

Glyn Nest

BAPTIST HOME

Newsletter
January, February,
March 2017

CARING IN OUR COMMUNITY

Happy Easter from Glyn Nest

A very Happy Easter to you from all the staff and residents at Glyn Nest. I hope you will again enjoy reading our Newsletter and the activities and events we have included for residents, families and friends.

This spring has been the first for our Sensory Garden and everyone has enjoyed watching the spring snowdrops, crocuses and daffodils bursting into life and hopefully trumpeting the start of warmer days ahead of us.

Already some residents have been able to go outside into the fresh air, and the secure garden gives them the freedom to enjoy the spring sunshine in a safe environment.

With the warmer days and lighter evenings we will start to take our residents out of the Home on trips to enjoy our beautiful countryside and coast, and always encourage families and friends to come along and join us.

Jayne Evans – Manager

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Easter Celebrated!

May I first of all wish everybody at Glyn Nest a very Happy Easter!

It's the season of new beginnings all around us as we see signs of new life in abundance. The dark and dreary days of winter are well behind us now as we welcome the longer days of spring and warm sunshine.

As well as new life in the world of nature, many will celebrate this Easter season by devouring delicious chocolate Easter eggs, which remind us of the new life in Christ.

As Christians, Easter has a particularly special meaning and is indeed the highlight of the Christian year as we celebrate the resurrection of Jesus from the grave. This was a most unexpected new beginning!

When Jesus was crucified on the cross at Calvary on Good Friday, his followers were distraught and resigned to the fact that their life with Jesus was over. Their time with him had come to a tragic end when he was arrested and crucified. Not only had they lost a very special person who clearly knew something about God's will and his love for all people, but they had lost a close friend.



Following Jesus' death, his body had been taken down from the cross and hurriedly buried in a tomb as the Jewish Sabbath was fast approaching. One day later, some of the women who had followed him faithfully during his ministry, went to the tomb.

Little did they know what was in store for them! When they arrived at the tomb not only did they discover that Jesus' body had gone, but an angel told them he had risen from the dead. In the following weeks, as told in the New Testament, we read how Jesus met with his disciples on several occasions assuring them of the reality of his resurrection.

Meeting the risen Christ face to face was a time of renewal for the disciples and his followers. They were re-energised. In the same way, Easter can be a time of renewal for each and every one of us as we remember the powerful message of the risen Christ who seeks to greet each and every one of us wherever we are.

With best wishes in this Easter season.

Reverend Judith Morris

Resident's Activities

A Huge Thank you!



Although it seems some while back now, we would like to thank everyone who freely gave their time to entertain our residents during the festive period.

For the first time, Glyn Nest held a Christmas Craft Fayre. This was very well supported, and raised almost £750, which will go towards the resident's activities and trips out during 2017.



Monthly Talks

The winter activity schedule welcomed back the monthly talks by local people, on a variety of subjects. These give our residents an opportunity to reminisce as well as exercising listening and concentration skills.



Jon Meirion Jones' talk was entitled "What's in the Bag". He brought along an assortment of some old and unusual objects for the residents to hand around and discuss.



Gwyneth's son, Emyr Phillips, treated us to an afternoon from the past, with a video and very knowledgeable commentary on the memorable and final passenger journey of the Cardigan to Whitland railway line in 1962.



Next month, Bonnie's cousin, the Reverend John Gwilym Jones will be giving a talk on the history of Glyn Nest.

Organ Recital

Some of the residents enjoyed a trip out to the Holy Trinity Church in Newcastle Emlyn to listen to an organ recital by Meirion Wynn Jones in aid of 'Talking Books Wales'.



St David's Day Celebrations

Every year, St David's Day on March 1st is a high point on the Glyn Nest calendar. Once again the residents made themed decorations in the arts and crafts afternoons for the dining room walls and tables.



