyone had lots of fun and felt good after their workouts.



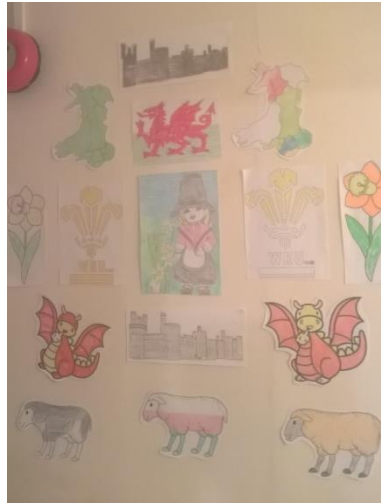
Photo Month

We spent the day looking at a vintage camera and taking pictures on our new digital one. As well as these reminiscence and photography sessions, we also took time to look over and update our Bryn Derwen family albums too.



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.



Donut Day

On Donut Day we took part in some arts & craft and baking sessions. Our donuts were so delicious that we happily helped ourselves to second helpings, and in some instances, thirds too!



Yo-Yo Day

We had lots of fun on Yo-Yo Day as we practiced our skills and learnt some new tricks! We even had a competition to see who could keep their yo-yo going for the longest, as well as seeing who was best at untangling them when they got messy.



Gardening Day

We have been really busy over the summer 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.



Best Friends Day



On Best Friends Day we took some time out to remember all of our friends, both past and present that hold a special place in our heart. We then made some gifts for each other during our arts & crafts session, and we were each given a balloon sculpture from our Activities Coordinator.

The Queen's Official Birthday

Happy Birthday ma'am! We once again spent the day celebrating the Queen's birthday by making ourselves some crowns in our arts & crafts sessions whilst we watched the amazing ceremony live on TV!



World Doll Day

On World Doll Day, we woke up to find a group of babies sitting quietly in our main lounge! Each were quickly mothered by our female residents and even some of the gents helped to assist with the feeding! The dolls have proven so popular that we will be investing in more items that can be used for doll therapy, and we currently plan on purchasing a high chair and a pram.



Flag Day

We all had a fantastic time with our fun flags of the world quiz! It got very competitive as our two teams tried to match the most flags to the correct countries, and in the end both teams were tied!

Superman Day

Is it a bird? Is it a plane? No its Dei dressed up as Superman as we took part in a variety of fun comic based activities! As well as reading comics and watching Christopher Reeve on the big screen, SuperDei heroically flew around Bryn Derwen to greet our residents and sort out any problems that they had. Unfortunately Krypto the Superdog was unable to attend this year as Henry had ripped up his cape that took me two hours to make!



Nature Photography Day



We had a lovely time walking around St Asaph with our cameras at the ready as we snapped away at all the beauty spots in this wonderful city. Here are a tiny selection of our photographs.



Alzheimer's Cupcake Day

For Alzheimer's Cupcake Day we were kindly invited to support our sister home Holly Bank in Wrexham as they held a cake fundraiser for the Alzheimer's Society. We all had lots of fun making new friends and taking part in the afternoon singalong, and we especially loved tasting all of the delicious homemade cakes that everyone in Holly Bank had made- yum, yum!



Royal Ascot Ladies Day

We really went to town on this racing event as we held some pamper and makeover sessions, decorated our home with arts & crafts, played some themed games, and hosted a luxurious tea party to finish! As well as watching the race live on TV with our wines and shandys, we also placed bets on which of our staff members' would win the race around our garden! Despite the wet conditions, I am pleased to announce that I won the race in record time and won the punters who backed me a selection of sweets and chocolates!



Father's Day

On Father's Day this year our staff produced a lovely display with all the cards that you sent to your loved ones, and a special tea party was held to celebrate this occasion.

Go Fishing & International Picnic Day

After looking forward to being able to use our nets again this year we were all ready to celebrate this wonderful event! Our driver had planned to take us to a perfect picnic and fishing spot in Denbigh, but due to the poor weather we unfortunately had to cancel this daytrip out. Quick thinking staff instead brought the outdoors indoors as we all took part in our magnetic fishing game, and the day was saved!



Make Music Day

Our visiting entertainer Gavin was busy helping to teach us some simple melodies to play with our instruments on Make Music Day! We were all working hard composing music and learning lyrics, and everyone had lots of fun celebrating this day in our newly formed Bryn Derwen Band!



