

No 1.

## BODAWEN NEWS

Oct-Dec 2013

Hello, my name is Niccy Dring. I became the Activities Coordinator at Bodawen Nursing Home in October 2013. I have recently moved from Wrexham to Criccieth with my partner Graham, and my soon to be 1-year-old son, Isaac.



My background is a varied one, but my main roles have always been related to organising activities one way or another, but predominately for children. I managed a children's soft play area, organising seasonal events, parties and activities. I spent two summers working in California as an Activity Leader on a Summer Camp – for both children and adults – of all different capabilities. I feel this role in particular has prepared me for my new role at Bodawen. I have also been on the Social Team for a large internet company, assisting in the organisation of corporate events, charity events and other company activities.

My aim at Bodawen is to provide suitable, stimulating and fun activities for all our residents, and to find out what individuals enjoy doing. I am aware that not all residents wish to partake in activities, so I will ensure that I schedule in one to one sessions, whether it be for a quick game of Dominos, Sudoku, or just a nice cup of tea and a chat.

Although I have background in coordinating activities, this is still a new and challenging role for me and I am still learning, and hopefully starting to make a small difference to our resident's lives. However, should you have any ideas for activities; themed lunches / dinners or events, please do not hesitate to get in touch with me and I will endeavour to schedule any suitable activities into our calendar.

I look forward to meeting you all in time and thank you for taking your time to read this newsletter.

Niccy



## Activities and events



THE RESIDENTS ENJOYING A BIT OF FESTIVE BAKING IN THE AFTERNOON

Since October we have had numerous activities and events. On the 28<sup>th</sup> October, we started the exciting job of making the Christmas cake. Myself, Jo (our cook) and 10 of our residents gathered in the dining room and mixed the ingredients together and put into the baking trays. During December, the cake was decorated with fun and festive decorations!

31<sup>st</sup> October, we celebrated Halloween in style. With a decorated dining room and pumpkins (created by the residents) throughout the home, we donned our witches hats and spooky masks and sat down for a frightening but delicious lunch. With ghoulish stew and poisonous peas on the menu! Decorations and posters were made by residents in the lead up to the lunch too. Everyone had a wonderful lunch.



On the morning of the 4<sup>th</sup> November, we had a singer and guitarist in to entertain the residents. This was a very successful morning, which the residents enjoyed thoroughly, joining in with the songs and laughing as he got me up to do a little dance, as well as making some very odd sounds. We have had a lot of brilliant feedback from the residents and a couple of visitors who were here that morning who have asked if we will have him back. Hopefully in the New Year!



Tuesday 5<sup>th</sup> November, we enjoyed a Diwali lunch; Jo cooked a beautiful selection of Indian food and the tables were decorated with brightly coloured paper flowers, made by our lovely carer, Ann, and some oranges. We played Indian music and a great time was had by all. In the afternoon, the residents sat down to do some arts and crafts and created some brightly coloured fireworks to celebrate Bonfire Night. These are proudly displayed on the wall in the sun room.



YUMMY INDIAN FOOD FOR DIWALI

Even more entertainment in the later part of the week, we had the harpist performing who played beautifully and sang some lovely songs. The residents listened and enjoyed watching him perform and we all sang Happy Birthday for Elsa, who celebrated her 90<sup>th</sup> Birthday.



As a keen baker (and eater of baked foods), the residents and I have enjoyed a few afternoons of baking and decorating cakes, biscuits etc. We made some delicious gingerbread men in preparation for the Christmas Fair.





In the final couple of weeks of November and beginning of December, many of the activities were based on getting things ready for our Christmas Fair. We made some beautiful Christmas Cards; Christmas decorations; little handmade gifts, and even had an afternoon of indoor gardening, planting hyacinth bulbs in our specially designed plant pots.

Our Christmas Fair took place on 14<sup>th</sup> December and was a brilliant success. We managed to make over £250 towards the residents fund and we are still selling raffle tickets and handmade gifts to get that figure even higher. The tombola was finished in record time and the cakes were selling fast – and can I just say that Leslie and Jo's cake pops were fabulous.

Thank you so much to everyone who donated items; bought raffle tickets and spent money on the day. It is very much appreciated and we look forward to using the money to put on some brilliant entertainment for our residents to enjoy.

## THANK YOU!



## ... In other news...

### CONGRATULATIONS JO!!!

Our very own Jo Parry, our wonderful cook, has won a Silver Award at the Wales Care Awards. All the hours and hard work that she puts in has paid off once again. We are thrilled for Jo and hope you will join us in congratulating her and say a MASSIVE thank you for everything that she does. We look forward to many more exciting themed lunches.

**Bodawen has gone green** with the recent installation of our new Biomass Heating System.

#### What is Biomass?

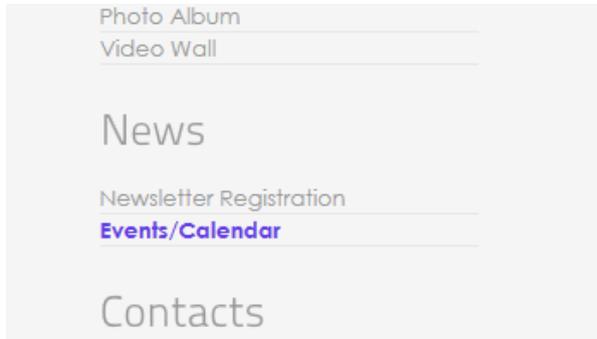
Biomass is a renewable energy source that is obtained from living or once living material including wood, grass, wheat or suitable waste materials. Biomass is mostly used in the production of heat and the generation of electricity. See below for the advantages:

- CO2 emissions from wood pellet boilers are much less than oil, log, coal or gas-fired boilers for the same amount of heat
- The net carbon dioxide emissions from biomass are much lower than the emissions from fossil fuels if the resource is managed carefully.
- Wood pellets are a sustainable fuel as they are produced from wood which is growing
- The price of wood pellets is less than other forms of fuel such as heating oil



The calendar of events has now been added to the website so that you can all see what is going on, and when. We are hoping to add more photos as well so you can see what we have all been up too.

[www.cariadcarehomes.co.uk](http://www.cariadcarehomes.co.uk)



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You may be wondering what the new building is on the left hand side as you approach the home. This is our new Training Centre also known as "Y Cwt" (The Shed!) This will ensure all our new and existing staff members are kept up to date with any changes to processes or new training that may be required. Ceri and Leslie are very keen for all staff to continue to develop themselves so that they can provide the best service for our residents.

All in all 2013 has been a very busy year for maintenance projects, in addition to the bio mass boiler, we have replaced the roof on the main building, upgraded the patio area, we have replaced all the bedroom furniture and soft furnishings in the main building. We have replaced the call bell system throughout the home and it is now integrated with fire exit doors. All the corridors have been decorated, corridor carpets replaced and all the art work has been replaced by photographs taken by our talented carer Shaun Hayes, which has made the corridors look a lot fresher.

## ...and what's happening next..?

- Pinball Championship
- Chinese New Year – lunch and themed activities
- Burns Night
- Bodawen Cruise and Gala Dinner
- Valentine's Day – lunch and themed activities

Plus much more... please keep an eye on the calendar of events on the website

*Merry Christmas and a Happy*

*New Year everyone!*

*Nadolig Llawen a Blwyddyn*

*Newydd Dda i Bawb!!*