



Bryn Derwen Newsletter

Sixteenth Edition 2017



Contact Details

Bryn Derwen EMI Residential Home

Bryn Gobaith

St Asaph

Clwyd

LL17 ODN

01745 582570

Email: brynderwenhome@btinternet.com

Web: brynderwenhome.co.uk

About Us

Bryn Derwen is a small EMI residential home in the historic city of St Asaph who specialise in caring for the elderly who have dementia. We are located in a quiet residential part of the city but are very close to all of the shops, post office and cathedral, and as such are very much part of the local community. We are registered with the Care Standards Inspectorate for Wales and we provide 24 hour care for 19 male and female long term care clients, as well as also providing care for our respite and day care service users. All of our bedrooms are spacious and have en-suite facilities.

The resident's in Bryn Derwen receive professional care delivered with respect in a friendly, homely and compassionate environment, where quality of life is imperative. Our dementia care is provided by well trained and dedicated teams in an environment personally adapted to each resident's needs, all of whom receive a care plan which reflects their individual needs, interests, and physical and emotional abilities.

Editors Message

Hello everyone and welcome to the 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 been very busy over the last few months with all of our themed parties, activities, and exciting day trips out and we would like to thank everyone who took part in our special celebrations and in helping to create some really happy memories!

As many of you have already noticed, we have recently completed work on another multi-sensory themed corridor and are in the process of beginning another.

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.

Spending time with loved ones

At Bryn Derwen we warmly welcome relatives to come and spend time with their loved ones, but we also understand how this can sometimes be difficult due to work commitments, travel issues, illness etc. This is why we also encourage both our residents and their relatives to keep in contact via phone calls and also through Skype. If anyone would like more information on the Skype service, please contact Nia Pierce.

Activities



We have a wide variety of activities here at Bryn Derwen as we believe that they are essential to a person's wellbeing as they give purpose and enjoyment to their day and so help to improve their quality of life.



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



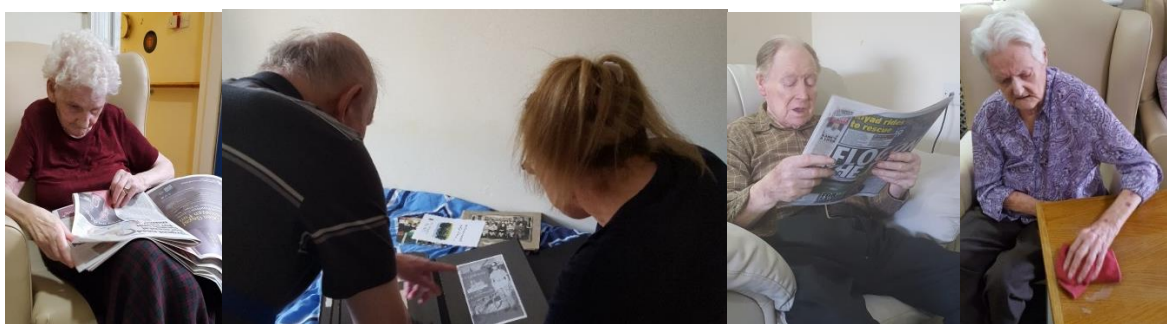
As well as all this, Bryn Derwen also provides entertainers on a fortnightly basis and our residents thoroughly enjoy the performances from Tony Hudson, Gavin Strong, Christopher Dean, and John Broadhead.



We are also able to offer our residents the opportunity for day trips out to see the countryside and local attractions and so are regularly able to visit places like Llandudno, Rhyl, Conway, and Rhos on Sea.



We spend a lot of time visiting and working alongside our friends in the local community. As well as enjoying coffee mornings at St Asaph Cathedral, Llanelwy Community Church and Jacobs Ladder, we also partake in many other social gatherings such as 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 attended St Asaphs' International Music Festival which is always very popular within the community and we would like to thank the organisers for inviting us along again this year.

We continue to work in conjunction with our sister homes and recently took part in a Poetry Competition; please refer to the 'Recent Developments' section for further details on this.

Our friends from Esgob Morgan Primary School very kindly come to visit us every week as part of our Intergenerational work. We have lots of fun together and these sessions are extremely popular with our residents.



We have also been enjoying spending more time with our friends at Connexions in Trefnant Village Hall whom we visit on a monthly basis. Our friends also plan on visiting us over the festive season to join in with our organised activities and we are really looking forward to spending more time with them!

