



Bryn Derwen Newsletter

Tenth Edition 2016



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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 February 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. You will be pleased to hear that the video editing has now been completed for our Christmas reminiscence video and should any of you desire a copy then please don't hesitate to request one from me.

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

We also have some important announcements to make regarding our ongoing improvements to our home and we would love to hear any suggestions that you may have for us.

Thank you
Helen Johnson (Activities Organiser)

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. Dai Williams is our newest Care Assistant and Tina Edwards who is our new cleaner. Both have already made fantastic contributions to our home and have already 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 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 Bodafon Farm Park in Llandudno to see the collection of animals, as well as going to Rhyl and Colwyn Bay on some festive shopping trips.



We have also spent some time recently doing flower arranging in order to brighten up our home. We have really enjoyed choosing what flowers and vases to use, and were delighted to receive compliments from our visitors on our handiwork.



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 'Speak Up' Project, 'Singing for the Brain', and the 'Trefeirian Social Group'.

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 Organiser) 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 'Trefeirian 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 were also visited by little Seren in November, who kindly came to visit us to support our fundraising efforts on World Prematurity Day! As well as chatting and playing with us, she also very kindly volunteered to be the taste tester for our homemade cupcakes!

During the festive period we were visited by our friends Tom & Carol from the cathedral, as well as the pupils of St Asaph VP Primary School and Esgob Morgan; all of whom kindly came to sing Christmas carols for us.

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

Trip to Bodafon Farm Park

We were treated to a very special day trip out to Bodafon Farm Park in Llandudno towards the end of last year where our residents got to meet a variety of animals such as owls, goats, sheep, chickens, horses, ponies, deer and llamas!



As many of our residents themselves come from farming backgrounds, this working farm was a lovely place to visit as it brought back many happy memories for us all.



Jellyfish Day

On Jellyfish Day we spent the morning watching a documentary on these weird and wonderful creatures, which later inspired us in our arts & crafts session. A couple of us even recounted some occasions when we were unfortunate enough to be stung by them too!



Stress Awareness 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 too! We were left feeling so relaxed by the end of these activities that some of us even had a nap afterwards!

Guy Fawkes Party

We all had a roaring time this Bonfire Night and celebrated the occasion with a no expense spared fireworks display in our garden!



Earlier on in the day we spent time making our chocolate sparkler biscuits and we also produced some eye-catching artwork. As well as all this we also had a themed quiz and were treated to hot dogs, burgers and chips for our tea, followed by a real 'sparkler' of a cake!



Remembrance Day

On Remembrance Day we paid our respects to the service men and women from both world wars and later conflicts with a church service. We also produced some artwork to

commemorate this day, read poetry together, and reminisced how these events shaped our own lives through the Women's Land Army and rationing.



In Flanders' Fields

(By Major John McCrae, 1915)

In Flanders' fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky, fly
Scarce heard amid the guns below.

We are the dead. Short days ago
We lived, felt dawn, saw sunsets glow,
Loved, and were loved, and now we lie
In Flanders' fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch, be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders' fields.

International Tongue Twister Day

We spent the morning in fits of laughter as we attempted to recite a collection of tongue twisters together, the following selection being some of our favourites;

I scream, you scream, we all scream for ice-cream!

Red lorry, yellow lorry

Six slimy snails sailed silently

If two witches were watching two watches, which witch would watch which watch?

Peter Piper picked a peck of pickled peppers

How can a clam cram in a clean cream can?

Six sleek swans swarm swiftly southwards

Origami Day

We celebrated origami day by going to town in our arts and crafts session! Although we struggled to make an elephant, and threw lots of paper across the room in frustration again this year, overall we had fun and really enjoyed decorating the pieces we had managed to make.



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 raise money for the charity Bliss on World Prematurity Day by holding a 'Fairy Tale & Nursery Rhymes' themed party.



While our cooks were busy baking 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 playing our themed games such as Hit Humpty from the Wall, Catch the Star Quoits, Find Little Bo Peep's Sheep Scavenger Hunt, Twinkle Twinkle Lucky Stars Dip, Ugly Duckling Shootout, Blow the House Down Mini Golf, and The Cow Jumped over the Moon Balloon Exercises. We all had lots of fun taking part but we particularly enjoyed spending time with our new friend Seren who kindly came

to visit us. Seren herself was a premature baby; born at 25 weeks and weighing just 1 pound and 9 ounces, she spent the first 3 months of her life in various hospitals. Now aged 18 months, Seren is a happy and healthy little girl and she certainly brightened up our day!



