



# Pendine Park news

The newsletter of the Pendine Park care organisation

Issue 12a

*Opera superstar  
Bryn Terfel is  
a cut above in  
Llangollen*

# All systems go in Caernarfon

It's all systems go in Caernarfon.

Work is progressing on our new centre of excellence for dementia on the outskirts of the historic castle town.

The new centre, Canolfan Bryn Seiont Newydd, is being built on the site of the former community hospital, Ysbyty Bryn Seiont.

As part of our campaign to raise awareness and to recruit staff we are opening new premises in the town centre.

Siop Ofal Canolfan Bryn Seiont (Bryn Seiont Care Shop) in High Street will be a place where people can call to find out more about what we're doing and when the time comes it will provide a suitable venue for meetings and training sessions.

Our efforts to raise awareness about dementia have already been given a big boost by a leading arts centre based in the town.

Galeri Caernarfon is the first organisation in North West Wales to back the Purple Angels project which is rapidly gathering momentum.

Pendine Park proprietor Mario Kreft is an enthusiastic supporter of the scheme and is hoping shops, businesses and other organisations in the area will follow suit.

The Galeri theatre and arts centre is the first to do so, and chief executive Gwyn Roberts was delighted to pledge his support, seeing it as a simple but important step to improve inclusivity.

All participating establishments are given a seven-point guide to understanding the illness and the symptoms, which can include confusion, staring and repeating questions or comments. A short training session will be conducted by a member of Pendine Park's specialist staff.

Premises will then display "Purple Angel" stickers and posters to show that staff understand possible problems and know how to respond.

"The middle-aged and elderly form a big part of our demographic here in the Galeri and knowing how to respond is part of customer care in general," said Gwyn. "It complements our overall aim to provide an efficient, friendly service to all visitors to the

Galeri so from our perspective it makes good sense.

"We have 50 part-time and full-time staff here and the response to the idea of joining the scheme has been extremely positive. Most people know someone – a friend or relative – with some form of dementia and so they can relate to it," he said.

Mario said that Canolfan Bryn Seiont, which is due to open in September, 2015, and will employ more than 100 staff, would help to raise the profile of dementia and dispel the misunderstandings held by many people about the illness.

"The Purple Angels campaign is so simple to put into practice and yet it can make a great difference to so many people.

"We needed someone to set the ball rolling in Caernarfon and were looking for like-minded organisations. We are very grateful to Gwyn and the Galeri for being so receptive to the idea and agreeing to be the first to sign up," he said.

"It's very appropriate because of Pendine's policy of enrichment through which we use the arts to help improve the quality of life of the residents in our homes.

"We are hoping to work with Galeri in future as part of our enrichment programme in the local community in the Caernarfon area.

"It is in the interests of all businesses to support something like this because people with dementia can sometimes feel very isolated but if they have a good experience and an appropriate response they are likely to return. It's simply good business practice," he said.

Mario was inspired to open his first care home in 1985 when he became frustrated in his failure to find suitable care for his grandmother Rene Warburton, from Rhyl, who suffered from dementia.

The Welsh Government is expected to give its formal backing to the Purple Angels campaign later this year.

"The more people that understand and talk about it, the more the stigma that is attached to it will be reduced and eventually become a distant memory," added Mario.



Mario Kreft with Gwynfor Jones, left, visited the manager of Galeri, Caernarfon, Gwyn Roberts.

# Health Minister hails high infection control standards

Wales's Health Minister has hailed Pendine Park for our "high standards" of infection control resulting from a new staff training programme.

The praise from Professor Mark Drakeford AM came during a whistle-stop visit to see the facilities at the Bodlondeb Centre, our centre of excellence for dementia care in Wrexham.

Apart from being shown its wide range of facilities and meeting residents, their relatives and senior managers, he found time in a busy schedule to present awards to three members of staff who have just successfully completed the centre's new infection control training programme.

Bodlondeb manager Ann Chapman said: "As part of our on the job learning programme each member of staff completes an infection control 'toolkit'.

The booklet contains a series of questions about the kind of infections which they might come across in the course of their duties and the methods by which these can be combated.

