



Newsletter
January, February,
March 2015

CARING IN OUR COMMUNITY

Welcome to our Spring Newsletter

For me, spring is a lovely time of the year, because we leave the cold, dark days of winter behind us, and look towards the warmer weather and longer, lighter days.

It is a time for renewal, rejuvenation and new life in the garden and on the land.

In February, on a gloriously sunny Friday afternoon, we took ten residents to see my son's new-born lambs. Most of them had been involved in farming during their working lives, so the sight and smells of Spring Lambs was truly evocative, bringing back happy memories of their fruitful pasts.

I hope this newsletter gives you an insight into what has been happening in our Home over the last few months, and a little look ahead to the next few months.

Happy Easter to you all

Jayne Evans – Manager

IN THIS ISSUE

Resident's Activities	2
Other News.....	3
Staffing Matters.....	4
Reminiscence Corner	4
Themed Menus	4
And Finally	4

Welcome Reverend Judith Morris

Easter Greetings from Y Llwyfan, Carmarthen

May I first of all thank-you for the warm welcome that was extended to me earlier in March when I attended my first meeting at Glyn Nest. It was lovely to meet with staff and residents and I very much look forward to getting to know you better over the coming months.

Although I have not been a frequent visitor to the home, Glyn Nest is a name that I have known since childhood when I grew up in Adulam Baptist Chapel, Pontardawe in the 1960's. More recently, and as a member of the Carmarthenshire and Ceredigion Baptist Association, it has been a great joy to listen to the Reverend Irfon Roberts outlining recent developments at Glyn Nest along with plans for the future.

I know that the Baptist Union of Wales greatly appreciates the work that is undertaken at Glyn Nest and it is a real privilege to share with you in the life of the home.

With every blessing

Judith Morris

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 (01239 710950) for a private consultation regarding availability and requirements.

Resident's Activities

Recent Events

Glyn Nest residents have enjoyed a varied activity programme over the last few months.

Each week, there is chair yoga with Lesley and arts and crafts with Rhian.



We are very grateful for the generosity each month of Margaret Walters who comes to entertain us with traditional Welsh poetry, readings and music; and Gret and Eira, who provide an afternoon of animated singing, accompanied by the residents with percussion instruments.

Spring Farm Visit



We were fortunate to have beautiful spring sunshine to accompany our trip to see Jayne's son's newborn lambs. A big thank you to Brenda and Derrick for welcoming us on their farm.

Pancake Day



On Shrove Tuesday, Tracy Bryan, Glyn Nest's catering manager, organised a fun afternoon for the residents making pancakes. After whisking up the mixture, everyone enjoyed a lovely freshly cooked, buttered pancake hot off the griddle.



Valentine's Day

Celebrating key dates in the yearly calendar is important for residents to maintain a sense of the seasons.



This year, Valentine's Day was marked by decorations and balloons in the dining room, and a heart shaped theme for the menus.

St David's Day at Glyn Nest



Saint David's Day (*Dydd Gŵyl Dewi*), is the feast day of Saint David, the patron saint of Wales, and falls on the 1st March each year, in remembrance of the death of Saint David.

Tradition holds that he died on that day in 569, and the date was declared a national day of celebration within Wales in the 18th century.

This year, St David's Day was celebrated in Glyn Nest with bunting and flags, and our residents enjoyed a themed programme of Welsh traditions and music.

On the Monday, the Crescendo Singers from Carmathen entertained us with an afternoon of rousing songs.



On Tuesday, pupils from Ysgol Penboyr, beautifully dressed in traditional Welsh costume, came to sing in the Home.

This was followed by a Cawl a Chân evening, organised by the Glyn Nest House Committee members.

Residents, friends, families and guests were entertained by 'MAMOLO', a group of three girl singers from Newcastle Emlyn, accompanied by Mrs Sue Edwards. After which everyone enjoyed a delicious bowl of Cawl, bread and cheese prepared by the Glyn Nest catering team.

On the Wednesday, we were fortunate to enjoy an afternoon of music from the well-known Celtic Harpist & Triple Row Welsh Harpist Dr. Carwyn Tywyn.



The St David's Day themed week was concluded by a visit on Sunday from Merched y Wawr Llandysul, who came to sing for the residents.

