

Glyn Nest

BAPTIST HOME

Newsletter
August, September,
October, November 2015

CARING IN OUR COMMUNITY

A Very Merry Christmas to All

Once again, we are at the end of another eventful year at Glyn Nest, and looking forward to a time of Christmas joy in the Home.

During the past twelve months, we have celebrated our 45th Birthday; our residents have enjoyed a full activity programme, including a memorable day at Folly Farm, regular musical entertainment, talks and reminiscence, physical well-being activities, and spiritual fulfilment.

A special thank you to all the visiting groups and chapels who have given their time to come into the Home to enable our residents to participate in Services.

This is also a time to remember all those past residents of Glyn Nest who are no longer with us, but still are fondly in our memories and thoughts.

Merry Christmas

Jayne Evans – Manager

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Reverend Judith Morris - Christmas Greetings 2015

Over the next few weeks the preparations for the celebration of Christmas will soon begin. The Christmas tree and decorations will be brought down from the loft and taken out of their boxes to brighten up our homes; greeting cards will soon start to arrive through the letter box and well wrapped presents will begin to appear. There will be increased activity in the kitchen and when the Christmas cake and pudding have been made there will be a steady flow of delicious mince pies to be heartily enjoyed. All in all, there will be a sense of expectancy and impending joy as the old and familiar Christmas carols are sung and Christmas Day rapidly approaches.

Christmas is of course the season when we celebrate the birth of Jesus Christ and how God came to live alongside us and with us. This is the meaning of the name 'Immanuel': God with us. Christmas therefore is very much a time to remember that God who came into our world as a tiny baby continues to share with us in everything today.

He is with us at times of great joy as well as during those times of sadness and sorrow. He knows only too well of our hopes and disappointments.



He shares our frustration and anger when we witness atrocities in our society and world. His presence however is not a detached and disinterested presence but one which insists on sustaining and strengthening us in our daily lives, offering both guidance and support. Above all, his presence lovingly and gently embraces us enabling us to draw strength from Him and to follow His example in our lives.

As we draw near once again to the stable in Bethlehem, may we along with Mary and Joseph, the shepherds, angels and wise men welcome Jesus anew and give thanks for His presence in our lives.

On behalf of the Baptist Union of Wales may I wish all residents and staff of Glyn Nest a very happy Christmas and every blessing for the New Year.

Judith Morris
General Secretary
Baptist Union of Wales

Resident's Activities



Musical Entertainment

The power of music, especially singing can effect mood, and reach parts of the brain in ways other forms of communication cannot.



It is one of the few activities that involves using the whole brain; unlocking memories, focusing attention, and helping physical coordination.



Because of these benefits, we regularly invite singers and musicians to the Home.

Margaret Walters

The residents really enjoy the monthly commitment of Margaret Walters, who shares traditional Welsh music, songs, poetry and readings with the residents.

Gret & Eira

Gret & Eira bring a monthly lively sing-a-long medley of well-known songs with actions and percussion for everyone to join in.

Washington James



Washington James and his supporting musicians are always a much welcomed favourite, and we were pleased to have their company at the Home in October.

Kay Wood



Memories and reminiscence were the key themes for an afternoon's entertainment by Kay Wood.

Ian Thomas



Residents enjoyed an afternoon singing old Welsh and English favourites, and requests from films and musicals with the talented Ian Thomas.

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We are delighted that our application has been successful for a project sponsored by ageCymru.

During December and January, Heather Summers, a musician from Tregroes will be delivering eight, weekly musical sessions for the residents at Glyn Nest.

Monthly Talks



The winter activity schedule welcomed back the monthly talks by local people on subjects chosen by the residents.

In October, residents enjoyed an afternoon with Sulwyn Thomas recounting his experiences and highlights at BBC Radio Cymru.

Shopping and Lunch in Carmarthen



A busy day out shopping in Carmarthen was topped off by a meal at the Harvester Restaurant.

Harvest Thanksgiving Service



In October, we celebrated the Harvest time with our annual Thanksgiving Service, and welcomed back the Rev Peter Thomas, as guest speaker.

Residents, families, friends and staff celebrated with harvest themed hymns, poetry and readings selected, and arranged by Freda Pierce, one of the residents.

