



Bronafallen



Croeso I'n Cylchlythyr Hydref – Welcome to the Autumn Newsletter 2016

Welcome to our autumn 2016 newsletter. Autumn is a lovely time of the year at Bronafallen with the season's changing colours. Autumn is nicely illustrated in the poem by Sarojini Naidu:

‘Like a joy on the heart of sorrow, the sunset hangs on a cloud. A golden storm of glittering sheave, of fair and frail and fluttering leaves’.

We captured this spirit of autumn with some lovely artwork in our bonfire-night craft sessions as well as our commemoration of Diolchgarwch, Harvest Festival. We also celebrated International Peace day and Halloween with our spooky-party and even spookier crafts.



As well as our own in-house entertaining and visits from the Reverend Gerwyn Roberts, regular entertainers Ann Davies and Tony Hudson have been as busy as ever. There is an article about Tony later in the Newsletter. We have also had a visit from Catrin and Keren from Golden Days, Who put on an innovative, interactive show that was very popular, as you can see from the photographs. I'm sure we will see them again soon. We would like to remind you that you are very welcome to join us to watch our entertainers.

Autumn is also a time of reflection, on the passing of summer and our thoughts on Remembrance Sunday, about all the people who lost their lives fighting for our country. The residents' poem this month is inspired by their memories of milking cows. Almost all of our residents have either lived on or regularly visited farms to help with the milking. Lovely memories!



By the time you read this we should be ready for Christmas with our trees decorated, entertainers and Father Christmas booked to brighten our winter days. You are welcome to join us for any of the events listed at the end of the newsletter. We have already started making our own special decorations in our Christmas craft sessions and hope to have these on display when you visit us in December. Please also support our Christmas raffle, as we have some lovely prizes. The proceeds will go towards our residents fund at Bronafallen.

We hope that you and your family have a great Christmas – Nadolig Llawen.

Terry Wells, Activities Co-Ordinator

Tristwch: With sadness

It is with great sadness that we bring the news of the passing of Kit Thompson in November. Kit joined us in January 2015. She was a happy, friendly person and it was fascinating to hear her stories about her wartime exploits in the ATS as well as her working-life in pre-war Stafford. Kit will be greatly missed. Our hearts go out to her family and friends.

Croeso: Welcome, Preswylwyr Newydd- New Residents

We extend a very warm welcome to Blodwen Roberts, Megan Karbowskiak and Beryl White who have joined us as permanent residents since our last newsletter. Cissie Jones has also joined us for day care, one day a week.





Dathlu Penblwydd - Birthday Celebrations

Happy birthday to: Dorothy, who was 87 on the 26th October. She had a fun packed day, with music and laughter supplied by Tony Hudson, before her birthday party shared with her friends.

Gweithgareddau – Activities



Our regular exercise, craft and baking sessions continue. Our residents are encouraged to join in. Sometimes residents want to watch others or simply sort through the assortment of buttons or craft materials that we have accumulated. As you can see from the photographs we create some great art as well. The important thing is for everyone to enjoy the sessions and the interaction with other residents.

Something new is our indoor bowling, with mini bowls, that even have a bias. Some of our residents used to play bowls and are quite proficient with the mini version of the game. For those who cannot see clearly, we rattle a tambourine as a target. We also use the tambourine for our games of skittles, which means that more people can get involved. These games encourage the players to bend down to play so gives some waist exercise, as well as helping with hand-eye coordination.





Anifeiliaid anwes a therapi dol- Pet and doll therapy

We have visits from Oliver the King Charles Spaniel, Seren the Labrador and Lulu the Jack Russell. As you can see from the photographs, he enjoys his visits as much as our residents. Visits from animals allow people to connect with happy memories and express their emotions and just give a little love. Interaction with



animals really helps to reduce tension and increase enthusiasm. As the dog comes into the room, they sit up and smile. Oliver is a very gentle dog and even people who do not normally join in with activities reach out to stroke him. To some it is soothing, to others, he brings back memories of dogs that were owned in the past. Our new gold fish are also very soothing, and relaxing to watch.



For people with dementia, a doll can be a constant in a confusing world. It can be very comforting to have a doll to cuddle and talk to. It can also bring calm if someone is getting agitated. It can also improve general wellbeing, which can help to improve other aspects of someone's life.



Tony Hudson – Someone to Turn To

Tony entertains us, bilingually, usually every other Friday and his music and old jokes are hugely popular with our residents. Tony was born in the Conwy Valley and is now living in Colwyn Bay. He enjoys salmon and trout fishing as well as gardening. Twenty years ago part of his property was wasteland. He has transformed it into a stunning, award winning garden, winning a Colwyn in Bloom competition, for the best domestic garden. He also a judo black-belt and has represented Great Britain five times in international events.

He finished his career in financial services to become a carer and activities coordinator. He then decided to entertain on a full time basis and in 1995 he formed his own business, *Someone to Turn To*. He now has twelve other entertainers working with him, bringing acts to the residents of care homes, who are unable to go out to visit the entertainers. Tony keeps his entertainers busy, with one person visiting three homes per day. Tony spends a lot of his time coordinating this activity, but does have a core of favourite homes that he loves to visit and fortunately we are one of them. Long may that continue!





Hel Atgofion & Barddoniaeth – Reminiscing and Poetry

We hold regular reminiscing sessions, sometimes using physical objects such as old washboards or wartime objects to start a dialogue. We may also use poetry, a picture or a background soundscape to create memories in people's minds. As you know, we sometimes write down our resident's words to make our own poetry. This gives us a fascinating insight into the social history that our residents are part of. Remembering their skills and experiences can also provide mental stimulation and have positive effects on their wellbeing.

Our poems do not rhyme or scan but are free verse and contains a person's speech rhythms. Sometimes this is carried out in a group, sometimes one to one. The words the people's own, nothing is added.

Ein cerdd – Our poem

Almost all of our residents either lived on, or regularly visited a farm and many can remember milking a cows, either for fun or to help with the family business.

Milking Time

*We had our own cows and milk,
Most (milk) went into the butter,
We had butter and cream at home,
The rest was sold at market,
A man came for the milk in the big cans,
I used to love milking the cows,
I did it every day after school,
'Never saw the boys doing it, but Dad did
the milking.
It took a long time, before the machine came,*



*Sat on a small stool,
It was cold in winter; I would feel the
warmth from the cows,
Some cows were easier than others,
You had to be kind to them, or they'll kick
you,
Or sometimes they kick the bucket of milk
over,
The machine made it easy, but not so
much fun!*

Diolch yn fawr Thank you

A big thank you to Mair's Niece Janet Williams for the big tin of buttons and other craft materials that she has kindly given to us. They will be very useful for our Christmas and other craft sessions.



Adloniant yn Rhagfyr 2016

Croeso mawr i bawb ddod i ymuno â ni

8th December 1.30pm Cerrig Y Drudion Primary School
Children - singing and entertainment

9th December 2pm Tony Hudson – Singing and Fun

12th December 2.30pm Bala Secondary School Choir

14th December 2pm Golden Days

21st December 2pm Ann Davies – Music Therapy

23rd December 2pm Tony Hudson – Singing and Fun



Entertainment in December 2016

**Everyone is very welcome to
come and join us**