Mothering Sunday Flower Arranging

With the help of Brenda, the residents created some stunning arrangements for the dining room tables to celebrate Mothering Sunday.



Monthly Talks

The monthly talks have been very popular. Mary Bott recounted her experiences in the Land Army; David Meanwell brought along lots of familiar old items from the kitchen cupboard; and Denzil Davies and Lyn Jones gave an interesting talk and about the Cenarth Coracles.



Some Future Activities

In addition to our regular activities, Glyn Nest has planned some additional fun activities for you to look forward to.

Easter – Themed Arts and Crafts
Easter Flower arranging
Easter Bonnet Making Competition
A visit from Enoch the Donkey

April 10th – Trip to and tour of the National Wool Museum

April 21st – Oscar Bernhardt's Charleston Charlies – Jazz and Swing musicians

May – Trip to the Sculpture Trail, Clynyf Farm

June – Resident's and Families Summer Day Trip to Folly Farm

June 19th – Border Fashions will be visiting with their latest ranges of summer clothing, nightwear and personal wear

Other News



January

21st – Eluned

February

6th – Eirlys

7th – Joan

24th – Mary

March

1st – Margaret J

14th – Charlie

15th – Iris

16th – Margaret H

21st – Annie

29th – Maggie H

Congratulations 65th Wedding Anniversary



Congratulations to our residents, Charlie and Joan on their 65th Wedding anniversary. This amazing achievement, along with a life together packed with memories, was recognised by the queen who sent a personal congratulations letter, (in Welsh) to our special couple.

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

Staffing Matters

A Career Working in the Caring Environment

At Glyn Nest we offer opportunities for men and women to work within the caring environment. If you want to get an enormous sense of personal achievement from knowing you are helping other people, then this may be what you have been seeking.

It's about making a positive difference to people's lives by contributing to their health, happiness and wellbeing.

You do not need formal qualifications before beginning a career in social care. There will be plenty of opportunities to acquire more skills, training and qualifications depending on how far you want to take your career.

Please contact Jayne Evans, Registered Manager for further information on how you could change your life, and the lives of others.

In addition, current vacancies are posted on the Glyn Nest Website. www.glynnest.co.uk.



Welcome to New Staff

- ❖ Paula Brightman – Carer (Night)
- ❖ Rhiannon Evans – Charge (Night)



Janet Morgan

What experience do you bring to your position?

I left school at the age of 16, looking forward to joining my parents and brother on the family farm, because I have always loved animals. In 2001 when the outbreak of 'foot & mouth' affected so much of the farming industry, I decided that it was time to look for something different and began caring for people with learning disabilities, which I found very interesting and rewarding.

I've always liked to be involved with people, and this gave me an opportunity to further my passion.

Whilst in this role, I achieved an NVQ2 qualification and gained a lot of experience of working with, and caring for others.

In 2009, I decided that it was time for a change and moved to a position working with elderly people living with dementia. Further to this, I joined the team of carers at Glyn Nest in March 2014.

When you are not working, what do you do?

I still carry on farming on a smaller scale and have a small herd of 'pedigree charolais cattle', and a stud of registered welsh ponies and cobs. During the summer months I enjoy attending the local agricultural shows, and exhibiting my Welsh ponies.

My other passion is singing. I am a member of a local ladies singing group, called 'Lleisiau Bro Eirwyn'.

We entertain locally to raise money for charity, and compete at local Eisteddfodau.

In April this year, we will be singing at Glyn Nest for the residents.



Reminiscence Corner

Remembering the past can bring a great deal of satisfaction and understanding for anyone. It is a way to affirm who we are, what we've accomplished in our lives, and a chance to re-live happy times.

David Meanwell, in his February reminiscence talk, entitled "Memories off the Shelf", brought along memorable items from the kitchen cupboard, and cooking implements. These provoked a lot of discussion and fond memories amongst our residents, who recalled stories of cooking, growing up and bringing up their families.

Such was the response and active discussions; that we want to develop our own Glyn Nest "Memories off the Shelf" resource – but we need our residents' families help.



Can you help please?

We are planning to create a reminiscence corner in the activity area where items can be displayed for discussion. The first theme will be "Household".

