

Glyn Nest

BAPTIST HOME

Newsletter
July, August,
September 2014

CARING IN OUR COMMUNITY

Welcome to our first newsletter

I am very pleased to welcome you to the first edition of the Glyn Nest Newsletter. This will be a quarterly update to give you an insight into what has been happening in our Home during this period, and a little look ahead to the next few months.

Our aim is to provide a collection of articles, information, activities and celebrations for Glyn Nest residents, their families and friends, our staff and the local community.

With so many positive things happening in our Home it is important that we take stock of what we have done, and reflect on our achievements and ambitions. Hopefully you feel we have shared some of that with you through this newsletter.

Jayne Evans – Manager

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Glyn Nest Open Day

Our annual open day was celebrated on Wednesday 27th August 2014, and once again the weather proved to be in our favour for the majority of the day.

The day was well attended by our residents, their families, friends and the local community, along with the attendance of the Newcastle Emlyn Urdd carnival princess and attendants.

We are grateful for the support of the House Committee and our staff for their hard work bringing the day together. Visitors were able to enjoy tea, cakes, barbeque and strawberries whilst buying homemade cakes, produce, and gifts.

We would like to give a huge thank you to the shop owners of Newcastle Emlyn for their generous donations towards the staff's fund raising stalls.

"Once again the residents, their families and friends, the local community, our committees and staff, made this day an outstanding success. Thank you to all who helped and those that attended" - Rev Irfon Roberts, Chair of the Glyn Nest Management Board.



CSSIW Annual Inspection

Following on from their visit in March 2014, the CSSIW (Care and Social Services Inspectorate Wales), has released their inspection report for Glyn Nest Baptist Care Home.

We really are proud to say that the findings given in the report are extremely positive, and areas identified for improvement will be our focus over the coming year.

A copy of the report is available on the website:

<http://www.glynnest.co.uk/our-care/>

Glyn Nest features on CSSIW YouTube

The CSSIW have changed the way they inspect. They no longer focus solely on standards, but on outcomes for people and their quality of life. We are delighted that Jayne Evans, our registered manager at Glyn Nest was invited to feature in a film about these changes.

Watch her interview on the CSSIW You Tube Channel.

Resident's Activities



Chair Yoga

The Chair Yoga led by Lesley Dever was a very popular activity, aiming to improve flexibility and aid relaxation.

Unfortunately, due to an accident, Lesley had to stop for a while. However, since her recovery, these mobility sessions will be resuming again on Tuesday mornings from 10.30am. Welcome back Lesley.



Sheep Dog Trials

Ieuan, Tom, Beryl, Iris and Gwen thoroughly enjoyed an afternoon out at the annual Newcastle Emlyn Sheepdog Trials held at Blaenbowi fields.

There was much commentary, commands and cheers from the residents as we were treated to the day out, tea and cake by Cymdeithas Treialon Cŵn Defaid C. N. Emlyn. Many thanks for their hospitality.



Glyn Nest residents enjoy an entertaining afternoon at "Singing for the Brain", run by the Alzheimer's Society in Newcastle Emlyn Day Centre



Since February, Glyn Nest residents have been attending the fortnightly "Singing for the Brain" sessions held by the Alzheimer's Society.

Our transport is provided by "Dolen Teifi" and "Home James", both of which have wheelchair access to enable everyone to participate in this activity. All residents have had the opportunity to enjoy an afternoon of singing, tea and sticky buns.

The group meets at the Newcastle Emlyn Day Centre from 2.00pm to 4.00pm on alternate Wednesdays, and resident's family and friends are also welcome to join in this activity with us.

Singing in the Home

Music and singing provides a lot of joy, emotional release and reminiscence for our residents living with dementia. If you can spare an hour a month to sing in Glyn Nest – please contact Liz.

Arts and Crafts

Arts and Crafts have always been a very popular activity in the Home, and everyone is encouraged and supported to join in with.

Since August, Rhian from "Siop Y Wiber" in Newcastle Emlyn, has been leading weekly Thursday afternoon arts and craft sessions with the residents.