During the afternoon we had a quiz and singing session with The Gingerbread Man, followed by our raffle draw. This along with our cake sale helped us to raise £75 for Bliss and we would like to thank everyone who took part in this event.

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!



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.



Make a Gift Day

In order to celebrate this event, many of us spent the day making a selection of homemade Christmas gifts for our loved ones to enjoy. We used our festive cookie cutters and salt dough mixture to make Christmas tree decorations, which we later painted and gift wrapped for our family and friends to put under their trees.



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 from our good friends from the Cathedral Tom and Carol 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 we enjoyed a festive themed sing-along at our Singing for the Brain sessions in Denbigh. As well as all this, we had our much anticipated visits from both St Asaph V.P. and Ysgol Esgob Morgan 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, festive character board photo-shoot and reminiscence session.



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.



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



As usual, we had a fantastic Christmas party with festive activities ranging from quizzes, pin the nose on Rudolph, 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 shortly thereafter during which all of our residents were treated to a performance from Gavin Strong and a festive tea party where we indulged in a variety of sweets, chocolates, cakes, sherry and wine! We then finished the day by announcing the winning numbers to our raffle draw, from which we managed to raise £98 for our residents' fund. We would once again like to thank the following businesses for kindly donating the raffle prizes;

Jan's

Daniel Jones Butchers

St Asaph Hand Car Wash & Valeting Centre

Bill & Bens DIY

The Welsh Maid

Jacobs Ladder

NWW Studios

City Glam

Woodwards

The Chippery

City Newsagents

Scissor Trix

Bank House Gallery

City Glam Hair Studio

The Barbers Shop

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 a luxury Christmas dinner which many of us had been looking forward to for weeks!

New Year's Party

We certainly celebrated the New Year in style! As well as a visiting entertainer, a selection of themed games, quizzes and bingo, we were also treated to a selection of party food and drinks as we rang in the New Year together in our colourful party hats, whistles and party poppers!





Trivia Day

We spent the morning discovering random facts together, the following selection being some of our favourites;

The average woman uses her height in lipstick every 5 years.

Billy goats urinate on their own heads to smell more attractive to females.

Golf courses cover 4% of North America.

The average person will accidentally eat just under a pound of insects every year.

Our eyes are always the same size from birth, but our nose and ears never stop growing.

There is a hotel in Sweden built entirely out of ice; it is rebuilt every year.

Like fingerprints, everyones tounge print is different!

There are no clocks in Las Vegas gambling casinos.

Camels have three eyelids.

Your heart beats 100,000 times a day!

All the swans in England are the property of the Queen.

Winston Churchill was born in a ladies room during a dance.

A normal raindrop falls at about 7 miles per hour.

A snail can sleep for more than three years at a time.

If you put a can of Diet Coke in water, it floats. Regular Coca-Cola sinks.

Every time you lick a stamp, you're consuming 1/10 of a calorie.

Show & Tell at Work Day

For Show & Tell at Work Day many of us shared our interests, hobbies, and experiences with one another by giving talks on topics ranging from golf, dancing, Elvis, farming, and

autograph collecting. It certainly was a fun and informative day and we are hoping to do it again next year.



Dress Up Your Pet Day

We all had lots of fun dressing up our pampered pooch Henry for this event, and we were left in fits of laughter as he strolled around the home modelling a selection of adorable costumes!



He was as good as gold trying on the various wigs, hats and outfits and many of us actually thought that there was a giant white rabbit running around at one point!



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 our own during our arts & crafts session!



Everyone got involved, even Tom & Cath's black Labrador Sam! We also had a quiz to see if we knew our Beret's from our Sombrero's, as well as a stacking competition to see how many hats we could get on our heads at one time!



Winnie the Pooh Day

To commemorate A.A. Milnes birthday we spent the morning reminiscing over these stories from our childhoods, produced some arts & crafts, and we also went and played Pooh Sticks together at the bridge in St Asaph.



Later on in the day we had a quiz and a baking session where we made teddy bear shaped cakes for us all to enjoy.



Hugging Day

For this event we really showed our caring side by having an almighty hugathon as well as spending the day paying each other compliments!

Puzzle Day

For Puzzle Day we spent the morning playing quizzes to test our general knowledge, completed some crosswords together, and attempted to solve some Rubiks cubes (alas to no avail!). After this we spent time putting together some jigsaws, and then we played the interactive version of Catchphrase



Inspire Your Heart with Art Day

For this event we spent the morning showcasing our artistic side by producing some adult colouring therapy sheets which we later exhibited around the home. Due to the poor weather, we were unable to visit the art exhibitions at Venue Cymru as we had planned but we will hopefully still be able to see these shows once the weather improves.