"Staff members who score the highest marks in demonstrating best practice are then selected to receive one of our Semmelweiss Awards.

"These awards are inspired by and named after Ignaz Phillip Semmelweis, a Hungarian physician of German extraction who is known as an early pioneer of antiseptic procedures.

"He was often described as the 'saviour of mothers', because he discovered that the incidence of puerperal fever could be drastically cut by the use of hand disinfection in birth clinics."

Receiving the awards, consisting of an inscribed plaque and certificate, were care practitioners Katy Topham, 23, who has worked at Pendine Park for just over two years, and 23-year-old James Bowen, who has been with us for four years, along with Beth Mullock, 48, from Summerhill, Wrexham, from the administration department, who has been on the staff for over 16 years.

Mr Drakeford said: "Understanding and putting infection control into everyday practice is a vital part of care whatever area of health or social care people work in.

"I was very pleased to visit the Pendine Park Care Home to see for myself the high standards they have adopted, and to congratulate the staff for their hard work and success."

Katy Topham said: "Proper control of infections is actually all part of the job here at Bodlondeb. It's something you have to be conscious of every day when you come into work."

Bodlondeb is thoughtfully designed around safe central gardens, in a tranquil setting surrounded by gardens and countryside.

Each eight-bed unit is individually staffed enabling the centre to focus on a wide range of dementia and mental health needs, including functional, organic and affective disorders.

With lounges in each unit for relaxation, stimulation and communal living, Bodlondeb prides itself on having a true family feel.

Heavy emphasis is also placed on music and art therapy for residents, with staff leading frequent sing-alongs for residents and weekly creative classes being run by artist in residence Sarah Edwards.

Bodlondeb was officially opened by Wales's First Minister Carwyn Jones in November 2010 when he hailed the facility as a "pioneering model of care".

The visit was organised after the Health Minister asked Pendine Park proprietor Mario Kreft if he could come to see what they did.

Greeted on his arrival by Mr Kreft and his wife, Gill, along with a group of senior managers from Bodlondeb and our other care homes, the Minister was given a comprehensive guided tour of the centre, visiting a number of the spacious residents' lounges and accommodation.



Mark Drakeford AM with Bodlondeb manager Ann Chapman and Mario Kreft.



Mark Drakeford AM is presented with a piece of artwork from resident Elaine Edwards and Artist in Residence Sarah Edwards.



Minister for Health and Social Services Mark Drakeford presents members of staff Katie Topham, James Bowden and Beth Mullock with their awards.

# AM urges rest of Wales to support dementia awareness campaign

The campaign to make the public aware of the impact of dementia has been praised by a senior member of the Welsh Government.

Wrexham Assembly Member Lesley Griffiths, who is also Minister for Communities and Tackling Poverty, is urging the rest of Wales to sign up to the Purple Angels project launched by Pendine Park in Wrexham.

Purple Angels aims to raise awareness of the spread of dementia and at helping people to know how to respond to sufferers.

Already Denbigh and Caernarfon have followed Wrexham's lead

and Ms Griffith said: "Dementia is a growing problem, particularly in the older population, and it needs to be treated with care, consideration and sympathy.

"We know dementia is increasing and clearly people's awareness of it is as well and the idea of Purple Angels is that people can recognise those who have health issues.

"It's good to see Wrexham leading the way in this area and I welcome the fact that other towns are joining this campaign and hope it continues and grows to cover all of Wales so that those who suffer from dementia are treated with tolerance and respect."

Wrexham MP Ian Lucas, whose mother suffers from Alzheimer's Disease, the most common form of dementia, has also been a prominent supporter of the Purple Angels campaign.

He has urged businesses to sign up to the campaign which was launched by Alzheimer's sufferer Norman McNamara from Torquay who was diagnosed six years ago and in Wales has been promoted by us.

Anita Moran, Pendine Park's activities and well-being co-ordinator, was the first person in Wales to become an ambassador for the scheme and she knows what dementia means in a loved one.



*Lesley Griffiths AM with, from left, Anita Moran, Mario Kreft and Chris Hodge.*

# Ex-midwife who suffered brain haemorrhage showcases work in an art exhibition

An ex-midwife who suffered a brain haemorrhage has discovered a talent for art and showcased her work in an exhibition.

