

Glyn Nest

BAPTIST HOME

Newsletter
January, February,
March 2016

CARING IN OUR COMMUNITY

A Very Happy Easter to You All

Welcome to Glyn Nest's Spring Newsletter. The season of Spring is always a much welcomed time of the year. With the winter months behind us, the days gradually become longer and the warmer weather encourages residents to venture out again.

On the land and in the garden, signs of growth and new life signal fresh beginnings and something to look forward to.

This time last year, we went to see my son's new-born lambs, but this year, I brought 'Gordon', my 'Molly Lamb' into Glyn Nest to meet the residents. I don't know who was more excited, the lamb or the residents!

I hope you enjoy reading our newsletter, and finding out what Glyn Nest has been up to during the past few months

Happy Easter to you all

Jayne Evans – Manager

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Easter Greetings to all at Glyn Nest!

One of the loveliest stories in the New Testament is the story about Cleopas and his friend walking from Jerusalem to Emmaus on that very first Easter Sunday, over two thousand years ago. They were both utterly broken hearted having lost their wonderful friend Jesus who had been crucified on the Friday.

During the journey to Emmaus, a distance of some seven miles, a stranger joined them and asked why they were so upset. Both Cleopas and his friend were taken somewhat by surprise and couldn't understand why the stranger hadn't heard about the terrible events in Jerusalem and the crucifixion. And so they explained to him all about Jesus and what he had meant to them. They told the stranger how they thought that Jesus was the one who was going to save them from Rome's oppressive regime.

They told him about the wonderful things that Jesus had done to help people, snippets from his sermons, some of the stories that he told and the way in which he challenged his followers. But in the end it had all gone tragically wrong when Jesus had been betrayed, arrested and crucified. Now they were all alone and feeling pretty destitute. Jesus was dead.

However, before leaving for Emmaus, there were rumours going

around that a group of women had visited Jesus' grave that very morning and found it to be empty. And this wasn't all. Not only was the grave supposedly empty, but they had apparently seen some angels who had told them that Jesus was alive. What utter nonsense! How on earth could a man who had been crucified be alive? It just didn't make any sense.

Having arrived at Emmaus the stranger made as if to carry on with his journey but he was persuaded by Cleopas and his friend to have a meal with them. Sitting around the table, they broke and shared bread and suddenly they realised that the stranger was no one less than Jesus himself. For some reason they hadn't recognised him despite being in his company for much of the journey. Somehow their eyes had been opened and their hearts were on fire.

I have to admit that this is one of my favourite Easter stories as it reminds me that during those times when I cannot feel Jesus' presence in my life, this story tells me that Jesus is a constant companion. His presence is not dependent on whether we see, feel or hear him. This is one of the great Easter assurances: Jesus is alive and walks with us.

With every blessing at Easter

Reverend Judith Morris

Resident's Activities

A Huge Thank You from all the residents and staff



Glyn Nest residents and staff would like to thank everyone for their generous gifts over the Christmas festive period.



The resident's hand-made 'Christmas crafts' table was extremely well supported, and all the money raised will go towards providing further materials for the popular weekly craft activities. Thank you

Music Residency

During December and January, Heather Summers came to Glyn Nest to deliver eight musical sessions for the residents.



The project was sponsored by ageCymru, and Heather introduced the residents to a large variety of different instruments and musical experiences.



Crochet Afternoon



Liz Ellis, from Glyn Nest's catering team, organised a fun afternoon with a 'Learn to Crochet Party'.

It was a great success, and everyone enjoyed the chocolate cake, and prizes!



Art and Crafts



Art and Craft activities stimulate mental agility, and increases physical activity to maintain and improve motor skills.



At Glyn Nest, we encourage residents to continue to enjoy their hobbies and interests. This weekly activity also provides a relaxed environment for residents to chat and interact together.

We always welcome family members and friends to join their relatives in the crafts sessions.



Gentle Chair Yoga

Each week, the residents have the opportunity to join in chair yoga sessions in the lounge. The focus is on increasing flexibility, stamina, co-ordination and relaxation.