Cawl a Chên Evening



A huge thank you to the Glyn Nest House Committee for organising the annual fund-raising 'Cawl a Chên' evening, which was very well supported by the local community and families and friends.

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, music continues to be an important part of the monthly activity schedule.



Can you help us enjoy our music?

Can you, your choir or chapel come along to sing, play the piano, or other musical instruments for the residents? We always give a very warm welcome with tea and homemade cakes for everyone who comes to help.



Summer Outings

With the days getting longer and warmer, the resident's activity schedule will include a monthly afternoon trip out into the local area plus tea and cake. We always try to enable as many residents as possible to spend some time away from Glyn Nest to enjoy the surrounding countryside and coast. The planned trips for 2017;

March – Coastal tour plus tea & cake at the Cliff Hotel

April – Countryside tour plus tea & cake at Llangrannog beach

May – Cardigan Wildlife Centre plus tea & cake

June – Fish & Chips lunch at Aberaeron harbour

July – Annual Summer Day Trip – Folly Farm



Why Not Join Us?

Over the past couple of years more family members have come along to join their relatives on our trips out. It gives you an opportunity to spend a fantastic time full of memories with your loved ones away from the Home.

If you would like to join us on any of the above trips speak to Liz – Activities Coordinator

Tea and Cake at the Cliff Hotel



Our first trip out this year took residents through the countryside and along the coast to the Cliff Hotel for tea and cake.



Mothering Sunday Flower Arranging with Pauline - Day Carer



Pauline, one of Glyn Nest's day carers spent an afternoon making 'Mothering Sunday' floral table arrangements with the residents. These were proudly displayed on the dining room tables.



Cake Decorating

This activity may look easy to many people, but it does require a lot of hand-eye coordination.

Residents are provided with a number of different cake decorating options, and help is available for them to ice and decorate their cakes.



And of course, the best bit is when they get to eat them with a cup of tea!!

Memory Walk in aid of Alzheimer's Society



Lesley our weekly Chair Yoga teacher has been so inspired by the challenges faced by all those living with dementia that she decided to raise funds for the Alzheimer's society.

Facing gale force winds and rain at the start, she completed the course, arriving at the finish in brilliant sunshine. As well as her medal she raised almost £400 for the charity.

Other News



January

12th – Margaret Castle
21st – Eluned

February

6th – Eirllys

March

1st – Margaret J
1st – Joyce
7th – Morley
14th – Charlie J
16th – Margaret H
21st – Charlie S



CSSIW - Annual Inspection Report

Following an unannounced inspection by the CSSIW (Care and Social Services Inspectorate Wales), we really are proud to say that the findings given in the latest report are extremely positive.

The full report is available on; http://cssiw.org.uk/docs/cssiw/report/inspection_reports/16564_7_e.pdf

Congratulations on your new arrivals - Sophie and Justine

Frankie



Sophie, Andy and big brother, Alfie welcomed Frankie on 8th December, weighing in at 9lbs 5oz.

Ellen



Four days later on 12th December, Justine and Richard welcomed their first baby, Ellen, weighing in at 6lb 2oz.

Easter Traditions

Easter is one of the great Christian religious festivals, commemorating the resurrection of Jesus after His crucifixion. It is preceded by Lent, a forty day period of fasting which is itself a remembrance of the forty days and nights spent by Jesus without food in the desert, during which He was tempted by the Devil.

In tribute to this, people would give up all rich food, and would eat only basic foodstuffs until Easter.

Hot Cross Buns

Traditionally eaten on Good Friday, the different parts of the bun have a certain meaning. Bread, as per the communion, the spices signifying the spices used to embalm Jesus at his burial, and the cross representing His crucifixion.

In Medieval times, there was a tradition of handing out 'holy' buns on Good Friday, as alms to the poor by the monks of local monasteries.



By the 18th century they were being sold on the streets of London and other towns by traders who called out 'One a penny, two a penny, hot cross buns', reminding people that they could buy one large bun or two small ones for one penny.



