

Glyn Nest

BAPTIST HOME

Newsletter
April, May, June,
July 2016

CARING IN OUR COMMUNITY

Celebrating our Sensory Garden opening

Where have the months gone? 2016 seems to be flying by, and it is good that the Glyn Nest Newsletter captures activities and events for residents, families and friends to remember.

After the delighted responses to me bringing in 'Gordon', my 'Molly Lamb' into Glyn Nest, a trip was arranged for residents to visit a farm to meet some animals.

Last year we celebrated our 45th birthday, and this year we joined the rest of the Nation celebrating the Queen's 90th Birthday. I organised our own street party, with buffet, bunting and celebration cake.

And, of course, Glyn Nest has its own occasion to mark this year – the opening of our new Sensory Garden. A space for our all residents to enjoy being outside in safe and beautiful surroundings.

I hope you enjoy reading our newsletter.

Jayne Evans – Manager

IN THIS ISSUE

Resident's Activities

Other News

Day Trip to the Shire Horse Centre

Glyn Nest's New Sensory Garden

And Finally

Summer Greetings from the Baptist Union of Wales

It's at this time of the year that gardens really do come into their own: if you're lucky you'll have a good crop of all types of fruit and vegetables, and fragrant summer blooms. They really are a reflection of God's wonderful and varied creation.

At Glyn Nest, there is great interest in the development of the *Sensory Garden* which will enhance the facilities and offer great enjoyment to all who reside, work and visit there year round. So much detailed planning and hard work has gone into this initiative and it is with great anticipation that we look forward to the official opening!

God used gardens in the Bible as settings to convey many truths. In the Garden of Eden we read about how Adam and Eve put a great distance between mankind and God; in the Garden of Gethsemane we read how Jesus prepared to bridge that distance and in the Garden of the Resurrection, where Mary mistakenly took Jesus to be the gardener, we read how Jesus had defeated death and brought to each and every one of us new life! In many ways Jesus is of course the gardener of our lives as he helps us to grow in love and grace and enables us to weed out those unwanted traits which can so blight our lives. May we all grow as the beautiful flowers in our gardens!

Plant your spiritual garden

Plant three rows of peas:
Peace of mind
Peace of heart
Peace of soul

Plant four rows of squash:
Squash gossip
Squash indifference
Squash grumbling
Squash selfishness

Plant four rows of lettuce:
Lettuce be faithful
Lettuce be kind
Lettuce be obedient
Lettuce really love one another

No garden should be without turnips:
Turnip for meetings
Turnip for service
Turnip to help one another

Water freely with patience and cultivate love

There is much fruit for your garden
Because you reap what you sow.

To conclude our garden

We must have thyme:
Thyme for God
Thyme for study
Thyme for prayer
Thyme for each other
Thyme for friends

Reverend Judith Morris

Resident's Activities

Aberaeron Fish & Chips lunch



This summer, all our residents had an opportunity to enjoy a trip out of the Home for lunch.

These outings and lunches were funded by the monies raised from the resident's hand-made Christmas crafts stall, which was so generously supported by families and friends.



Whilst some went to Carmarthen for lunch and a shopping day, others enjoyed a leisurely costal drive to Aberaeron for a delicious fish & chips meal at the Celtic restaurant beside the harbour.

Farm Visit

For many of our residents, farming and animals have played a major part in their lives.

A chance to visit a farm is always popular, because it reawakens past memories, and stimulates the senses.

Once again, Brenda and Derrick generously hosted the group visit at their farm to see the spring lambs and ponies.



Music and Choirs

Music continues to be an important part in the lives of our residents, and the monthly activity schedule is designed to offer a wide range of different types of musical experiences and entertainment.

Over the past few months the varied programme has included Huw Chidgey & Mel Crew, Hugh Dent, Fleur Snow, Iestyn Evans and The All Sorts Singers - bringing songs from across the British Isles.



The residents also enjoyed two magnificent afternoons from visiting choirs. Mary Evans, (Annie's daughter), brought us Côr y Ffynnon, a community choir from Llanddew, Brecon, and Ann Lewis, (Margaret C's niece) came with the Carmarthen based Côr Crescendo.

Queen's 90th Birthday Celebration Party

Along with the rest of the Nation, Glyn Nest residents held a party to celebrate the 90th birthday of Queen Elizabeth.

Night staff decorated the dining room in red, white & blue bunting and flags to mark the occasion, which added to the party atmosphere.

At lunch time, all the duty staff and residents sat down together to enjoy a sumptuous buffet prepared by the catering team.



Our talented staff member, Kelly, made and decorated a stunning center piece cake in the form of the 'Union Jack'.

The honour of cutting the first slice was given to Charlie, in recognition of all of his hard work looking after the Glyn Nest flowers and outside garden pots.



Coastal Tour & Ice Cream at Llangrannog



On a bright April afternoon, after a drive along the coast and through beautiful lush spring countryside, we arrived at a very warm and sunny Llangrannog beach.

Our residents were made really welcome by the staff at Caffi Patio, and with a table overlooking the sea, they tucked into delicious homemade ice cream and cake.



Flambards Hotel and Tea Rooms



High tea was on the menu when some of our residents visited the newly opened, family run Flambards Hotel & Tea Rooms at Llechryd.

Cake Decorating with Marie - (care staff)



Marie's afternoon of creative cake decoration is a very popular activity, which most of the residents are able to join in with.

There are always plenty of staff to give an additional hand and support to those who need a bit of extra help as residents ice and decorate individual fairy cakes.



And of course, the best part of Marie's afternoon is a cup of tea and the chance to eat the decorated cake!!