If you have any old style packaging items, old kitchen implements, or household machines for cooking, preserving, cleaning etc. that can be part of the "Reminiscence Area" please speak to Liz.

Themed Menus

Tracy Bryan

Glyn Nest Catering Manager

In the Glyn Nest kitchen we support the Home's seasonal events and activities by preparing delicious themed foods and decorating the dining room to enhance the experience for our residents. This provides additional interest at meal-times, visual stimulation, and also enables residents to orientate themselves around the seasons and festivals during the year.



Since January, we have tailored menus to celebrate Shrove Tuesday, Valentine's Day, St David's Day, Mothering Sunday and will soon be marking the Easter period.

Good nutrition, a balanced diet, and encouraging a healthy appetite are important, and the catering team plays an important part in the health and welfare of our residents by promoting this through their creative themed menus.

As the catering manager, I am not only responsible for the food to be of an exceptional standard, but also ensure that the catering team has up to date training and that the kitchen environment and practices comply with legislative requirements.

Each year, we are inspected by a local authority food safety officer; who checks to see how well the Glyn Nest's kitchen is meeting the law. This thorough examination looks at how hygienically the food is handled, how it is prepared, cooked and stored, checks the paperwork and general kitchen processes, as well as the structure of the building – cleanliness, lighting, ventilation etc. A 'food hygiene rating', is then given to reflect the findings.



Congratulations to Glyn Nest and our catering team on once again achieving the top score.

And Finally

Rev Irfon Roberts

Chair of the Glyn Nest Management Board

On behalf of the House Committee and Directors of Glyn Nest I wish to thank each member of staff, both day and night, for their excellent work during what has been an exacting period owing to the current unsatisfactory number of workers.

I can assure you that we are doing our utmost to secure new and suitable recruits to lessen the burden on those of you who may feel the need for extra assistance.

Please feel assured that we are appreciative of your commitment and constant care of the residents. We extend a warm welcome to those recently appointed and hope they will enjoy their experience of working here.

Those of us who attended the event thoroughly enjoyed the *Noson Gawl* in celebration of our national patron saint. All tickets were sold and the entertainment provided was truly worthy of what has by now become an annual event.

Congratulations on the decorations on display and on the excellent *cawl* provided by the kitchen staff.

David is the only patron saint to have worked and died in his own country. St Patrick (Ireland) was Welsh; St George (England) was a Turk who probably never set foot on English soil; Saint Andrew (Scotland) was one of the Apostles and therefore a Jew. David, however was one of us.

In his last sermon he told his followers to **"do the little things, the small things that you have seen me doing."**

Are not the small things often the most unselfish and valuable acts of kindness? A cheery smile, a sympathetic ear, a helping hand can mean a lot to someone low in spirit and in need of attention.

To be loved is a need that we each have in common. As Mother Teresa once wrote, **"Not all of us can do great things. But we can do small things with great love."**

In this, the third issue of our newsletter, I would like to share other words by the much loved friend of the poor who dedicated her life to help the suffering amidst unimaginable poverty in Calcutta:

"People are often unreasonable and self-centred. **Forgive them anyway.** If you are kind, people may accuse you of ulterior motives. **Be kind anyway.** If you find happiness, people may be jealous. **Be happy anyway.** The good you do today may be forgotten tomorrow. **Do good anyway.** Give the world the best you have and it may never be enough. **Give your best anyway.** For you see, in the end, it is between you and God. **It was never between you and them anyway."**

The Rev Judith Morris, new General Secretary of the Baptist Union of Wales, has already attended Glyn Nest and we look forward to working closely with her to secure the Home's continuation. Her vast experience in spheres other than the Ministry will prove in time most valuable to us.

It is also fitting that we express our appreciation of the support provided by her predecessor, the Rev Peter M Thomas. He was, and still remains a great friend of the Home and we shall always remain grateful that he was there for us whenever difficulties came our way. May God bless him in his retirement.

We look forward to the coming Open Day. Please mark the date **26 August** in your diaries. We need to bear in mind also that Glyn Nest is this year celebrating 45 years of its existence as a Care Home.

Those of you from the past who may be reading this newsletter please accept our gratitude. As we strive to continue the work we acknowledge the contribution of those before us.

To Contact Glyn Nest

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