Lesley Dever, who leads this activity, is a British Wheel of Yoga qualified teacher. She has been teaching since 1987, and has over 10 years of teaching gentle chair yoga.

Aberporth Beach and Afternoon Tea at the Cliff Hotel



With the warmer spring weather, some residents enjoyed their first trip out of the year.

We drove to the sea at Aberporth, and enjoyed watching the various comings and goings on the beach, before driving on to Gwbert.

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

St David's Day at Glyn Nest



Legend has it that St David of Wales was born around 462. He was the son of a chieftain in Cardigan and St Non.

Sometime after David was ordained a priest, together with three disciples, he went to a place called Hodnant. It is now called St David's and there they founded their monastery.

He died on the 1st of March, but the year is not certain, and was buried in his own church. Today, St David's Shrine can be found in the

beautiful St David's Cathedral, built on the site of his former monastery.

Ysgol Penboyr

This year, St David's Day was celebrated in Glyn Nest with a morning visit by the pupils of Ysgol Penboyr.

They came dressed in traditional Welsh costumes and sang to the residents.



Cawl a Chên Evening

On St David's Day evening, the Glyn Nest House Committee members organised a traditional Cawl a Chên.



The evening was extremely well supported by the local community, residents, and families.

'Parti Carnabwth' provided the entertainment, with an excellent performance, enjoyed by all. This was followed by the traditional, delicious bowl of Cawl, bread and cheese prepared by the Glyn Nest catering team.

Carwyn Tywyn

On the Friday of St David's Day week, we welcomed back a very popular visitor to Glyn Nest.

The residents thoroughly enjoyed an afternoon of songs and music from the well-known Celtic Harpist & Triple Row Welsh Harpist, Dr Carwyn Tywyn.



Other News



January

12th – Margaret C
21st – Eluned

February

6th – Eirlys

March

1st – Margaret J
14th – Charlie
16th – Margaret H
29th – Maggie H





Glyn Nest has once again been awarded accreditation against the Investors in People Standard, demonstrating their commitment to high performance and people management.



Based on 25 years of leading practice, the standard used a rigorous assessment through staff and management interviews to assess performance against a framework which reflects the very latest workplace trends, essential skills and effective structures required to excel in any business sector.

Paul Devoy, Head of Investors In People said:

"We'd like to congratulate Glyn Nest, Investors in People accreditation is the sign of a great employer, an outperforming place to work and a clear commitment to success. Glyn Nest should be extremely proud of their achievement".



Inspection Report

The CSSIW (Care and Social Services Inspectorate Wales), has released their latest inspection report for Glyn Nest.

Jayne Evans, Glyn Nest Manager said, "We are so pleased to say that overall it is extremely positive, and the minor areas for improvement, are already being addressed by the management and staff.

I would like to congratulate everyone on achieving and maintaining a high level of service."

A copy of the latest report is available on the Glyn Nest and CSSIW websites.

Memory Boxes



Why make a Memory Box?

Our identity is related to what we have done and been. As we get older, earlier memories may become more vivid, and recent memory may dull.

To help retain our identity and our 'spirit', a memory box containing meaningful memory joggers, personal items and photos can be a source of pleasure and encouragement.

Their purpose is to stimulate the memory, and provide opportunities for conversation and mental and emotional stimulation.

They can be used by staff to gain a deeper understanding of the person and their life.

For relatives they can be an inclusive activity, providing a cathartic release of remembering, reflecting and acknowledging the life of their loved ones. The boxes can be a means of rousing meaningful discussion and communication during family visits.

What to include in a Memory Box

What to put in the box depends on you, either as an individual creating your own box, or as a family member building a box for your loved one.

Everything we experience in life is recorded, be it sight, sound, taste, smell or touch. A memory box can contain anything that evokes these memories, so that at a later date it is possible to recall some of that past experience.

It may be some family or holiday photos, a favourite book, a music CD, pressed flowers, a family shawl, textured materials, tools from their work life, much-loved recipes, a perfume or scent. It doesn't really matter as long as these items mean something to that person.

It can also be helpful to include a short description of each item and why it might be remembered.