Candy Month

Nia Pierce (Manager) kindly treated both the residents and staff to a selection of sugary treats on Candy Month! Everyone's favourites were there including Liquorice Allsorts, Strawberry Laces, Midget Gems, Haribo and Jelly Babies!



Euro 2016



We had an amazing couple of weeks taking part in all of the Euro 2016 football celebrations! As well as hosting our own football tournament and enjoying some penalty shootouts, we also had lots of fun singing football songs together, watching the games and seeing that man Gareth Bale making the whole of Wales proud!



Global Beatles Day

We spent the morning listening to all of this bands iconic hits and singing along to our favourite songs. We also had a fun quiz on the fab four and ended the day watching 'Hard Day's Night'.

Beauticians Day

Our staff spent the day pampering our residents and giving them fantastic makeovers throughout the day! Some residents even chose to have their hair styled especially for this event and it proved so popular that we will be celebrating this day every year from now on!

Let it Go Day

Our residents and staff all wrote down their worries onto balloons and released them into the air in order to symbolise the ejection of this negativity from our lives. This day proved to be very therapeutic and everyone who joined in felt the benefits of taking part.

International Joke Day

We all laughed so much as we shared our favourite jokes with one another and even heard some new ones! You've probably heard this one before, but here is a small selection from our humorous collection;

A teacher asks her students 'Kids what does the chicken give you?'

The student replied 'Meat!'

The teacher said 'Very good! Now what does the pig give you?'

The student replied 'Bacon!'

'Great! And what does the fat cow give you?'

'Homework!' said the student!

What do you call a fake noodle?

An impasta!

A child asks his father 'How were people born?' So his father said 'Adam and Eve made babies, then their babies became adults and made babies, and so on'. The child then went to his mother, asked her the same question and she told him 'We were monkeys then we evolved to become like we are now'. The child ran back to his father and said 'You lied to me!' His father replied 'No your mum was talking about her side of the family!'

My boss phoned to ask me to tell her a funny joke. I replied 'I'm working at the moment; I will tell you one later'. To which she replied 'That was hilarious, tell me another one!'

What did the duck say when she bought some lipstick?

Put it on my bill!

Why did the shark keep swimming in circles?

It had a nosebleed!

How do you tell that a crab is drunk?

It walks forwards!

What did the crocodile say when he ate a clown?

That tastes funny!

Why don't cannibals eat divorced women?

Because they're bitter!

What do you get when you cross a snowman with a vampire?

Frostbite!

What do you call the soft tissue between a sharks teeth?

The slow swimmer!

Why do people never eat clocks?

Because it's really time consuming!

What do you get when you cross a rooster, a cocker spaniel and a poodle?

A Cockerpoodledoo!

How do you approach an aggressive Welsh cheese?

Caerphilly!

Knock, knock

Who's there?

Deja

Deja who?

Knock, knock

Ice Cream Month

Our chefs treated us to a variety of ice-cream's during our special themed day, with all the different toppings and chocolates to accompany them! We certainly enjoyed these treats after all of our hard work in our arts & crafts sessions, and we spent the rest of the day reminiscing about how we would enjoy these snacks at the seaside with our children.



Chocolate Day

We donned our aprons and got busy in the kitchen making a selection of chocolate treats for everyone to enjoy! Our chocolate coated rice krispie cakes were the hit of the day and we plan on making more of them in our next baking session!

Wimbledon

We really went to town with our Wimbledon celebrations this year! As well as watching the matches and cheering on our favourite players in the live finals, we also had a selection of themed activities throughout the day such as arts and crafts sessions and a keepy uppy competition. Our cooks laboured over a fantastic tennis racket cake for us to share, and in the afternoon we were served with strawberries and cream along with some lovely sparkling wine!



Route 76 Beer Festival



As part of the Denbighshire festivities we decided to hold our very own Beer Festival here in our home. As well as enjoying a delicious pub lunch together, we were also treated to an alcohol tasting session complete with pub snacks. Entertainment included a pub quiz, card games, and dominoes. Later that afternoon, several of us visited our local pub for a tippie or two and sang traditional pub songs on the way back home!



Sports Day



We held a variety of fun events throughout the day on Sports Day, both indoors and outdoors!