As well as stimulating creativity and aiding manual dexterity, they also prove to be very sociable affairs.



Craft Donations

Do you have any buttons, ribbons, lace, textured materials or any other art & craft materials to donate to the Home?

Please speak with Liz – Activities Co-ordinator

Taking in the sunshine

The summer sunshine always makes for a good day, and residents have been enjoying their afternoon tea and cake outside during the nice weather.



Resident's meetings

Your opinions and thoughts are important. Glyn Nest is your home and the residents meeting is an opportunity to share your views about your home, meals, care, staff etc. If you would like to join in the next resident's meeting, please speak to Liz.



New Hairdressing Salon

The newly refurbished hairdressing salon has been created on the first floor. We now have purpose designed room to enhance the resident's experience of the fortnightly visits by our hairdresser.



Christmas 2014

Although it may seem like a long way off, we are starting to put together the resident's Christmas programme for 2014.

Please let us know if you are a member of a choir or would like to entertain our residents during this period and we will include you in the programme which will be available at the beginning of December.



Birthdays

July

12th – Freda

21st – Joan P

August

5th - Myra

21st – John J

September

5th – Gwen

13th - Bet

Other News

Resource & Information Library

Glyn Nest has made a personal commitment to support its residents, families, friends and staff by providing a resource and information library for you. This is located in the Bloomfield Room, off the foyer. There are lots of articles and information for you to access.

This is a library, and most articles have a web address for you to download your own copy. If you want to borrow any items, please return them for other people to read after you.

Memory Boxes



The benefits of Memory Boxes speak for themselves. They provide a perspective of, and an insight into an individual's unique and special life, and an opportunity to reflect upon their achievements, family and working endeavours.

The boxes can be a means of rousing meaningful discussion and communication during family visits.

In the New Year, Glyn Nest will be launching a Memory Box initiative for residents and their families. Further updates of how to join in will be available shortly.

Staffing Matters

Dementia Awareness Training

As part of the Home's commitment to recognising dementia and fully supporting residents living with this condition, all staff members of Glyn Nest attended Dementia Awareness courses during the summer.

These workshops run by the Alzheimer's Society, offered an insight into the everyday experience of dementia by exploring the signs, symptoms and potential impact of the disease, and recognising that people with dementia have unique needs and preferences. .



Foundation Certificate in Dementia Awareness

At the end of the workshop all participants sat a multiple choice exam based on the topics covered.

Successful candidates received a certificate and a badge to demonstrate their achievement.



Welcome to New Staff

- ❖ Lynn Porter – Senior Carer (Day)
- ❖ Rhian Morse – Senior Carer (Nights)
- ❖ Liz Evans – Night Carer
- ❖ Tim Woodward – Maintenance and Groundsman
- ❖ Olwen Williams – Kitchen Assistant



Lynn Porter

What experience do you bring to your position?

As one of the team of carers at Glyn Nest, I take my role as Senior Carer very seriously, mixing my 30 years care sector experience with my passion for delivering the best quality of service to our residents. I am proud that we offer good service, but we cannot be complacent in our work, so it is good that we enjoy regular staff meetings and keep up to date with training and the latest practice techniques.

I believe it is important to keep a good balance serving the resident's needs and maintaining a healthy work environment for all the staff.

Despite long hours and ever changing demands, I think that it is important as a senior staff member and shift leader to deal to the individual's issues and accommodate accordingly to help maintain a happy working environment. This attention to detail and maintenance of high standard is what sets us apart from all others to provide our respected residents with the very best of care.

When you are not working, what hobbies do you have?

After a busy day at work, I love nothing better than to go home and sink into a hot bath, and relax with my family. I have two dalmatians, called Buttons and Blizzard, and one staffy called Lexa.

Outside there are seven horses, called April, Annie, Bobby, Cadno, Fern, Rebble and our very loving Stallion called Jimmy. On my days off from Glyn Nest I harness up one of my ponies and enjoy a long carriage ride around the quiet lanes where I live. During the summer months you may even catch a glimpse of me competing at the local shows in the various carriage driving classes.... so you see I am well used to being in the spotlight!