Jayne Jones, a resident at Bryn Bella at Pendine Park displayed her drawings for the first time.

The 50-year-old mum-of-three from Kelsall, who was found fitting by her then 16-year-old daughter Rachel five years ago, worked at the Countess of Chester Hospital.

Jayne's mum Lyn believes that immersing herself in art has had a positive impact on Jayne's life.

She said: "I think she gets a lot out of it." "It gives her a way to express herself and it's stimulating, and that's what she needs. It's been very good therapy for Jayne."

"They focus on what people can do at Pendine Park, not what they can't."

"She can only use her left hand because she had a brain haemorrhage. It's absolutely amazing that she can use her left hand at all because she's paralyzed down her right hand side and she was right handed. So now she's learned to use her other hand."

"I come to visit Jayne three times a week. I think this is a very good home, very good indeed. Very good nursing care, everything. They have a lot of different activities, a lot of things taking place like today. It's always nice to get everyone all together. There's a real community here, and we're all friends."

The art exhibition in which Jayne's work was featured was organised to coincide with National Care Homes Open Day.

Care organisations across the UK organised the events and activities to strengthen the bond between care home residents and their local communities and in Wales everything is coordinated by Care Forum Wales.

At Pendine Park the activities included, a sing-along and memory workshop, food tasting, a poetry group session, a craft afternoon, afternoon tea, and keep fit and gardening.

Another budding artist's work on display was that of Pendine Park resident Alan Hassall.

The 67-year-old ex-engineer felt very proud to have his hard work on show.



Jayne Jones shows her mum Lyn Bullen some of her artwork



Laura Stevenson gets some help from Olivia Pridding-Hull



Christine Jones with her colourfully painted tubs



Residents from Penybryn at a craftwork session. Sophie Ellis with Suzanne Lewis and Sara Berhe, right.

# Artistic residents are top of the pots

Artistic residents have shown that they're top of the pots.

They have painted several plant pots in vibrant colours for a dazzling hosta plant display in the garden of the Penybryn care home.

Artist-in-residence Sarah Edwards is delighted with the results.

She said: "They've created the most wonderful brightly coloured plant pots that they're really proud of."

"The art class were asked to paint their own designs on to the plant pots, so they've really been inspired to decorate them."

Sarah believes the art classes play a pivotal role in the wellbeing of the residents.

She said: "As you can see they get a sense of achievement. It gives them a purpose and gives them a chance for social interaction with other people. Often it unleashes creativity that some people didn't know that they had."

Pendine Park gardener John Sheen collaborated with the art class to create the display.

He said: "The vibrant colours are obviously good for stimulation, but they've used them in subtle ways."

Resident Alan Hassall, 67, said: "Doing art at Pendine has given me a new lease of life. It's allowed me to express a side of myself that I never knew existed."

"The good thing about Pendine is that there are a lot of activities going on each and every day, so you never get bored."

Tracey Green, Enrichment Project Leader at Pendine Park, said: "The residents are fantastic, and all the art work that they do is amazing. It just shows every ability or age can do anything."



*"Doing art at Pendine has given me a new lease of life. It's allowed me to express a side of myself that I never knew existed"*



*Sarah Edwards, artist in residence gardener John Sheen and resident Jayne Jones with the plant pots.*

# Residents in tune with world class orchestra

Our residents teamed up with a world class orchestra to perform at the Llangollen International Musical Eisteddfod.

The melodious group from Pendine Park care organisation, Wrexham, collaborated in a musical workshop with the renowned Hallé at the festival.

The night before Pendine Park sponsored a special performance in the Eisteddfod pavilion of Sweeney Todd: the Demon Barber of Fleet Street starring opera superstar Bryn Terfel.

Bryn, who earned rave reviews when he did Sweeney Todd on Broadway with Oscar-winning actress Emma Thompson, shared the Llangollen stage with top tenor Wynne Evans, the star of the Go Compare TV ads.

After the magnificent performance, Bryn and the rest of the talented cast attended a special reception and presented Pendine Park proprietors, Mario and Gill Kreft, with a certificate in recognition of their support of the festival.

