

Glyn Nest

BAPTIST HOME

Newsletter
October, November,
December 2014

CARING IN OUR COMMUNITY

A very happy New Year to you all

Welcome to our second Glyn Nest newsletter. I hope that you all had a good Christmas time, and are looking forward to welcoming in another New Year.

The festive season is always a busy time for residents and staff because the Home enjoys visits from many different groups from the community who come and generously give their time to entertain our residents, and make this a memorable occasion for everyone at Glyn Nest.

The staff of Glyn Nest would also like to say a huge thank you to all our resident's family and friends for their generous gifts of appreciation. Happy New Year

Jayne Evans – Manager

IN THIS ISSUE

Resident's Activities.....	2
Other News.....	3
Staffing Matters.....	4
A Huge Thank You to all our staff	4
Festive Menus.....	4
And Finally	4

Rev Peter Thomas' Retirement Message

"It is a special joy to include in this current issue of the Glyn Nest Newsletter greetings and salutations from the Baptist Union of Wales on the threshold of a New Year. At the turn of the year I will be stepping down from office as General Secretary of the Baptist Union of Wales and passing the baton to my successor the Revd Judith Morris who shares my own hopes and aspirations regarding the Home at Glyn Nest and will, I am sure, continue during her tenure to support and uphold the principles of care, dignity and compassion that has been its hallmark over the years.

Glyn Nest began as a dream that in 1970 became a reality with the opening of the Home to provide a high standard of care within a Christian environment.

As I look back over the years that I have been privileged to serve on the Management Board, much has happened; a new extension has been built, and the building itself has been refurbished and well maintained offering to its residents a solace and a degree of professional care that is second to none.

I would like to take this opportunity of expressing my sincere thanks to my colleagues

on the Management Board and the House Committee for their stalwart efforts and their contribution to the running of the Home; for the support of churches and individuals and in particular to the Manager and staff whose professionalism and devotion to duty is much appreciated. And finally to the residents themselves, I pray that God will garrison around them and bless them all".

Rev Peter Thomas

Glyn Nest's 45th Anniversary

2015 is a year of celebration for Glyn Nest, because it marks our 45th year as a home caring for the elderly.

Since first opening in 1970, Glyn Nest has grown in size through two extensions; the first in 1992, and the second in 2009, which increased the capacity to our 30 residential places today, including dementia/mental infirmity provision, to anyone over 65 years.

The Home has always remained in the heart of the local community, and is known by so many who have visited relatives and friends previously and currently living in the home.

Resident's Activities

A Huge Thank You from all the residents



Glyn Nest residents and staff would like to thank all those individuals and groups who have generously given their time throughout the past year, and over the Christmas festive period, to come and provide entertainment in the Home. The programme has been varied and interesting; including choirs, musicians, Welsh music and poetry, flower arranging, and themed events.

If you have a talent or interest that you could share with the residents, either as a one off, or more regularly, please speak to Jayne or Liz.

Weekly Activities

During the autumn months, the residents have enjoyed the regular weekly activities of Chair Yoga, Arts and Crafts and Music. We have attended the fortnightly "Singing for the Brain", and have had musicians and groups into the Home to sing.

These activities will once again form the basis of our programme for 2015; and new leisure interests will be added encouraging residents to remain active and share their enjoyment together.



Monthly talks on local interests.

The introduction in November of a monthly talk on local interests and history was well attended and thoroughly enjoyed by all. Our first speaker was Mr. Geraint James, general manager at Dai Lewis Auctioneers, who gave a very stimulating talk on the history of the Newcastle Emlyn Mart, which provided the perfect theme, since most of our residents have an agricultural background, and have themselves used the Mart over many years.

Talks planned for 2015 include;

The Baptist Union

Newcastle Emlyn History

Cenarth Coracles

The Women's Land Army



2015 Local Trips Out

This year, a programme of visits to local places of interest will start again in the spring time, when the weather becomes warmer.

Residents have provided some ideas for possible venues, which include; Helen Elliot's Art Studio, National Wool Museum, Clynfwy Farm and sculpture trail, the Sheepdog trials and Afternoon Tea at Llangrannog beach.



Summer Day Trip

Several residents have asked for the annual summer day trip to be organised to Folly Farm. This is a venue we have been to before, and was thoroughly enjoyed by all. If any relatives would like to come along on the trip and assist our residents, please speak to Liz – Activities Co-ordinator.