Jayne's Memory Walk

For the second year, Jayne Evans, manager of Glyn Nest has taken on the challenge of raising funds for the Alzheimer's Society. She completed the sponsored 10k walk through Bute Park in Cardiff on Saturday 15th September, accompanied by her daughter Rhiannon.

Jayne said, "my goal was beat last year's £160 sponsorship, and to raise even more this year. Glyn Nest residents get enormous benefit from the fortnightly 'Singing for the Brain' sessions organised by the Alzheimer's Society, and I want to ensure that not only our residents, but all people living with dementia have access to the services they provide."

To date, Jayne's 2014 Memory Walk has raised the impressive amount of £333.



Nutrition & the Elderly

Tracy Bryan

Glyn Nest Catering Manager

Eating a well balanced and nutritious diet is important at any age, but health issues and physical limitations can sometimes make it difficult for the elderly. As we get older, our sense of taste and smell can alter, and this can affect appetite and enjoyment of food.

At Glyn Nest, we recognise the importance of our residents eating a varied diet to ensure an adequate supply of all the essential vitamins and minerals.

Good nutrition keeps muscles, bones, organs, and other body parts strong, and eating vitamin-rich food boosts immunity and fights illness-causing toxins.

With age, appetite can reduce, so keeping our residents interested in food is a high priority. It is important to create the right sort of environment for eating, and to provide food which tastes good, looks good and is well presented.



We encourage our residents to want to eat and enjoy their meals by creating an interesting combination of textures, flavours and colours.

All of the meals, cakes and pastries are prepared by hand in our own kitchen. Glyn Nest's policy is to support the local community shops and suppliers, by buying local seasonal produce, to ensure all our ingredients are as fresh as possible.

We believe that our local suppliers such as; Dewi James a'i Fab, Jones and Davies and Castell Howell, are an important part of our overall approach to ensuring all our residents have the most nutritious foods, and healthy diets for their individual needs.

And Finally

Rev Irfon Roberts

Chair of the Glyn Nest Management Board

Welcome to our first Newsletter and an opportunity for me to share with you a bit about the history of the Glyn Nest Baptist Care Home, and our philosophy of care.

The vision of a Baptist home for the elderly originated with a group of ladies, whose aspirations were shared by the Sisterhood of the Welsh Baptist Union. Their vision became a reality, with the opening of the house at Glyn Nest in 1970.

Since this time, the home has expanded and developed, yet the core values have always remained the same, from its inception.

Philosophy of Care

Our aim at Glyn Nest is to enable residents to live as active and fulfilling a life as possible within their individual capabilities.

This is achieved through caring for each person as a whole; that is ensuring their physical, psychological and spiritual needs are satisfied as far as possible.

Our Core Values

Privacy - We recognise an individual's right for maintaining a balance between communal living and being left alone and undisturbed if they wish.

Choice - We support our residents to achieve their ambitions, and to make as many decisions for themselves as possible in all aspects of their lives.

Dignity - We acknowledge the importance of maintaining the uniqueness and character of each and every person in our Home.

Rights - We work to maintain our resident's rights; morally, ethically, socially, politically and legally. We ensure those rights are never infringed and that residents are able to utilise their rights fully.

Independence - We are aware that upon entering a group living situation, a certain amount of independence is relinquished. We encourage and support our residents to retain as much independence and decision making as possible, within their capacity.

Inclusion - We encourage our residents to maintain links within the local community, and enable them to be included in all aspects of their life in our Home.

Fulfilment - We enable residents to realise their own personal aspirations and help them to achieve these goals in all aspects of their lives.

This is an exciting time for Glyn Nest as we approach our 45th anniversary in 2015, and we are delighted to be able to share our achievements, goals and aspirations with you through the newsletter.

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 of 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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Jen Jones – Business Manager

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“Gofal a gweini gonest Ydyw arwyddair Glyn Nest”

W.J. Gruffydd