As well as the usual competitions, this year we also included fencing and shooting into the mix which proved very popular with our residents, all of whom were later awarded with medals and trophies during our awards ceremony!



Mari's Leaving Party

As many of you know, our Deputy Manager Mari Marriott recently left Bryn Derwen after many years of service in order to take up a Managers Position in another home. We secretly organised a farewell party for her which everyone enjoyed and we wish her all the best in her future endeavours.



Summer Party



The weather was absolutely glorious when we came to have our Movie Blockbuster themed Summer Party! Many families attended along with our friends from the community such as the Mayor and his wife, Elsie and Barry from St Asaph Community Association, and Emma and Ruth from Age Connects!



Staff had been busy setting up different movie themed areas and decorations throughout the garden for everyone to enjoy, along with scavenger hunt games for famous movie characters such as Sponge Bob Square Pants, Nemo, King Kong and the Minions! We also had a Free Willy through the hoop game, a treasure hunt at our Pirates of the Caribbean area, and even a dinosaur excavation pit at our Jurassic Park! As well as all this we also had a special VIP red carpet area for everyone to have their pictures taken and even a prop and costume area for everyone to dress up as their favourite movie characters and stars!



Staff dressed up especially for the occasion and our residents had the chance to meet some cowboys, a rabbit, Spiderman, a gigantic teddy bear and even a Ghostbuster! We had a singer performing all of our favourite songs and Jo our cook even had her head shaved in order to raise money for cancer research!



Our chefs treated us to another amazing barbeque and they also baked a selection of delicious cakes for everyone. From our fundraising efforts we were able to raise £xxxx which will be put towards our residents' fund and Jo successfully raised over £200 for cancer research! We would once again like to thank you for all your continued help and support and we look forward to seeing you all again at our future events.

Lasagne Day

Yes you guessed it! We all had the chance to eat homemade lasagne that had been lovingly prepared by our chefs! Everyone commented on how delicious the food was, and some even treated themselves to second helpings!

International Beer Day

We once again enjoyed a variety of pub based games as well as a selection of alcoholic beverages! Due to the poor weather however, we had to cancel our trip to the local pub so have rescheduled this outing in our diaries!

Sandcastle Day

On this day we enjoyed a sandcastle building competition in the beach themed area of our multi-sensory garden, as well as producing some amazing work during our arts & crafts sessions! We also took some time to reminisce about holidays in our new seaside themed sensory corridor and enjoyed an ice-cream together in the afternoon!



Bowling Day



STRIKE!!!! We all had so much fun on Bowling Day, both at Bryn Derwen itself and at the Jade Jones Pavilion in Flint where we held two contests to crown our winning players as 'King or Queen of the Pins'! We would once again like to thank all of the staff at Flint Leisure Centre for making us feel so welcome and for helping us to have a great day out.



International Lefthanders Day

The glove was on the other hand as we held a variety of left handed competitions for this event! We all laughed as we tried in vain to write our name using our non-dominant hand and prizes were awarded to the winners of each event.

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

- Tuesday 16/08/16 @ 10.30-12.00
- Tuesday 30/08/16 @ 10.30-12.00
- Tuesday 13/09/16 @ 10.30-12.00
- Tuesday 27/09/16 @ 10.30-12.00
- Tuesday 11/10/16 @ 10.30-12.00
- Tuesday 25/10/16 @ 10.30-12.00
- Tuesday 08/11/16 @ 10.30-12.00
- Tuesday 22/11/16 @ 10.30-12.00
- Tuesday 06/12/16 @ 10.30-12.00

Parties

- **Macmillan Coffee Morning** 27/09/16- come and join us as we help raise money for cancer research with our coffee morning! An entertainer and games will be provided for this event as well as food and drink for a small donation
- **Halloween Party** 31/10/16- entertainment and party games will be provided for as usual at our Halloween party! All are welcome to come and join us and fancy dress is optional
- **Bonfire Night** 04/11/16- come and join us as share jacket potatoes and toffee apples during our fantastic fireworks display!