Fruity Friday

For Fruity Friday we bought a selection of exotic fruits which we passed around to one another to guess what they might be and where they might originate from. We had kiwis, Sharon Fruits, blueberries, bananas, avocado's, lime, grapefruit, and a cantelope melon. Some of us correctly guessed the names of the fruits due to our experiences of living abroad, and going on exotic holidays. We all enjoyed tasting these different fruits, except the advacado from Peru. One resident disliked it so much that they said that we should send it back there!



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 16/02/16 @ 10.30-12.00
- Tuesday 01/03/16 @ 10.30-12.00
- Tuesday 08/03/16 @ 10.30-12.00
- Tuesday 22/03/16 @ 10.30-12.00
- Tuesday 05/04/16 @ 10.30-12.00
- Tuesday 19/04/16 @ 10.30-12.00
- Tuesday 03/05/16 @ 10.30-12.00
- Tuesday 17/05/16 @ 10.30-12.00
- Tuesday 31/05/16 @ 10.30-12.00

Parties

- **Chinese New Year** 08/02/16- we will be enjoying a selection of Chinese foods, listening to oriental music and doing calligraphy together.
- **Valentine's Day** 12/02/16- there will be a romantic themed tea party, Valentines bingo, arts & crafts as well as the chance to make some love heart biscuits
- **Bryn Derwen Awards Ceremony** 22/02/16, 14.00- we will be hosting our own awards ceremony again this Oscar season with many wonderful categories for our residents to compete for the highly coveted Bryn Derwen certificates. Feel free to join us on the red carpet as we enjoy some wine and crackers.
- **St David's Day** 01/03/16- we will be celebrating this day with a variety of fun themed games, daffodil flower arranging and some lovely Bara Brith!
- **Mother's Day** 04/03/16- we will be enjoying a special tea party to mark this important occasion
- **St Patricks Day** 17/03/16- entertainment and party games will be provided for, and there will be Guinness and Irish coffees too!
- **Easter** 21/03/16- come join us as we celebrate with our Easter themed games and annual egg and spoon race! Once again Rabbit and Chicken will be joining us for the Easter egg hunt and birdie dance
- **St Georges Day** 22/04/16- there will be entertainment, party games and an English tea party
- **Bryn Derwen Tea Dance**- held on the last Tuesday of every month

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

- **Doodle Day** 05/02/16- For Doodle Day we will be producing a variety of quick drawings to be exhibited around the home.
- **Pancake Day** 09/02/16- we will be having our annual pancake race again, followed by pancakes together with a selection of toppings
- **Opera Day** 10/02/16 -we will spend the day learning all about opera whilst attempting to sing some classic opera songs. In the afternoon we will offered the chance to watch 'The Magic Flute'.
- **Kite Flying Day** 11/02/16- come join us as we spend the morning flying our kites in a local park
- **Bird Feeding Month** 16/02/16- We will be learning all about the variety of birds that visit our garden whilst listening to relaxing bird songs. We will also be making some fat balls for our feathery friends to enjoy over the cold months.
- **Floral Design Day** 23/02/16- come join us as we begin arranging flowers picked fresh from the garden around our home.
- **World Yoga Day** 25/02/16- come join us as we take part in the gentle art of yoga

