

Glyn Nest

BAPTIST HOME

Newsletter
April, May, June,
July 2015

Caring in our community

Happy 45th Birthday Glyn Nest

Welcome to our summer newsletter. Another opportunity for residents, families, friends and the local community to gain an insight into what has been happening in the home over the last few months.

This year is very special, because Glyn Nest has been providing care for the elderly in the Newcastle Emlyn and surrounding community for the past 45 years.

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

I look forward to welcoming everybody to our annual 'Open Day' in August, and thank everyone for their continued support.

Jayne Evans – Manager

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Reverend Judith Morris

Happy 45th Birthday Glyn Nest!

Greetings from the Baptist Union of Wales! On behalf of the Baptist Union of Wales may I wish *Glyn Nest* a very Happy 45th Birthday. Many happy returns of the day!

As we grow older many of us gladly prefer to forget our birthdays, but they are nevertheless notable occasions. They can provide an opportunity to bring cheer and laughter particularly with a rousing chorus of *Happy Birthday*. Such a greeting rarely fails to bring a smile to our faces as we share in such celebrations.

I very much hope that there will be a great deal of joy in Newcastle Emlyn, and indeed throughout Wales, as Glyn Nest celebrates this significant milestone in its history. I'm sure that all those who have been associated with Glyn Nest over the years will join with us as we look back to the time when the dream of the women's movement of the Baptist Union of Wales was realised with the opening of the home.

Forty five years on, they would be extremely proud of what has been achieved since the doors opened for the very first time.



Whilst this special birthday therefore gives us an opportunity to celebrate, it's also an occasion to give particular thanks to all who have been involved with the home over the years in numerous ways and who have worked tirelessly to improve the facilities at the home.

We give thanks to all staff who have worked diligently together as a team so as to provide the very highest standard of care along with the outside agencies who support the home; to those who have given of their time generously to raise funds for Glyn Nest and those who look after the finances; those who have visited on a regular basis to meet with residents including ministers and church groups who have held services at the home; those who have chaired and served on the committees and ensured that the home has complied with ever changing legislation.

Finally we give thanks to the residents and their families and for the privilege of being a part of Glyn Nest.

With every blessing and a very happy 45th birthday!

Judith Morris

Resident's Activities

Oscar Barnhart's Charleston Charlies

In April, the Glyn Nest residents were entertained by a two man group, called the 'Charleston Charlies', who performed a lively pastiche of 20's and 30's music in character, and in costume.



With an array of hats, wigs and musical instruments, they sang and played well-loved favourites from blues and jazz through to swing.

Everyone thoroughly enjoyed the afternoon of raucous music, and Freda Pierce warmly thanked the duo on behalf of the residents.



The Charleston Charlies work with the 'Music in Hospitals' charity, who provide access to professional live music performers in health and care settings throughout the UK.



Enjoying the afternoon sunshine



When the sun comes out, so do the residents!!

Next summer, we are hoping that our 'sensory garden' area will be



complete for residents to spend time in.

Mystery Tour and Tea at the Cliff Hotel



Our mystery tour in May took us to Llangrannog beach front and along the coastal road to Tresaith, Aberporth and finally to the Cliff Hotel in Gwbert.

Here, with spectacular views across Cardigan Bay, the residents enjoyed an afternoon tea and homemade cakes.

All Sorts Singers Farm Picnic Afternoon



Fresh air, sunshine, cream scones, tea and a good hearty sing-a-long.

These were the perfect ingredients for our visit to Brenda and Derrick's farm for the All Sorts Summer afternoon picnic.

Llandysul Primary School Choir



Having recently returned from competing at the Urdd Eisteddfod, in Caerphilly, the pupils from Llandysul Primary School visited Glyn Nest.

Conducted by their headmistress, Heledd Dafydd and accompanied by Miss Leah Slaymaker, the choir and soloists gave an absolutely fantastic performance.

They were thanked by one of our own staff, and very proud mother, Marie Griffiths, whose daughter Bethan was a member of the choir.



Annual Summer Day Outing



We were really fortunate to have clear skies and a warm day for the Glyn Nest annual summer day outing.

Residents had chosen to re-visit a previously enjoyed venue – Folly Farm in Pembrokeshire.



The day started early, with night and morning staff ensuring that residents coming on the trip were up and ready, and those staying behind at the home were cared for and comfortable in the lounges.



Two mini-buses from 'Dolen Teifi' were packed with eager residents, staff, accompanying family members, wheelchairs and food.

On arrival at Folly Farm, everyone tucked into a scrumptious picnic lunch prepared by Tracy and Olwen, before setting off into the park to meet the animals.



A huge thank you to all the staff on the trip and those that stayed with residents at Glyn Nest for a great team effort pulling together to give our residents a thoroughly enjoyable and memorable day out.

Our first stop was to the giraffes and penguins, all of which were very lively and entertaining.



We made our way around the park enjoying the animals, sights, smells and fresh air before returning to the indoor funfair for ice creams, cakes and tea, before heading home.

Other News



April

2nd – John J

27th – Glenys

May

1st – Daisy

July

12th – Freda

30th – Jean

Staffing Matters

Congratulations Sarah on your new arrival

Congratulations Sarah, on the birth of your daughter, Rebecca.



We all wish you and all your family well.

Welcome to New Staff

- ❖ Sarah Curtis – Senior Carer (Days)



- ❖ Gareth Evans – Carer (Days and Nights)



- ❖ Carol Leisching – Carer (Days and Nights)



Foot Care

Rosanna and Helen have recently completed a course in foot-care treatment. They will now be able to offer this service to residents on a fortnightly basis.