If you would like more information speak to Liz - Glyn Nest Activities Coordinator

Seasonal Traditions

By Caroline Jones - Day Carer

Well here we are again, emerging from an exceptionally wet winter. The days are drawing out and daffodils are brightening the muted browns and greys of winter.

Residents at Glyn Nest are looking forward to being able to sit outside in the sunshine, and take part in trips to various places of interest in the area.

On the 1st March, St David's Day entertainment was organised by the committee at the home: an event much looked forward to by residents, visitors and staff.



Cawl a Chân was celebrated with beautiful Welsh singing performed by a truly professional choir from Maenclochog, a variety of hymns and popular songs were on the menu.

Kitchen staff once again rose to the occasion, and produced delicious bowls of cawl and welsh cakes, for visitors, committee, residents and staff.

St David's Day of course is celebrated by the whole of the Welsh nation, but it has a special resonance in this area, with school children dressed in traditional costume. This year, at Glyn Nest, the residents enjoyed a visit from Ysgol Penboyr pupils, who came to sing for them.



Many people wear one or both of the national symbols of Wales, on St David's day. The daffodil (a generic Welsh Symbol) or a leek.

It is likely that the Welsh association with the leek predates St. David by hundreds and possibly thousands of years, to an age when people worshipped trees, plants and other such aspects of Mother Nature. During these times the leek had a reputation as a medicine to cure a variety of illnesses, such as the common cold and alleviating the pains of childbirth.

The leek was once worn by soldiers fighting the English in a bloody battle. All Welsh fighters wore the leek on their caps to distinguish themselves from the enemy securing a resounding victory.



And so today each year on St. David's Day the leek is worn in the cap badges of every soldier in every Welsh regiment.



Outside the army however, many other Welsh folk have substituted the daffodil for the leek, perhaps because it looks more attractive and certainly smells a lot better. Interesting to note however, that one of the many Welsh names for a daffodil is Cenhinen Bedr, or Peter's leek.

It is wonderful that Wales is so steeped in tradition, and many of these traditions are celebrated at Glyn Nest, making the home feel like a real home.

Residents, friends and family are always welcome to join in with the various entertainments. Staff, residents and residents' families all add to the fabric of the home.

Caroline Jones

And Finally

Rev Irfon Roberts

Chair of the Glyn Nest Management Board

A big thank you to all who supported this years celebration of St David, our patron saint to whom we owe so much as a nation.

The evening received high praise from those who were present. A special thank you must be given to the kitchen staff who provided us with 'cawl' of a quality unsurpassed by any restaurant in the land. They are an excellent team who work well together for the benefit of all.

This mature spirit of co-operation and understanding among members of staff is essential to the welfare of the home. Without it we cannot hope to continue.

Good team work is of utmost importance. Personal differences need to be set aside for the benefit of the whole, else we have no hope of surviving.

We need to bear in mind at all times that Glyn Nest is a Christian home, set up by people of firm conviction that service to others is a manifestation of God's love towards his children.

We are to see each other as brothers and sisters in Him and even though this may seem difficult to understand, let alone practise, we need to do our utmost out of respect to our founding members to reflect their vision and wishes.

Being a Christian home the expectations from us are understandably high.

This is no place for petty squabbles or childish behaviour since families have entrusted us with the care of their loved ones – people who in their time contributed much to the welfare of their children and in many cases the welfare of society at large.

I know of service users in Glyn Nest who have dedicated a great part of their lives working on a voluntary basis for the benefit of not only the churches they attended, but their local community in general. They deserve our utmost respect.

Personally I am proud of what we have achieved thus far. Glyn Nest is by now almost unrecognisable from when I first became involved with the work back in 1972. Yet, we have so much more to achieve.

Even though forty five years have passed since the home's inauguration I sincerely hope that we are but standing on the threshold to an even better future.

During the next twelve months we shall be investing heavily in general improvements – new heating boilers, sensory garden as well as other general repairs.

Let us strive together so that we can be justifiably proud of the level of care offered at Glyn Nest.

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

Jayne Evans – Registered Manager

Telephone: 01239 710 950

01239 710 503