Community Based Activities

- **Singing For The Brain**- 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

Other Special Occasions

- **Relaxation Day** 15/08/16- 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** 18/08/16- we will be spending the day taking, editing and displaying our photography work around the home
- **Poets Day** 19/08/16- we will be reading a collection of poems together and producing some new ones in our creative writing session
- **Bow Tie Day** 29/08/16- we will be designing our very own bow ties and modelling them down our catwalk!
- **Slinky Day** 30/08/16- we will be racing Slinkys down the stairs, performing Slinky tricks, and having a competition to see who can untangle them the quickest!
- **Letter Writing Day** 01/09/16- we will be spending time writing heartfelt messages to our friends and family
- **Welsh Rarebit Day** 02/09/16- come and join us as we enjoy this traditional Welsh delicacy!
- **Read a Book Day** 06/09/16- we will be taking some time out to relax and read our favourite books together
- **Actors Day** 07/09/16- to be, or not to be, that is the question! And to answer this day, we will be dressing up, learning lines & taking centre stage in order to celebrate all things thespian!
- **Hug Your Boss Day** 08/09/16- yes it's that time of year again when staff show our Manager how special she is to us!
- **Teddy Bear Day** 09/09/16- everyone loves teddy bears, so what better reason to hold a special themed picnic for our furry friends!
- **Hug Your Hound Day** 11/09/16- our pampered pooch Henry will be only too happy to receive extra cuddles from everyone!
- **Chocolate Milkshake Day** 12/09/16- we will be following some simple recipes and using a variety of chocolates in order to make some fantastic milkshakes for us all to enjoy!
- **Roald Dahl Day** 13/09/16- as well as reading passages from Fantastic Mr Fox and The BFG, we will also be enjoying some chocolate treats during the showing of Charlie & the Chocolate Factory!
- **Make a Hat Day** 14/09/16- we will be making a selection of hats in our arts & crafts session and there will be prizes awarded for best in show and most creative!
- **Play Doh Day** 15/09/16- we will releasing our inner child as we get creative with this iconic modelling clay!
- **International Country Music Day** 16/09/16- yee haw partner! Come join us pilgrims as we spend the day listening to music, watching old westerns and shooting out targets on our ranch!
- **Cheeseburger Day** 19/09/16- our chefs will be rustling up some tasty burgers for us all to enjoy as we butter up the buns and slice the cheese
- **Punch Day** 20/09/16- we will be making a selection of punches for us all to drink

- **Miniature Golf Day** 21/09/16- come join us as we tackle our mini golf course!
- **International Rabbit Day** 23/09/16- a special friend will be hopping down to Bryn Derwen to meet everyone!
- **Cooking Day** 26/09/16- we will be getting busy in the kitchen making some delicious meals
- **Drink Beer Day** 28/09/16- yes please!!!!!! Come and join us as we enjoy a tippie or two together!
- **Comic Book Day** 30/09/16- we will be spending the day reading comics and watching The Avengers as we relax with Superman and Spiderman!
- **International Coffee Day** 03/10/16- come and join us as we partake in a special coffee morning together
- **World Farm Animals Day** 04/10/16- we will be visiting a local petting farm as part of this day
- **Taco Day** 05/10/16- we will be assisting our chefs to prepare these delicious delicacies for us all to sample
- **World Animal Day** 06/10/16- we will be taking part in a quiz to test our knowledge of the world's animals, as well as producing some arts & crafts in order to create a display
- **World Smile Day** 07/10/16- we will be sharing jokes, stories and music that makes us want to smile
- **Handbag Day** 10/10/16- we will be pimping up some old handbags and playing memory games together as we try to recall what items are placed inside them
- **Cake Decorating Day** 11/10/16- we will be spending the afternoon adding the finishing touches to our chefs' delicious sponge cakes
- **Old Farmers Day** 12/10/16- we will be visiting a local farmers market and reminiscing about life on the farm
- **World Maths Day** 14/10/16- come and join us as we try to solve some mathematical problems- calculators are optional!
- **World Food Day** 17/10/16- a selection of foods from around the world will be offered during our fantastic taster session!!!
- **Apple Day** 20/09/16- our chefs will be assisting us as we make some tasty apple based treats from our recipe books
- **Count your Buttons Day** 21/10/16- after counting and organising our button collection, we will then use them in our arts & crafts sessions to create some lovely homemade jewellery
- **World Pasta Day** 26/10/16- come and join us as we create some delicious pasta salads together!
- **Animation Day** 27/10/16- as well as working on some short animations together, we will also be enjoying popcorn as we watch the Disney classic Beauty & the Beast
- **Magic Day** 28/10/16- abracadabra! Come and join us as we perform magic tricks together, watch Tommy Cooper, and see the wine disappear before our very eyes! Just like that!
- **Cliché Day** 01/11/16- seize the day with us as we rattle off these annoying sayings and learn all about their origins