Simnel Cake

The rich fruit Simnel cake also comes from the medieval times. A layer of home-made marzipan is baked into the middle and another layer is placed on the top along with eleven marzipan balls representing the eleven disciples of Jesus who stayed faithful to him.

Although associated with Easter today, it was originally made for 'Mothering Sunday', the fourth Sunday in Lent.

Years ago, 'Mothering Sunday' became the day when girls and boys in service were allowed a day off to go and visit their mothers, this was their one and only holiday.

The girls would bake their mothers a Simnel cake. These cakes were difficult to make, so was not only a gift, but also a test of the girl's cooking skills.



The Christian fasting and repenting period of Lent ends on Easter Sunday and a

Simnel cake helps to mark the end of the forty days of Lent and gives people a tasty treat to mark the celebration of Easter time.

Painted Easter Eggs

The practice of decorating eggshells as part of spring rituals is ancient, with decorated, engraved ostrich eggs found in Africa which are 60,000 years old. The egg has been the symbol of renewed life after death in many cultures.

Early Christianity took this ancient sign of rejoicing at rebirth and applied it to the Resurrection of Jesus, and many stained eggs with red colouring in memory of the blood of Christ, shed at His crucifixion.



The tradition of painting the Easter egg in bright colours may have its origin in 'a legend' that tells that Simon of Cyrene, who carried Christ's cross, was an egg merchant. When he returned from Calvary to his basket of produce, which he had left by the roadside, he found that all the eggs had been miraculously coloured and adorned."

In 1873 J.S. Fry & Sons of England introduced the first chocolate Easter egg in Britain, and today, the giving of chocolate eggs is commonplace, with over 80 million boxed Easter eggs sold in the UK in 2016.

And Finally

Rev Irfon Roberts

Chair of the Glyn Nest Management Board

Spring is the time of year that many most look forward to. It is the season of rejuvenation following a period of lethargy owing to the lengthy and dark winter nights causing some to feel rather low in spirit. Days gradually become longer and much brighter filling us with a renewed sense of optimism as we look forward to the even longer summer days.

If you happen to suffer from what is now known as Seasonal Affective Disorder – a type of depression that's related to changes in seasons – you will know exactly what I mean. Most sufferers of this condition are troubled from Autumn till Spring. It saps their energy and causes them to display signs of mood swings. We are indeed strange creatures and are often unconsciously affected by our surroundings

Among the best known cures for SAD is light. This is a fact attested to by many resulting in them brightening their rooms with aid of large lamps that in turn create an unwanted increase in their winter electricity bills.

Recent events have shown us that we live in troublesome times. The constant instability of the financial markets, the threat of terrorism, the uncertainty caused by Brexit, the language of hatred espoused by so many could easily lead us into a state of depression difficult to recover from since it often seems that we have little control even of our own lives.

Think a moment of how it must have been for those followers of Jesus who remained faithful to the last. How low they must have felt. How depressed following what must have been the darkest event and period in their lives. Jesus was no more. He was crucified and buried and all hope therefore was gone. Yet, we all know what happened.

Or do we? I can well remember going to the cinema to see a film about the life of Jesus. When we arrived at the crucifixion scene people arose from their seats and proceeded toward the exit doors believing that it was all over. This is the time of season to remember that it's never over until it's over. The resurrection story sheds light and brings renewed hope. It's a light that dispels darkness and depression. It's a light that brings to an end SAD.

It is your privilege as members of staff working in Glyn Nest to shed some light of your own and bring comfort and encouragement and hope to those you serve. Yours is an important task and I would like to thank you once again for helping to dispel some of the SAD that exists. I commend you on your recent sterling efforts, going beyond the call of duty as so many of you did, during the bout of virus that struck both staff and residents alike.

There are darkneses in life
And there are lights
You... are one of the lights.
(Matthew Bourgeois)

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 of 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

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