- **Walking the Dog Day** 26/02/16- once again we will be making a huge fuss of our pampered pooch Henry as we accompany him on a relaxing stroll through the park.
- **National Anthem Day** 29/02/16- come join us as we have a good old patriotic sing-along, followed by a quiz
- **World Book Day** 03/03/16- we will be enjoying a selection of short stories and discussing which books have inspired and moved us through the years.
- **Fun Facts about Names Day** 07/03/16- we will be learning about the historical meanings and influences behind our names, as well as discussing how name trends have changed over the years
- **Women's Day** 08/03/16 we will be learning all about feminism and how this has affected our own individual lives. We will also be partaking in traditional female crafts.
- **Plant a Flower Day** 11/03/16- come and join us as we start planting flowers in our multi-sensory garden
- **Poultry Day** 14/03/16- we will be learning all about our feathery friends from our resident farmers, dancing to the Birdie Song, and making some eggcellent art pieces!
- **World Storytelling Day** 15/03/16 -to celebrate this event we will be working together to create our own unique story for everyone to enjoy
- **As Young as You Feel Day** 22/03/16- age is only a number! Come and lose your inhibitions with us as we try out some hip hop dance routines and learn to take selfies!
- **Waffle Day** 24/03/16 -yes you guessed it! A selection of waffles with different toppings will be available for everyone to enjoy!
- **Take a Walk in the Park Day** 29/03/16- gentle strolls will be on offer throughout the day
- **Golf Day** 08/04/16 - come and join us as we tackle our mini golf course as well as teeing off at our local park
- **Pet Day** 11/04/16- 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
- **Record Store Day** 12/04/16- come and reminisce about the music from our youth as we flick through LP's at Rhyl Comic & Disco Shop.
- **Auctioneers Day** 15/04/16 – we will be auctioning off a variety of goods and services in the morning to mark this occasion- feel free to pop in and grab yourself a bargain!
- **Banana Day** 19/04/16-come and join us as we go bananas by producing some weird and wonderful banana concoctions such as chocolate banana pops, fruit characters, and banana ice cream!
- **International Dance Day** 26/04/16 -come and bust a move with us as we learn and perform new routines together
- **International Jazz Day** 29/04/16 -we will be having a jazz-tastic time swinging away to the rhythm and blues
- **Lei Day** 02/05/16-we will be celebrating this event by making our very own Lei's in our arts & crafts session, as well as wearing them during our dancing session.
- **Garden Meditation Day** 03/05/16-come join us as we find inner peace and harmony in our beautiful garden
- **Star Wars Day** 05/05/16 -feel free to come along to our marathon film event and space themed tea party

- **Barbeque Month** 09/05/16-come and join us as we treat ourselves to a barbeque! Fingers crossed that it doesn't rain!
- **Train Day** 10/05/16- for this event we will be visiting Conway Valley Railway Shop & Museum
- **World Baking Day** 17/05/16- it's time to dig out our rolling pins and get busy in the kitchen!
- **Museum Day** 19/05/16 -all are welcome to join us as we visit a local museum
- **Maritime Day** 23/05/16 -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
- **Biscuit Day** 24/05/16- we will be making a selection of tasty biscuits to enjoy at our Tea Dance event.
- **Senior Health & Fitness Day** 26/05/16 -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

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.

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, then please could you consider donating them towards our cause?

As well as our usual fundraising events, we also supported World Prematurity Day in November with a 'Fairy Tale & Nursery Rhyme' themed tea party in order to raise money and awareness of this condition. Thanks to all your kind donations we were able to raise £75 from our cake sale and raffle for the charity Bliss.



We also successfully raised £98 over the festive period from our raffle draw and Name the Reindeer Competition to put towards our residents fund, and we would like to thank our friends in the community for donating such wonderful prizes to our cause.

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, donate unwanted items, 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

Future Plans and events

We continue to work on several projects aimed at improving our home, and as well as these we will shortly be working alongside Age Connects with their community garden project. This project offers our residents the chance to work alongside others from the local community, meet new friends, and also helps our residents to develop their gardening skills. If anyone is interested in becoming involved in this project (which will be based near The Tweedmill Centre) then could they please contact Helen Johnson (Activities Organiser) for further details.



We have however begun to run some indoor gardening sessions in the meantime, and our green fingered residents have been busy planting some seeds which will be later replanted in our garden. Please feel free to bring in some clippings from home if you wish!



As well as this, we have also started to host our own Tea Dance here at Bryn Derwen! Our residents really enjoyed eating the cakes that they had made in our cake decorating session, and we then danced the afternoon away to songs from the 50's, 60's and 70's! This activity was so popular that we plan on hosting them on the last Tuesday of every month from now on. Everyone is welcome to attend!

Renovations

As part of the ongoing improvements to our home, many of you may have noticed that we have begun to give the bedrooms a fresh lick of paint.

We are also pleased to announce that we will be making several improvements to our main corridor, dining room and small lounge. We're planning on creating stimulating, multi-sensory street scenes complete with shop fronts, bus stops, post boxes and street lamps. As you can imagine, we are all very excited to start this project and should any of you have any ideas in regards to this, then please feel free to hand in your suggestions to either Mari Marriott or Peter Vaughan.

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 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.

We would also like to thank Betty's family for the staff's night out at Chilli Pink.



Congratulations

We would like to congratulate Rebecca Marriott, Helen Johnson and Sarah McNamara for passing their Red Crier Activity Planning exam, as well as Nia Pierce and Elenor Watkins for passing their Red Crier exams in Coping with Agression in the Workplace, Basic Emergency Aid and Caring for People with Dementia. Well done to you all!

Condolences

The staff and residents of Bryn Derwen would like to express their deepest sympathies to the families of Mrs Clara Pugh, Mrs Elizabeth Lewis, Mr John Williams and Mr Tom Coley who sadly passed away.