- **Housewife's Day** 02/11/16- 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.
- **Jellyfish Day** 03/11/16- we will be making some jellyfish themed edibles for us all to enjoy together as we watch a documentary on these fascinating creatures
- **Sandwich Day** 04/11/16- come and join us as we give Subway a run for its money with our delicious selection of homemade sandwiches!
- **Nacho's Day** 07/11/16- as well as enjoying these tasty snacks, we will also be making our own dips to accompany them!
- **Hug a Bear Day** 08/11/16- come and join us as we pamper our favourite cuddly toys
- **Origami Day** 09/11/16- it's that time of year again where we try our hand at the traditional art of origami
- **International Tongue Twister Day** 10/11/16- everyone is welcome to partake in these tricky sentences with us- hopefully we will beat our record from last year!
- **Remembrance Day** 11/11/16- we will be paying tribute to all those who lost their lives during the war
- **World Prematurity Day** 17/11/16- we will once again be raising money for Bliss, please see our 'Fundraising' section for further details
- **Mickey Mouse Day** 18/11/16- come and join us as we celebrate all things Disney on this exciting day!
- **International Men's Day** 21/11/16- we will be partaking in a variety of manly based activities throughout the day
- **Celebrate your Unique Talent Day** 23/11/16- whether its dancing, drawing, hula hooping or cooking, everyone is good at something! Why not come and show yours off too?
- **Cake Day** 25/11/16- that's right, you guessed it! We're going to have a cake making competition!
- **French Toast Day** 28/11/16- our chefs will treat us to this delicious breakfast meal

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 £42 from our Summer Party, as well as £31.40 from our car boot stall, £20 from our Euro 2016 football sweepstake and £57.91 from our cake stall at the St Asaph Summer Fair. As well as this we also recently won the Annual St Asaph Scarecrow Competition; please see the 'Congratulations' section for further details.



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 our application to cARTrefu for an artist in residency was indeed successful, and we were fortunate to have Ticky Lowe come and work with us.



Ticky is a visual artist who makes multi-sensory work and approaches to art that encourages engagement and participation. During her first session she introduced herself to everyone and after seeing how fond the residents are of our pampered pooch Henry, she decided that our project would focus on creating a Fantastical Bryn Derwen Pet!



During the next several sessions, Ticky consulted with the residents on what kind of animals they had kept in the past, what animals are like in their imaginations, and she brought in many textiles and interactive props for us to experiment with.



Her relaxed and unconventional approach to art resulted in our residents enjoying activities such as feather dancing, music dancing drawings, felt making and even several knitting sessions. The project was so popular that even our residents who usually dislike art, and indeed, several relatives themselves also took part and enjoyed themselves!



At the end of her residency, Ticky brought in our finished pet who has since become a huge hit in the home. We named him 'Shep' and he has already been on several sleepovers and adventures in our garden and even accompanied us on some of our day trips out! Shep has become so popular here that we have decided to make him some furry friends in our arts & crafts sessions in order to create a fantastical Bryn Derwen petting zoo!

We are also pleased to announce that our home has been offered the opportunity to partake in Age Connects' 'Voyager' project! This, along with their 'Speak Up' Project will be held in the next few months, and Age Connects will also be coming in to help us achieve Dementia Friends status. If any relatives are interested in becoming a Dementia Friend, then please could they speak to Helen Johnson (Activities Coordinator) for further details.

After becoming a member of Bangor University's Dementia Supportive Practice Community we have been busy working on some new dementia friendly signage as endorsed by DEEP in order to better aid our residents when using the bathrooms, as well as beginning to produce a visual menu catalogue so that residents can make informed choices as to what meals and drinks that they would like. We also made many new links to our home, and Helen Bradley

from Conway Council's Museum Service recently paid us a visit to see our fantastic dementia friendly garden as well as giving us access to the new memory boxes that her department is currently working on once they are completed.