If you would like to book an appointment, please speak with Rosanna or Helen.



1970's Remembered

What do you recall from 45 years ago?

In the same year that Glyn Nest opened its doors as a care home, here are some key dates and events that you might remember.

January – The eminent writer and nationalist, D J Williams, Rhydcymerau died.

February – Welsh legend Tom Jones in the charts singing "Without Love"

March – Blizzards swept the whole of Britain – the worse since 1963

April – Daniel Brinley 'Bryn' Evans, Welsh International and Swansea rugby union player died

May – Robert Stephenson's Menai Strait Bridge was catastrophically damaged by fire after standing for 120 years.

June – The General Election - 18 years olds vote for the first time after the voting age was lowered from 21 in the January of this year.

July – First colour Welsh TV broadcast by BBC Wales from the Llangollen Eisteddfod.

August – Football Results - Port Vale beat Swansea City 2-0

September – Glyn Nest opened

October – North Sea oil was discovered off the coast of Scotland.

November – British Leyland workers walk-out

December – David Broome (CBE) won the individual Show Jumping World Championships and was named BBC Wales sports personality of the year. Aled Jones was born in St. David's Hospital in Bangor, Wales.

1970's was the year before decimalisation. Some typical prices back then in today's money.

Average weekly Wage	£32
Loaf of Bread	9p
Pint of milk	5p
Pint of beer	30p
Liter of petrol	6p
Cinema ticket	45p



A History of Glyn Nest Baptist Care Home

By Caroline Jones - Day Carer

Glyn Nest is an imposing building built on the edge of Newcastle Emlyn, looking across the town which has retained its old world charm despite the pressures of modern-day living.

The house looks across the valley towards the castle ruins. A castle first built around 1240.



One of the few castles of the time to be built in stone. After many centuries of fluctuating fortunes the castle was blown up in 1700 and the ruin remains much the same to this day.

Glyn Nest has always been at the centre of town life. From the 1920's until 1970 the house was owned by doctors who ran their surgeries from a room in the front of the house.

Dr Penry lived and worked there for many years. One of our residents Myra Jones tells me that her two sons were delivered by Dr Penry; and not only that, being a busy farmers wife, one of Myra's many jobs was to deliver milk to the house every day.

Many people in the town can remember the private tennis club that was set up in the garden behind the house.

Because the house has to this day an imposing frontage it became perfect back drop for a certain Joshua Einon, who took wedding photos for the local people, and Glyn Nest must be featured in many a wedding photo album to this day.



In 1970, the house was sold to the Baptist Union of Wales, in order to provide residential accommodation for the wives of Baptist ministers. This was quite a successful venture, and many local people can remember visiting the home to take part in singing evenings and craft and knitting classes.



Standards were always very high and everyone including the residents and visitors alike always would make sure they were dressed in the smartest of outfits.

Little by little the home expanded and in 1992 and again in 2009 the home was extended to comply with modern standards. The home today is run on a professional footing, but it still retains its Baptist values and is still at the heart of Newcastle Emlyn.



And Finally

Rev Irfon Roberts

Chair of the Glyn Nest Management Board

Wow! I can't believe how quickly the years have flown. It was during '69 that I began my ministry in a small group of churches within fairly close proximity to Lampeter.

It was during the following year that Glyn Nest opened. I can well remember the air of expectancy and excitement surrounding the Baptist Union of Wales at the time. It was after all meant to be an experiment. As experiments go it has proved extremely successful. Glyn Nest has grown and developed into what it has come today, a thriving and living family consisting of residents and staff who exist for each other.

Its walls, were they able to speak, would have a heart rendering tale of love and compassion to relate. Had I been told back in '69 that I was at some point to have a prominent part to play in its development I would have scoffed at the idea? You can never tell what God has in store to you.

I did play a minor part during my period as minister in Graig, Newcastle Emlyn. At the helm in those days were wiser and more experienced ministers such as Rev J. Clement Davies, my predecessor, and Rev W. H. Rowlands, minister of Blaenwaun, a predecessor of the Rev Gareth Morris, and current treasurer of Glyn Nest whose dedication and skills have proved key to our success.

Having grown to love the home even more since my return to this area from Brynaman some seventeen years ago it is my firm belief that it was God's intention that we set up such an establishment. The fact that it has survived and thrived so long is to my mind nothing short of a miracle since it has always been run

by what some would regard as a group of well-meaning but unprofessional group of people.

I for one have no claim to have any business acumen whatsoever. Even so, facts do tell that it is a well-run home with creditable facilities. It has during the years overcome many difficulties and obstacles along the way and we are justifiably proud of what we have thus far achieved.

It is not our intention however to rest on our laurels. There is always room for improvement and we currently have in plan certain alterations in place – all to be revealed in due course.

I would like to thank all current and past members of staff for their dedication and loyalty. It is only through their efforts and those of our Baptist brethren and sisters throughout Wales who have contributed generously to its running that we have arrived where we are. We, the Members of the House Committee and Directors of the Home, thank God not only for the initial vision but for having also sustained our enthusiasm and resolve along the way.

Let us continue to work together to ensure that we have reason to celebrate in five years' time. Both I and my wife, without whose constant support I could never hope to juggle my many responsibilities, join with you in wishing Glyn Nest a very happy birthday!

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

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