

# Pendine Park News

The newsletter of the Pendine Park care organisation

Issue 2



Everyone's a winner: from left, Tracey Evans, Mario and Gill Kreft and Lisa Davies.

## Success comes at the double for Mario and Gill

Mario and Gill Kreft are celebrating a unique double at a national awards ceremony.

Mario, the proprietor of the Pendine Park, and Gill, a director of chartered accountants, Coxey's, won a matching pair of prizes.

The companies took two of the 10 awards up for grabs at the National Training Wales Awards.

Making the presentations at Swansea's Brangwyn Hall was Jane Hutt, Welsh Assembly Government Minister for Education, Children and Young People.

Mario said: "We feel that not only are these awards a thrill for us but they're also a boost for Wrexham because there are a lot of very good things going on in the town."

Coxey's won a management development award for the way young mum Lisa Davies excelled on a work-based training course.

The course was devised by Coxey's and Lisa, 28, who was mentored by Gill, has now gained a Wales Training Award after reaching NVQ Level Four in management in just 10 months.

It usually takes up to two years and the achievement of the 28-year-old senior accounts practitioner was all the more remarkable because of some added pressure.

Lisa explained: "I started in April, got married in June, found out I was pregnant in July and completed it in February."

"Earlier this year she was presented with a coveted City and Guilds Medal of Excellence by Prince Philip at St James's Palace.

Meanwhile, Pendine Park were also honoured with a Wales Training Award for the moving and handling course devised here for our own and other care providers' staff.

There to receive the award, along with Mario was Tracey Evans, Trainer and Assessor for the Teaching Care Centre based at Hillbury.

Tracey said: "I'm very pleased with the award. Originally our training was developed for our own staff but it was found to be of such a high standard that other companies and public bodies began to use us."

To date more than 400 people have been successfully trained in moving and handling objects and in moving residents, involving actions such as hoisting and bed transfers.

Mario said: "Gill and I are thrilled to win these awards because both companies have the same ethos about training.

"It's also great for small businesses generally and highlights our joint commitment to quality.

## Brave Trudi vows to return to Africa

Brave Staff nurse Trudi Walker is vowing to go back to Africa after her bid to climb Mount Kilimanjaro ended just 500 metres from the top.

Trudi was within striking distance of the summit of the 19,335 feet mountain when

altitude sickness forced her back down.

Trudi, 31, managed to raise over £3,000 for the Alzheimer's Disease Society, a cause close to her heart.

Now Trudi plans to get back into training with regular climbs of Moel Famau and

Snowdon: "They're pretty small compared to Kilimanjaro," she said: "But I'd love to go back so I've got to stay in training so I can conquer that last bit.

"I feel I have unfinished business with that mountain."



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Sarah's brush with success



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Small but perfectly formed



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Special day at Penybryn



Artist Sarah Edwards with her Wales Care Award

# A big need for pioneering unit

A local AM has pledged her support for a plan to create a pioneering centre at Pendine Park for people with dementia problems.

We have applied for planning permission to build a £3 million centre of excellence on the outskirts of Wrexham.

Following a site visit by Wrexham County Borough Council's planning committee, members agreed there was a huge need for such a facility.

Pendine Park are now working with the authority to try to identify a suitable location for the centre on the Pendine site.

There has been widespread support for the proposal from a variety of experts, including a Professor Bob Woods, a leading authority on dementia, and the Wrexham Local Health Board.

Another welcome supporter has been Wrexham AM Lesley Griffiths who officially opened the Penybryn Neurological Centre.

The Penybryn unit has been designed to look after 38 younger people who have suffered head injuries or have other neurological disorders like acquired brain injury and conditions like Multiple Sclerosis and Stroke.

Mrs Griffiths said: "I must say how impressed I am by the quality of care and services that Penybryn is able to offer and the wonderful array of activities

and therapeutic support there are here.

"I am aware of the continued level of high quality care that is provided throughout their homes, catering for a variety of client groups and care needs in the area.

"From what I have seen already today, and from speaking with a number of staff and residents, I am impressed by the dedication and enthusiasm of everyone here, which is a very positive sign for the Unit's future.