We have also signed up to a new research project called 'Book of You' which is a dementia friendly app that residents can use and rate their enjoyment of. Despite only being a pilot app at the moment, it is hoped that this project will be rolled out universally, during which time, staff here at Bryn Derwen will assist all those who wish to take part in creating their own digital books. In the meantime however, the Manager is offering all of our residents the opportunity to have their own 20 page photobook printed free of charge and we have already spent time going through our vast photo albums in order to find our favourite pictures.

We have also been invited to design some table centre pieces for the British Society of Gerontology's 2017 Annual conference at Swansea University! Needless to say, we are all really looking forward to getting creative with this project in our arts & crafts sessions, and we have already come up with several designs already!

As mentioned in our last newsletter, the Activities Department has recently been researching into the benefits of the Montessori Methods in treating dementia, and has so far produced some products and activities around this approach. As well as enjoying using our new activity stations and organising our sorting boxes, cleaning our brass collection, and performing light household cleaning chores, residents have responded very positively to doll therapy and food preparation too. The Manager will be dedicating a section of the corridors to a job area where residents who wish to partake in these activities can choose a chore from our jobs board. Many research papers have recently been published highlighting the benefits of this approach in care homes as it empowers residents by making them feel useful and valued. Our Manager has also recently handed out to those who have taken part a 'wage packet'; each having their names on it and filled with a selection of sweets. This has proven extremely popular, with one resident stating that 'it made my day'.



Bryn Derwen is so passionate about person centred care that we are now offering evening activities as well which are being led by our Carers and which utilise their skills, hobbies and interests. Not only does this help to keep the Activities Programme fresh, but it also enables our Carers and residents to have even more quality time together. The Activities Coordinators from all of the sister homes all now attend monthly meetings and are currently

working on ways to continue to build links between the homes. One way that this will be achieved is by hosting some competitions, and we currently have a Guy Fawkes scarecrow competition planned for November, along with a valentine's cake baking competition for February. We will also be meeting up for a sing-along during our Christmas celebrations, and will be supporting each other at our Macmillan Coffee Mornings.

Since our last newsletter we have held two 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, many of you may have noticed that we have begun working towards concreting our front garden in order to make it more accessible for wheelchairs and to provide additional car park spaces. We apologise for any inconvenience that this work may cause and we are hoping to have it completed within the next couple of months.



The Dining Room has also recently undergone a new revamp and we couldn't have designed this without all of the ideas and suggestions that we received from our residents and their relatives. The new design is based on a retro themed bistro and includes a sink area and breakfast bar for our residents to help themselves too, along with new juice fountains and fresh fruit to promote hydration and healthy eating. We also plan on helping our residents to create their own individual person centred placemats in our arts & crafts sessions in order to aid conversation at mealtimes.



We continue to work on our interactive multi-sensory corridors in order to create a dementia friendly environment that is both stimulating and a source of reminiscence for our residents. We have nearly completed our Memory Lane and Seaside areas, and we will begin working on our Music, Nature and Film Corridors next. We would once again like to thank the residents and their relatives for their invaluable contributions to this project, as well as Trevor and Sparrow from Cai Dai 1950's Museum for kindly donating some vintage items to us.

Following on from some of the feedback from our recent residents meeting, we will soon begin working on transforming our small lounge into a library so that residents have a dedicated reading area to enjoy one of their favourite pastimes.

Congratulations



As mentioned earlier, we are pleased to inform you that we recently won the St Asaph Community Association's Annual Scarecrow Competition! The theme for this year was wizards & witches and after many weeks of hard work, our scenes from 'The Wizard of Oz' resulted in us being awarded overall winners and we were presented with a cheque from the Mayor of St Asaph for £100! As well as this, many of you may have noticed that we were featured in several local newspapers regarding this competition and our residents and staff were all very proud that Bryn Derwen did so well once again in this annual community event! The prize money has been added to our residents fund and will help to cover the costs of day trips out and new activity products.



A big congratulations again to our Cook Jo Cupid for taking part in this year's brave the shave for cancer research! Thanks to everyone's kind sponsorship, Jo successfully raised over £200 for this good cause in our Summer Garden Party- well done Jo!



Thank You

The owners and staff at Bryn Derwen and the sister homes would like to thank Alan and Ruth from Llanelwey Community Church for allowing us to use the premises during our recent 'Jewels of Dementia' training days.