Top-class professional musicians from the Halle have been working with Pendine Park for the past six years as part of our pioneering enrichment programme, which enhances the experience of residents and also plays a key role in personal training and staff development.

As a warm-up, the Halle trio of Hugh McKenna on oboe and keyboard, violinist Caroline Abbott and cellist David Petrie played a selection of classical pieces and more upbeat numbers such as the main theme from the musical Oklahoma while everybody clapped and swayed to the music.

The tempo was varied throughout the hour-long sessions which had their grand finale when trio members handed round instruments including maracas, tambourines and bongo drums so that the Pendine residents and visiting schoolchildren could accompany them in a rousing rendition of the traditional Scottish piece Over the Sea to Skye, complete with howling wind and crashing waves.

Resident Edith Williams, 95, said: "I've been taking part in the workshops with the people from the Halle for about three years and I enjoy them so much.

Another resident who lapped up the entertainment was 70-year-old Christine Jones.

She said: "I really enjoyed myself. Playing and singing in these sessions with your friends is marvellous and it's good that we can do it with fantastic musicians like the ones from the Halle."



# Blooming marvellous!



Victoria CP pupils, front from left, Sophie Moran, Lottie Birchall and Alfie Jeffs are pictured with fellow pupils, Charlie Burton, Glyn Owens and Anyana Joshi, residents, Annice Thomas, Gladys Strange, Betty Coggins and Stan Speed watched by staff Anita Moran, Helen Watts and Kellye Phillips.

Green-fingered residents from our Hillbury care home have joined forces with primary school pupils to create a colourful haven for wild flowers.

The Grow Wild community project is proving a big hit and pupils of Victoria CP School dropped in to plant wild flower seeds supplied by the Royal Botanic Gardens at Kew.

According to Anita Moran, Hillbury House activities co-ordinator, the aim of the project is to create wildlife-friendly wild UK native flower havens.

She said: "Residents are always delighted when children from Victoria School come to Hillbury House and they are really pleased to work on a project such as Grow Wild.

"The children have planted wild flower seeds at school and have helped us plant seeds here at Hillbury House too. The idea is when they have grown and are in flower residents and children can come together again to enjoy and talk about the different flowers they have grown.

"Many of our older residents will remember wild flower meadows that children today don't have the opportunity to see. According to Kew we have lost 97% of our wild flower meadows since the 1930s."

Manager Cindy Clutton added: "As part of the Grow Wild project we have planted the seeds provided by the Royal Botanic Gardens here in the gardens of Hillbury House and hope that not only will they provide a splash of colour but they will help butterflies bees and birds too.

"It's always a pleasure to welcome children from Victoria CP School. They are so polite, helpful and understanding and I know how much residents enjoy their visits. I think the children gain a great deal from it too."

Lesley Wilson, Year 3 teacher at Victoria CP School, thinks it's a blooming marvellous idea.

She said: "It is always nice to be involved in projects such as Grow Wild where older people get to work with children. It helps pupils gain an understanding of older people as well as allowing them to work on an important environmental project."

# Cubs make bird boxes for residents



A community spirited pack of Cubs have built special bird boxes for residents at our Gwern Alyn care home.

The group from 6th Wrexham Cubs fixed the hand-crafted houses for feathered friends to trees in the lovely gardens at Gwern Alyn.

Cub Noah Clutton, 10, from Wrexham, had a fantastic time making the bird boxes, which is one step along the way to a community badge.

He said: "It was really fun because we've all been joining in together and building them and I like using tools. First we had to figure out which part goes where, and then we screwed them together.

Activities and wellbeing coordinator at Pendine Park Yvonne Moran is delighted with the results.

She said: "It'll be really nice for the residents. There are several little birds that come around here and the residents will be able to see them in the winter and the summer from where they are so it'll be lovely."



Cubs Iwan Peagram, Ioan Foster, Rhys Griffiths and Noah Clutton with resident Marion Jenkins.

# Kelly says thanks to Independent Living team



From left, Laura Edwards, Helen Jones, Lorna Laws, Audra West, Kelly Ashford, Jeanette Whiteley, Lucy Hughes and Janette Jones

A client has told of how her life has been transformed thanks to the team from our domiciliary care arm, Independent Living.