Tracy's Cake Decorating Afternoon



Mounds of yummy, chocolate sticky icing, glitter stars, hundreds and thousands, chocolate shavings and glace cherries were the order of the day for a fun afternoon of cup cake decorating with Tracy, our Glyn Nest Catering Manager.



After making their creations, residents tucked into them with their afternoon tea!

Other News

Annual Open Day

Despite the poor summer weather, the sun shone for our Annual Open Day on Wednesday 26th August.

The event was well attended by residents, families, friends and the local community who all enjoyed the Annual Open Day President's speech given by Alun Davies MBE formerly of Caerwedros.

We are grateful for the support of the House Committee and our staff for their hard work bringing the day together.

45th Birthday Party

Thank you to everyone who made our 45th Birthday Party such a memorable occasion.



Following a rousing sing song led by Kees Huysmans, accompanied on the piano by Lynne James, the Rev Irfon Roberts gave a message of thanks.

Guests, residents and staff enjoyed a splendid buffet produced by our catering team, and everyone tucked into a magnificently hand decorated birthday cake made by Kelly Bland, a very talented staff member.



Celebrations



August

5th – Myra
21st – John T

September

5th – Gwen

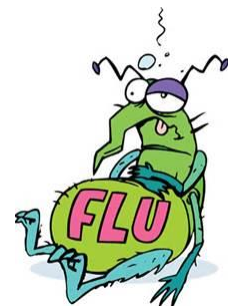
October

10th – Norman
12th – Doreen

Christmas Programme

The Christmas activity programme will soon be available for all.

Families and friends, please feel free to join us for any of the entertainment, but we do ask you to please stay away from the Home if you are suffering from any colds, coughs or stomach bugs that could be passed onto our residents.



Staffing Matters



Glyn Nest staff, Jayne, Rhiannon and Gareth once again took on the challenge of raising funds for the Alzheimer's Society.

They completed the sponsored 10k walk through Cardiff Bay.

Jayne said, "This is my third year participating in the walk. The services, training and research of the Alzheimer's Society is important in the understanding of this disease.

Some of our residents live with dementia; and the more we can understand about it, the more we can encourage and support them to enjoy and lead a fulfilling life".



Congratulations Marie and Owain



Despite a busy day ahead, Marie delighted the residents, by coming to Glyn Nest on the morning of her wedding to show them her dress and flowers!!

Sensory Garden

Gardens are powerful places, and as far back as Egyptian times, their healing qualities were understood.

They can bring about a feeling of calmness and well-being in people, which helps to lower blood pressure and reduce stress levels.

Plans have already been drawn up for our own sensory garden area to be created for the residents of Glyn Nest.

It will be a safe environment designed with plants and materials for the purpose of stimulating and engaging the senses of sight, smell, touch, taste, and sound.

The new garden area will extend from the side of the conservatory, and along the front of the lounges, creating an inviting outdoor space for all residents to enjoy.

Summer Planting



Although the sensory garden was not available this summer, we were still able to create beautiful blooming pots and tubs around our conservatory area.



Newcastle Emlyn in Bloom Winner

Charlie Jones, a resident of Glyn Nest has been very busy this summer making sure that every pot, tub, basket and plant has been at its best ready for the judging of the NCE in Bloom.

We are all grateful for his hard work and pleased that Charlie represented Glyn Nest at the awards evening, when he accepted the second place award for the best Flower Display 2015.



A Traditional Welsh Christmas

By Caroline Jones – Day Carer

As winter sets in and the nights become very long, and days offer little in the way of incentive for residents at Glyn Nest to venture out: our thoughts turn towards Christmas (**Y Nadolig**).

This is always a very busy and exciting time for residents and staff. Local chapels and well-rehearsed school choirs gather in the day room on the days leading up to Christmas. The singing delights the residents in a way that no other form of entertainment can.



Christmas Day break services (**Plygain**), take place even to this day in some areas of Wales. A congregation of mainly men gather in the local churches and Chapels at three am on Christmas morning, to sing four-part harmonies of traditional Christmas carols. This goes on for three hours. At the end of which the congregation returns home to begin a day of feasting and general merriment.

To pass the time before the singing begins it was traditional for friends and family to gather together and have a toffee making evening (**Noson Gyflaith**)



The Glyn Nest Christmas party is something that every one looks forward to. The home is decorated with sparkling lights and tinsel in every spare corner of the home. Santa, with a vaguely familiar appearance, hands out gifts to everyone.