Christmas Courtesy of Emlyn Circle

A Christmas outing to the Ffostrasol Arms including a two course Christmas meal and drinks was enjoyed by residents and staff of Glyn Nest on the 18th December.

Emlyn Circle Charity Shop which is a CIC (Community Interest Company), run entirely by volunteers at Bridge Street, Newcastle Emlyn supported the Home again this year by donating £500 for the purpose of taking the residents out for the afternoon to enjoy a special Christmas Lunch.

"It is such treat for the residents to be able to enjoy the day like this and be stimulated in a different environment", said Jayne Evans, Registered Manager. "Receiving the donation from Emlyn Circle is such a boost in that it enables us to give the residents this special treat at Christmas. Management, staff and residents are very grateful to Emlyn Circle for their kind gift".

Other News



October

6th – Gretna
12th - Doreen
18th – Tom
22nd - Dora

December

5th – Ieuan
10th – Audrey
12th - Beryl
13th – Ruby
22nd - Mair



67th Wedding Anniversary

Congratulations to Audrey and Phillip Nolan on their 67th Wedding Anniversary celebrated in November. Audrey is a resident and Phillip lives locally. The couple met in 1946, and they married in 1947, at Stanborough Park Church Watford, two days before Queen Elizabeth II and Prince Philip married.

They were joined in their anniversary celebration by fellow residents, family and staff.

Cawl a Chên Evening - Tuesday 3rd March 2015 - 6.00pm



The Glyn Nest House Committee will be organising their annual "Cawl a Chên" evening in March.

This popular event will provide an evening of musical entertainment, and homemade Cawl. Tickets for the evening are £6, and are available from Glyn Nest office and from members of the Glyn Nest House Committee.

Numbers have to be limited, so please get your ticket early, to ensure you will be part of this excellent social evening.



Glyn Nest Website

www.glynnest.co.uk

Please visit our website where you can download this edition and the previous newsletter.

In 2015, we plan to include more information on the activities and events in the Home, and incorporate current articles and links to organisations of interest for family, friends and staff.

Current Glyn Nest vacancies are on the website. If you are thinking about a career in caring, and would like to discuss your opportunities at Glyn Nest, please contact Jayne Evans, Registered Manager – 01239 710950

Resource & Information Library

The resource and information library, located in the foyer, is available for all residents, family, friends and staff. There are lots of different articles on a wide range of subjects.

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



If you would like to create a Memory Box with your family member, there is a data sheet in the information and resource library giving ideas for contents, and how the boxes can be used as a means of rousing meaningful discussion and communication during family visits.

Life Stories



Some of the residents have asked for an opportunity to write about their lives. This activity can be on a one to one basis, or in a group. Please let Liz know if you are interested in writing your Life Story.

Staffing Matters



Rosanna shows her certificate to Myra, one of our residents

Congratulations on NVQ Achievements

Glyn Nest continues to invest in staff training, and is delighted to announce that the following staff have successfully completed their Health & Social Care Diplomas, along with essential skills in Mathematics and English.

- NVQ₃ – Justine Newman and Sarah Davies
- NVQ₂ – Rosanna Evans

Current NVQ training

From September, more Glyn Nest staff have embarked on these nationally recognised training programmes; NVQ₅ – Jayne Evans, NVQ₃ – Margaret Davies, NVQ₂ – Amanda Phillips, Luke May and Colin Godfrey.

The Diploma qualifications support the Care Council for Wales' aim to give the public the utmost "Confidence in Care" by ensuring that the Social Care workforce is safe to practice, skilled and trained to do the job to the highest standards.

The focus of the diplomas staff are completing in Wales remains on supporting the learner to demonstrate occupational competence in their area of work.

Thank you to Sophia for all your support to Glyn Nest staff.

Welcome to New Staff

- ❖ Monica Harries – Carer (Day)
- ❖ Kelly Bland – Domestic Assistant
- ❖ Sophie Vallas – Domestic & Laundry Assistant

Welcome Back Gwyneth

A warm welcome to Gwyneth Jones, who has returned to work at Glyn Nest after time off due to an illness. Gwyneth joins the night staff team as the Senior carer.



Patrick Dunphy

CONGRATULATIONS – 22 YEARS' SERVICE AT GLYN NEST

Tell us about your time at the Home

I started working at Glyn Nest on 24th May 1993, firstly in housekeeping, but have since moved into the care team as a carer. During my time here, the Home has expanded and grown in size with the new extension added, which means there were new bedrooms and we were able to welcome more residents.