As well as this we also enjoyed several interactive musical performances from a variety of entertainers thanks to our friends at Music in Hospitals! We all had lots of fun singing and dancing together and can't wait for their next performance over Christmas!

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.

Halloween Party

We all had a scream celebrating Halloween this year due to our usual line up of spooky games and hair raising arts and crafts sessions!



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!

Our favourite part of Halloween is carving the pumpkins and getting all of the treats ready for the children! This year was no exception and we produced three fantastic lanterns and used the leftovers to make a soup!



We also had some spooky stories read to us from our Stephen King collection and a selection of cakes and sweets to enjoy as we watched some scary films together!

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



We also used a special Halloween app that we downloaded to transform ourselves into an array of fangtastic characters!





On top of all this, it was Nia's birthday!!! So we all spent time putting together a surprise birthday party for her which she had been hinting for all week lol!



Bonfire Night

We all had a roaring time this Bonfire Night and celebrated the occasion with a virtual reality firework display! As well as all this we were treated to hot dogs, burgers and chips- yum yum!

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!

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!

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 meet our new cuddly friends who will be living in our Farm themed sensory corridor! Several of our residents even helped to design the layout of the interactive 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 our story that we created during our costume box session!



Teddy Bear Day

We all really enjoyed celebrating Teddy Bear Day, as we had been looking forward to reminisce over our favourite cuddly toys! As usual, we produced some eye catching pictures

in our arts & crafts sessions, 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 spent time enjoying his newly bought toys!



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 plastecine, 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 'Rio Bravo' and 'The Man who shot Liberty Valance'

Piano Month

Once again, The International Music Festival returned to St Asaph Cathedral this year and we were treated to a fully immersive sessions from a group of talented performers. The residents really enjoyed the wide variety of music performed as well as learning about the musical instruments used. We all had a wonderful time and are hoping that another concert will be held again next year.



We would also like to thank everyone at St Marys Parish Church for kindly coming to play the piano at our home, as well as to the children of Esgob Morgan who came to sing with us.

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

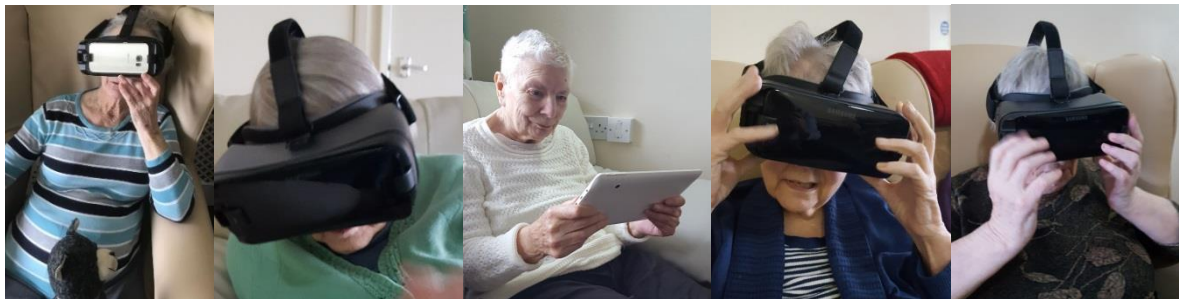
Our special friend 'Hoppy' hopped out of his burrow to spend time with everyone on International Rabbit Day!



We all had lots of fun playing together, reminiscing and making a fuss of him as he is one of our favourite characters from our nature themed corridor! As well as this we also created some beautiful artwork with our friends from Esgob Morgan during our intergenerational sessions!

Computer Learning Month

We all learned some new skills as we overcame our fear of technology during Computer Learning Month as we took part in a youtube, facebook, and skype tutorial. We also had lots of fun doing some internet shopping and going on various tours and games using our new VR headset!



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 showcasing our best cheesy grins!



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!

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!

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;

Every cloud has a silver lining

A diamond in the rough

All that glitters is not gold

When pigs fly

Like a kid in a candy store

All dressed up and nowhere to go

An idle mind is the devils playground

Having a chip on your shoulder

Absence makes the heart grow fonder

The apple doesn't fall far from the tree

Sandwich Day

On Sandwich Day we spent the whole afternoon preparing a selection of delicious butties for us all to enjoy for our supper, as well as discussing what our favourite breads and fillings are!



Housewife's Day 06/11/17-



A woman's work is never done so we armed ourselves with dusters, brushes and brooms as we swept up our home before sorting the laundry and polishing shoes! Even our gents got involved!