Kelly Ashford, 32, who needed major heart surgery when she was three, is supported by Independent Living at her home in Wrexham.

Independent Living, which has a staff of 80, helps over 200 people with learning and other disabilities, including dementia, to lead independent lives in the community.

Kelly said: "The staff at Independent Living have helped me very well. Because of them I'm much more independent than I used to be.

"I go to Llangollen on my own to ride the steam train. That's my passion and I wouldn't be doing it if it wasn't for the staff at Independent Living. I have them to thank

for this. I've also been doing my own shopping at the supermarket and I've even learned to ride a bike for the first time."

Independent Living Manager Audra West said: "Helping with the little things can make a big difference to people's quality of life. We consult with the people we help to find out what they want assistance with."

Audra has been with the firm for 10 years and in that time she helped steer it towards an Investors in People Gold Award.

She added: "What we try to do is enable people to live as independently as they possibly can in their own homes.

"For some people it's re-enabling them to do things they could do before and for others it's enabling them to do

things they could never do before.

"We help people with learning how to cook, with how to do their shopping, with budgeting, and things like that.

"One thing we've been doing for the past two or three years is helping with tenancy support. We've got a block of flats where about 10 people can learn to live independently. We've got outreach support, and we help them with how to pay the bills and how to deal with letters, things like that.

"We have a very good team here at Independent Living." Independent Living deputy manager Laura Edwards, 28, from Wrexham, added: "We all get on really well, we work really well as a team, and we're always helping each other out.

# Serious fun in aid of Catrin at the summer fair

We organised a fun day with a serious purpose - to raise money for a courageous young woman who suffered terrible burns in a coach crash.

Face painting, balloon models and live music were just some of the things on offer at the summer fair which took place at our site in Summerhill Road, Wrexham.

A portion of the cash raised is to be donated to the Catrin Pugh Fund.

Catrin, 20, survived after suffering 96 per cent burns following a horrific bus crash in the French Alps.

The young Rossett woman is the only person in the world ever to survive such devastating injuries which left her in a coma for 90 days and in need of more than 200 operations.

She was returning home to North Wales after a stint working at a French ski resort when the horrific coach crash happened in April 2013.



Residents Marion Jenkins, Harold Roden and Marion Williams with Teresa Jardine, Catrin Pugh and Jen Roberts.

Organiser Tracey Green, Pendine Park's Enrichment Project Leader, says the event proved a big success with residents and families members enjoying activities and looking at what was on offer at the many stalls.

She said: "I'm pleased lots of children and family members have been here visiting residents who are parents and grandparents. There has been a lovely atmosphere with everyone having lots of fun. "We have had games, live music, balloon modelling, stalls, face painting, live music and a raffle."

Tracey, who joined in the fun as a face-painting artist for the day, added: "We also held a fundraising



evening event at a Bersham club in Wrexham, organised by Jen Roberts, acting registered manager of Gwern Alyn Care Home, which also raised funds for the Catrin Pugh Fund. It was a really good evening raising in excess of £150."

Wrexham musicians Bill Bishop and Derek Gee entertained residents and guests at the summer fair by playing a string of 60's and 70's hits.

Bill, whose wife Karen works in the Pendine Park kitchens, said: "It's been a lovely day. We come and play quite often for residents with hits by the Shadows being quite popular.

Balloon artist Geraint Davies, who also works with Pendine Park Independent Living supporting individuals in the community, said the summer fair had been really special and he had enjoyed showing off his balloon modelling skills.

Bryn Bella care Home resident, Elizabeth Roberts, 59, enjoyed seeing her son and grandchildren enjoying playing a football game at the summer fair.

She said: "It's been a lovely day and I have really enjoyed it."

Suzanne Lewis with some of the pottery she made in the art group with activities co-ordinator Susie Owen.



Tracey Green face paints Helen Roberts



Dylan Jones, 8 of Wrexham with great nana Myra Bagnall watched by activities co-ordinator Irene Monks



LEFT: Getting some help in the duck pond is Taylor-James Wier, 3 with mum Jo Evans, Care Support and care practitioner, Mary Prytherch with her son Alex.