Annual Open Day - Resident's hand-made crafts stall

Glyn Nest residents have been busy over the past months making hand-made crafts for their fund-raising stall at the annual open day.



Other News

Congratulations Sarah and Tom on your wedding



Senior Day Carer Sarah celebrated her wedding to Tom in July. Her sister flew all the way from Australia to join her for the occasion. Residents, staff and management wish you both all the best in your new life together.



April

2nd – John J

May

1st – Daisy

July

12th – Freda

14th – Lloyd

30th – Jean

Day Trip to the Shire Horse Centre



In June, the residents and their families spent a very enjoyable day all together visiting the Shire Horse Centre at Eglwysrw.

Although the weather was overcast and beginning to rain, we arrived to be greeted by the resident's waiting families, which brought a lot of smiles and sunshine to everyone.



Mark and his family from the Shire Horse Centre made us all most welcome, and as we were the only visitors, the whole day was tailored to the needs of our Glyn Nest residents and families.



Our first stop was to see Willa Rose, a three year old Shire horse. Mark gave an interesting talk about the history of the farm and the role of working horses, whilst Willa Rose was being groomed and magnificently dressed in her plumes, harness, collar and polished brass.



She then came out to meet all of the residents, and seemed to enjoy the attention of residents and having her photograph taken.

We all sat down to enjoy a lunch together before heading off to meet the birds of prey.



Fortunately with a break in the weather, we were able to go outside, and the farm's owl flew from one resident to the next, causing great hilarity and excitement.



Our final visit was to see the small mammals at the farm; rabbits, guinea pigs and ferrets, which everyone got to hold – if they wanted to!!



A huge thank you to the staff and families who made this trip so special for our residents – some lovely memories were had by all to remember for ever.

Glyn Nest's New Sensory Garden



Over the past few months the residents have watched with interest as Glyn Nest's new Sensory Garden area has been taking shape.

From what had previously been an under-utilised area that was difficult to access, Glyn Nest now has a beautiful, colourful space that provides both a safe, enclosed garden, and an open seating area for residents to enjoy.



There is a large part of the garden that is readily accessible to residents from both lounges. This area gives them freedom and choices of where to sit and ponder the day with plentiful rustic seating areas with connecting colourful flower planters.

The garden planting has been designed for seasonal interest and variety throughout the year with plants selected for fragrance, texture, and colour, in a sequence of colour from spring to summer, summer to autumn, autumn to winter, and back to spring.



Everyone is so delighted with the garden transformation which has rejuvenated the outside space of our Home, and will benefit so many of our current and future residents.

Irfon Roberts, Chair of the Management Committee said, "Research has proven that Sensory Gardens provide deep memory prompts and can enhance feelings of serenity and well-being. Having this new area to explore and enjoy will offer our residents a greater sense of independence and pleasure. Having the opportunity to hear and experience the sounds, smells and seasonal fluctuations has been our primary aim in this transformation".



The first stage of the development was the hard landscaping. Previously a hard stone foundation has now been transformed to

create a rubberised, safe, and colourful surface. Surrounding the garden are attractive locally-made railings where the residents will be able to plant flowers in the hanging containers.

And Finally

Rev Irfon Roberts

Chair of the Glyn Nest Management Board

Congratulations to Mr Fred Bowes of 'Mows 'N Grows' and his team of workers on the completion of the sensory garden at Glyn Nest. It is an excellent addition to the home from which residents will derive much pleasure for years to come. A special thank you also to Mr Barry Williams (architect) for the design and for his sound advice throughout the process of development.

The garden however has not been the only project in progress. It was decided to provide improvements to the heating of the home. New boilers have been installed that will provide more efficient heating. Gratitude is due to Mr Martin O'Connor for his clear presentations of the different systems available and ensuring the completion of the work with as little disturbance to the running of the home as possible.

Preparations are already in hand for the coming Annual Open Day (31 August). It is with much pleasure and pride that I thank churches and individuals for their constant support without which we would find it difficult to continue. The Open Day will, as always, be a team effort since members of staff and residents alike together prepare for the event. We look forward to welcoming friends and families to what is always a special occasion – whatever the weather!

We hold in our thoughts and prayers Mrs Nest James, Llandysul, member of the House Committee, who recently suffered the tragic loss of her daughter, Sioned, a renowned musician and choir conductor, at a young age.

Also, the Reverend Gareth Morris (treasurer). We wish him a speedy recovery from his recent operation and treatment. It was with great sadness that we heard of the closure of Bryn Llifon, our sister home in Bangor, North Wales. It was undoubtedly an excellent home, highly respected throughout for its high standard of care. We would like to thank all those involved in the disposing of Bryn Llifon's assets for bearing us in mind during the closure. It was a clear sign of the good relationship between us. As a small indication of our appreciation of their sterling efforts throughout the fifteen years of Bryn Llifon's existence we have decided to name the the sensory garden, 'Gardd Bryn Llifon'. It so happens that this year is our 46th anniversary. Let us redouble our efforts so that Glyn Nest, in four years' time, will be in a position to celebrate its 50th.

Rev Irfon Roberts

Respite Care

We Understand.....



Glyn Nest offers many different ways for carers to get a break from caring.

Whether it's a day, a week, or a short period Glyn Nest can provide a safe environment with 24 hour support for your family member.

Respite care gives you peace of mind that we will take care your loved ones needs, whilst you've got time off to re-charge.

Glyn Nest has a dedicated short-term respite room with en-suite facilities, and can also accommodate longer stays if required.

In the first instance, please contact: Jayne Evans for a private consultation regarding availability and requirements.

To Contact Glyn Nest

Jayne Evans – Registered Manager

Telephone: 01239 710 950

01239 710 503