Nacho's Day

Everyone got to sample our tasty Nacho's and Salsa dip and although they weren't to everyone's taste, the majority of us really enjoyed eating these tasty snacks and some even had second and third helpings!

Hug a Bear Day

Our very special friend 'Teddy Ruxpin' came to visit us on Hug a Bear Day and everyone was provided with some lovely cuddly hugs whilst he read a story to us!



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!

Origami Day

We celebrated origami day by going to town in our arts and crafts session!

International Men's Day

Although we avoid gender stereotyping as much as possible here at Bryn Derwen, we spent the day participating in activities that are traditionally aimed at men. As well as doing some DIY and watching sporting events, we also had lots of fun in our reminiscing session and Spot the Ball competition.

Celebrate your Unique Talent Day

Everyone has a unique talent, so on this special day we spent the afternoon sharing our particular gifts with each other and with our friends at Esgob Morgan. As well as some wonderful song and dance performances, we were also treated to an improvised comedy act!

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.



French Toast Day

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



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

Parties

- **Christmas Party 14/12/17-** 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

- **New Year's Eve** 31/12/17- All are welcome to come and join us with our New Years 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

- **Christmas Winter Wonderland** 1/12/17- come and join us as we start transforming our home into a Christmas Winter Wonderland with our beautiful decorations and seasonal themed arts & crafts
- **Make a Gift Day** 4/12/17- come and join us as we begin creating our Christmas gifts and cards for our friends and families with the help of our visiting artist
- **Christmas Shopping Trip** 5/12/17- come and join us as we visit the local shops to buy some Christmas presents!
- **Christmas Virtual Reality Tours** 8/12/17- come and join us as we visit Santa at the North Pole using our Samsung Gear VR headset!
- **Christmas Bingo & Themed Quiz** 11/12/17- 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 Carols with St Asaph Cathedral** 12/12/17- our friends from the Cathedral will be visiting us to perform carols for our residents- please feel free to attend
- **Sleeping Beauty at Rhyl Pavillion and Community Christmas Celebrations** 13/12/17- several of us will be enjoying a pantomime in the afternoon, and thanks to the kind efforts of St Asaph Community Association, the rest of us will be joining elderly members of the local community to celebrate the festive period with a traditional meal and activities at the Llanelwy Community Church
- **Christmas Party** 14/12/17- this year we will once again be providing entertainment, food and drinks, party games and a visit from Santa at our annual Christmas party. We will also be selling raffle tickets for the fantastic prizes that we have on offer, the winners of which will be drawn at our Sherry & Mince Pie Evening. All are welcome to attend, please feel free to bring a friend!
- **Christmas Reminiscence Morning and Sleeping Beauty at Rhyl Pavillion** 15/12/17- we will be spending the morning sharing all of our favourite Christmas memories together, and then enjoying a pantomime in the afternoon

- **Christmas Concert with Music in Hospitals and Sleeping Beauty at Rhyl Pavillion** 18/12/17- come and join us as we spend the morning singing & dancing at our festive themed concert, and then later that afternoon attend a pantomime.
- **Ugly Christmas Sweater Day** 19/12/17- feel free to join us as we proudly wear our Christmas sweaters and enjoy some festive treats together!
- **Sherry & Mince Pie Morning with St Asaph VP Primary School** 21/12/17- 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. We will be announcing the winners to our Christmas raffle draw at the end of the children's performance
- **Christmas Stories Afternoon** 22/12/17- we will be spending the afternoon reading traditional Christmas stories together
- **Christmas Films Afternoon** 23/12/17- join us as we spend the day watching festive films together over some mulled wine and mince pies
- **Christmas Eve** 24/12/17- feel free to come and join in with our Christmas fun and a glass of sherry from 11am onwards
- **Llanelwy Community Church Christmas Service** 25/12/17- our friends from the church will be visiting us on Christmas morning to provide readings, prayers and carols to us
- **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!

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?

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 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 have built links with and we will keep you updated.

We continue to work alongside our friends 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.

The Activities Coordinators from all of the sister homes regularly attend monthly meetings and continue to work on ways to build links between the homes. We recently took part in our inter homes poetry competition and although we didn't win we all had lots of fun in our creative writing sessions. We have also been set up Skype accounts between our homes so that all of our residents can have a catch up with their friends!

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

Renovations

As part of the ongoing improvements to our home, we are pleased to inform you that we have completed work on two more sensory corridors and will continue with this project over the coming months.

Condolences

The staff and residents of Bryn Derwen would like to express their deepest sympathies to the family of Mrs Ceinwen Owen who sadly passed away