Zoe Finn, 9 has a shot in the penalty shoot out competition watched by sister Amy, 10 with step dad Richard Roberts and his mother Beth Roberts.

Guitarist Derek Gee

# Splash for cash



LEFT: Staff throw water over Ann Farr during the challenge.

We have made a splash for cash in aid of a dementia charity that supports young people.

The merry band from Pendine Park doused each other with buckets of ice-cold water to raise money for Young Dementia UK. The charity supports people between the age of 30 and 60 with have been diagnosed with dementia and their families.

All the participants donated £5 to the cause and got recorded on video being drenched for it to be shared on social media.

Ann Farr, Centre Manager of our training company, Smartcare, who bravely volunteered to be soaked by the whole team, said:

"That was fun - It's not something I think I'd repeat though!

"I quite wasn't prepared for the force of the water. It was very cold because it had just come out of the tap.

"There was a look of glee on their faces when they soaked me. "I feel very proud of the team, and they're all girls who don't like having their makeup messed up."

Ann added: "The money is going to Young Dementia UK. It's not really viewed as a young people's illness, but it affects young people too. There are people in their 30s who are being diagnosed.

"It's about raising awareness as well as funds for the charity so they can do something to help them.

Pendine Park Enrichment Project Leader Tracey Green also got involved.

Describing the experience of having a bucket of cold water being poured over her head by Ann, she said: "It was wet and cold, but it was a good laugh, and it's all for a really good cause. The team here at Pendine Park have really got behind it. It was a good bit of team building."

# Dynamic duo win prize in Denbigh



A lively duo showed dogged determination to bag first prize at a canine competition.

Eight-year-old Lili Seren Young, from Gellifor, near Denbigh, and Pendine Park pooch Daisy came first in the hurdles competition at the Denbigh Dog Show at Denbigh Castle.

The energetic team cleared four hurdles at a frantic pace to beat their competitors.

Lili, who goes to Ysgol Trefnant primary school, had an absolute blast.

She said: "I really enjoyed it, it was lots of fun. I liked it because I got to do it with Daisy and she was always jumping around. Daisy is very energetic and a bit mischievous.

"We practised in the woods behind Denbigh Castle before the competition.

"I feel very proud to win, and I'm also proud of Daisy. She did really well and was pulling me along. I thought I was going to fall because she was going so fast. It was so tiring. I want to go to another

dog show with her.

"I had Chinese food after the dog show. I had duck, and then pancakes for pudding to build my energy back up."

Lili's proud mum Mary, who is chief executive of the British Sub-Aqua Club, added: "I was away working on the day of the dog show but I got a very excited phone call from Lili to say she'd won."

Pendine Park proprietor Mario Kreft, is delighted with the success of Lili and Daisy, a mischievous, snow white Samoyed.

He said: "I think the energy and sheer charm of Lili and Daisy are just a winning combination. Nobody else stood a chance. They've done fantastically well."

Daisy, aged two, added: "Woof!"

# Super Mario wins top award



The proprietor of Pendine Park has won a prestigious award for his leadership skills.

Mario Kreft MBE was honoured at the Leading Wales Awards.

The awards, organised in association with Cardiff Metropolitan University, seek to recognise and celebrate the contribution of leaders and leadership as a key driver of economic growth and success in Wales.

He came out on top in the Leadership in the Private Sector category that's sponsored by the Hello Starling advertising agency.

The award was presented at a celebratory lunch and ceremony at the Hilton, Cardiff.

Mario, and his wife, Gill, who live in Denbigh, established Pendine Park in 1985. They both had elderly grandparents who needed care and the places they went to see didn't match their requirements - so they set up their own "family care home".

The organisation now employs more 650 people in seven care homes, a domiciliary care company, Independent Living, and their in-house Teaching Care Centre.

Work has started on a centre of excellence for people with dementia that will create 100 new jobs in Caernarfon on the site of the former community hospital, Ysbyty Bryn Seiont.

Mario was awarded the MBE in 2010 for his contribution to social care in Wales.