What do you enjoy about your work?

I really enjoy getting to know all of the residents and helping them with their daily living needs. During my 22 years at Glyn Nest I have met, and worked with a lot of residents and their families.

Recently, I was really pleased to receive a certificate from Richard at the Shaw Trust acknowledging the successful achievement of all my work objectives.

When you are not working, what do you do?

I live locally with my two elder brothers, Peter and James. On a Friday, I go and do the weekly shop for the household, and I like cooking for my brothers.

I really enjoy my Wednesday evening entertainment going to the Aberporth Social Club for bingo night. Sometimes I am lucky, other times not so!!



A Huge Thank You to all our staff for their support over the festive period



Over Christmas and New Year, for all of us the demands of juggling time for shopping, wrapping presents, preparation, cooking meals and entertaining family and friends can be stressful. For many of our staff at Glyn Nest they also need to juggle work commitments alongside spending time with their families.

The residents and management at Glyn Nest would like to give a huge thanks to all our staff for their support over the festive period, and wish each and everyone a very happy 2015.



Festive Menus

Tracy Bryan

Glyn Nest Catering Manager

The festive period is always a lovely time for the catering staff, as we prepare traditional Christmas meals for everyone living at Glyn Nest. But of course, we are always mindful of the fact that most of our residents would have spent many a previous Christmas time cooking for their own families; and enjoying selecting a fat turkey, goose or duck to be the centre piece of the Christmas table, to be surrounded by local or home grown vegetables.

We are all very fortunate that living in Wales we can access some of the best, locally produced and freshest meats and vegetables, which can be prepared, cooked and delivered onto our plates in the shortest times, ensuring quality, taste and maximum health benefits.

Ensuring that our residents have a good nutrition is important for them to keep muscles, bones, organs, and other body parts strong; and by preparing and cooking vitamin-rich food, it helps boost immunity and fights illness-causing toxins.

Keeping residents interested in food is a high priority, and we achieve this on a daily basis by delivering meals that look, taste and smell good, as well as making the most of the National Celebrations and festive times to provide an additional interest to their food.



We would like to wish a very Happy New Year to all our residents and their families from the Glyn Nest catering team.

And Finally

Rev Irfon Roberts

Chair of the Glyn Nest Management Board

Season's greetings to all our readers from Members of the House Committee and Directors of the Home.

A great and deserving thanks is extended to all Members of Staff for their work and input during the past twelve months. I can assure each one that his/her service is appreciated and valued. We have noted recently how so many of you went out of your way to ensure the welfare of residents during a bout of unexpected illness that, for a period, made matters difficult for residents and staff alike. A special thanks to those who uncomplainingly walked the second mile. We realize that your duties are often difficult and are fully aware that situations arise that test the patience of the most compassionate of carers. Glyn Nest, thanks to the efforts of staff, past and present, has earned for itself a good reputation both within and beyond the local community. It is renowned for its high standard of cleanliness, warmth of welcome, outstanding quality of food and constant loving-care.

The entire Baptist Union of Wales is aware of this, and is appreciative of the fact that you are enabling the fulfilling of a dream that, from its conception, encompasses a period of over half a century. In comparison to its humble beginnings Glyn Nest has grown from a tiny acorn into a mighty oak.

We welcome the appointment of Liz Blackler as Activities Coordinator, an appointment long overdue. We wish her well in her new role and thank her for her innovative ideas. We also welcome all new members of staff and hope they'll enjoy their experience of working with a close knit family of dedicated workers. A special welcome back to Gwyneth after a prolonged and brave battle with illness.

I have thoroughly enjoyed the recent worship events to which residents have been invited to contribute. During both the Harvest and Christmas services it became apparent that a wealth of talent exists among the residents themselves. A special thank you to Freda Pierce for opening our eyes to this fount of wealth deserving of nurture and encouragement.

As I write, Christmas is at hand. Without Jesus we would have little of note to celebrate. Let us each remember that Jesus is the reason for the season. It remains a fact, whatever our belief, that without Him Glyn Nest would not have come to existence. This home was initially built to His glory and our behaviour both towards each other and the residents should always reflect that fact.

May the spirit of Christmas dwell and remain within us long after party celebrations have ended.

Irfon C. Roberts Chairman.

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

Jayne Evans – Registered Manager

Jen Jones – Business Manager

Telephone : 01239 710 950

01239 710 503