The kitchen staff lay on a spread of mammoth proportions, as if by magic, but as anyone who has ever done any catering knows what a tremendous amount of work it takes to create such a spread.

In years gone by, houses would be adorned with holly and mistletoe; these were not carried into the house until Christmas Eve.



Many little traditions used to be carried out in the communities every year, and no one really knows how they started. A large Wassail bowl was traditionally passed round at family parties, the drink was made of fruit and spices and topped up with warm beer.

Calennig was a common custom in past times and is still popular in some rural

areas of the country today. Children would visit nearby farms and houses until mid-day on *Dydd Calan* to wish

Blwyddyn Newydd Dda to the occupants. They would sing a traditional verse and receive money as good luck in return. I wonder what was sung in your area?



Another popular tradition on the twelfth night after Christmas was called Hunting the Wren.

Boys would go out from dawn till noon hunting for a wren, they would cage the poor unfortunate bird, and go round the houses and make people pay to see the bird in the cage.

Well Christmas is a lovely family time to look forward to in the depth of winter, and I hope everyone at Glyn Nest has a very enjoyable time this year, and staff and residents can have a very happy time throughout the festive season.

Happy Christmas.



And Finally

Rev Irfon Roberts

Chair of the Glyn Nest Management Board

I have before me a copy of a recent report following an unannounced inspection by the CSSIW (Care and Social Services Inspectorate Wales). My impression of the report is that it is both constructive and encouraging. Though there are one or two aspects that need improving, they are easily identifiable and have hopefully already been addressed. Though we need always to strive for perfection very rarely is it achievable, I would like to congratulate management and staff however on achieving and maintaining a high level of service.

The report is complimentary of the following:

1. Standard of cleanliness within both the home and laundry. "There are no malodours".
2. High quality of food. "Menus are varied and nutritious".
3. Significant improvement in the variety and frequency of social activities.
4. Number of Welsh speakers.
5. Introduction of the newsletter.
6. Staff attitude towards management and residents.
7. Staff training.
8. The on-going programme of refurbishment and decoration of the home and future plans to provide an easily accessible and safe sensory garden.
9. Complimentary comments by visiting family members.

It is with a heavy heart that I mention the closure of our sister home in Bryn Llifon, Bangor. The reason for closure has been identified as over reliance on outside agencies.

As a result of this unavoidable situation closure became inevitable. Such closure however should not reflect on the high standard of care provided within Bryn Llifon over a period of fifteen years during which time it received great accolades. We thank those involved with the running of Bryn Llifon for their great generosity during this sad time.

They have bequeath us not only with items of furniture, nursing equipment, beds, pictures and other such items, but with a donation from the Friends of the Home Committee. We look forward to welcoming representatives of Bryn Llifon to Glyn Nest sometime during the next year.

Glyn Nest itself has just celebrated 45 years since its inception. Providing that current levels of standards of care and management are maintained I can foresee no reason why we will not again be celebrating in five years' time.

My fellow directors and members of the House Committee join with me in congratulating you on maintaining the good name and reputation of Glyn Nest. Keep up the good work!

I share with you this poem from the perspective of a home resident in the hope that it will remind you of the value of your daily contribution to the lives of those who benefit from your endeavours on their behalf.

Your Loving Care

By Diane Bright

*When I first came to live here, I was sad and weary,
For I had left my home and given up my dreams.
And, even though it was difficult to smile,
Your shining eyes and warm hearts helped me let things go.*

*As I became accustomed to this place, You became
my caregivers, my housekeepers, my cooks, my activity
leaders my chaplains, my unconditional friends.*

*There were days when it was hard for me to interact,
yet You helped me bathe, helped me dress, helped me
exercise, helped me resume some resemblance of who I
am.*

*On those days when I was sick and just couldn't get out of
bed, You brought me food, straightened my bed,
comforted me with back rubs, cleaned my room
and Your most precious understanding.*

*I appreciate that this is hard, hard work that You all do
and I want to tell you that You do it with much caring,
dignity and grace.
Yes, it was hard to give up my car, apartment, my
cherished gifts,
yet in return I was given warm smiles, shared stories,
listening ears, times to giggle, a loving touch, new friends.*

*It has been You who have helped me in my final journey
and I know that when I depart this world,
my life will have been enriched by knowing each one of
You.*

Merry Christmas to you all
Rev Irfon Roberts