"I think there is also a great need for a centre catering specifically for people with dementia.

"Hospitals can't cope with the increasing numbers of people who have dementia and they need modern, airy units like they have here.

Pendine Park Proprietor Mario Kreft was extremely grateful to Mrs Griffiths for officially opening Penybryn - and for her backing for the dementia care centre.

Mario said: "We are so pleased that Lesley Griffiths could join us and make the residents' day.

"They prepared cards for her in their arts class and all in all it was an excellent day."



Residents Helen Smith and Margaret Davies presented Lesley Griffiths AM with some flowers.



## Sarah the artist is a picture of success

The pioneering work of our artist-in-residence has been honoured at a glittering awards ceremony. Sarah Edwards received the accolade at the Wales Care Awards in Cardiff.

She won the award for her work in helping the residents of the Pendine Park care organisation to lead fulfilled lives.

Sarah is believed to be the first ever artist in residence to work in a Welsh nursing home when was taken on 12 years ago by Pendine Park.

Her work includes one-to-one sessions, working with groups, organising exhibitions and taking residents on visits to art galleries.

After the ceremony at Cardiff City Hall, said: "I was stunned when I heard that I had won the award but it's really nice to be recognised for what I do

and the reaction I had from people after was lovely. She also paid tribute to the vision of Pendine Park proprietor Mario Kreft.

According to Sarah, she wrote to Pendine Park after she completed a degree in graphic art.

She recalled: "I approached Pendine Park to become an artist in residence. I'd worked with an artist in residence in hospital in Gwent and I could see the benefits of art and quality of life.

"In those days, it was a very new idea and there were no artists in residence in nursing homes at the time and they were only just coming into hospitals.

"I wrote to Mario and luckily he liked the idea. He's a very open minded person and he also loves art - he was prepared to give me a chance because he could see the possible benefits.

"Art gives people a sense of purpose, it gives them a focus away from their problems because they can express themselves and be creative.

"Recently, I have been working with a lady, Julie Jones, who has only very limited movement in her fingers.

"She's just produced a fantastic watercolour of Snowdonia that took nine months for her husband on their Golden Wedding anniversary. She has an enormous sense of achievement.

Julie Jones, 70, said: "I think the award is very well deserved. Sarah is my life, I enjoy her lessons every week.

Mario added: "The work that she does is absolutely brilliant. She really does make a real difference to people's lives and she embodies all that is best about Pendine Park."

## Esther clocks up 100

A woman who clocked up hundreds of miles on her bike as a youngster has reached another milestone - her 100th birthday.

Friends, relatives and local dignitaries joined in the celebrations at the Hillbury residential home where she's been a resident for the past four years.

Born in Moss, she was one of 13 children and entered domestic service at the age of 14. She worked mainly on the Wirral, and until she married at the age of 29 never had a home of her own.

She and her husband Grantham were members of the Wrexham Wheelers Cycling Club in the 1920s and early '30s, riding huge distances.

"She knew real hardship during both

wars, the 1926 General Strike and during the depression of the 1930s," said her daughter Monica Williams.

Mrs Wright lived in a flat in Acton, Wrexham, until she moved into Hillbury. In addition to her two children, she has six grandchildren and 11 great-grandchildren.

Mario Kreft, the proprietor of Pendine Park, added his hearty congratulations to Mrs Wright during the birthday celebrations.

He added: "It was a delightful occasion and one which we were privileged to share with Mrs Wright and her family.

"It was also really nice that our local AM, Lesley Griffiths, was able to join us for the party at Hillbury."



The Deputy Mayor and Mayoress of Wrexham Cllr David Griffiths and Mrs Denise Griffiths and Wrexham AM Lesley Griffiths with Esther

# Susan's small but perfectly formed world



Small is beautiful! So says Susan Hammond Jones who has created an enchanting world of make believe in miniature.

The 64-year-old retired secretary is devotee of dolls houses but they're definitely not child's play.

In fact, Susan is creating a whole new street of them here at Pendine Park where she lives.

And what's more the street has even got its very own pub, The Young Man, which is accurate in every detail down to the optics behind the bar.

Susan was introduced to the joys of dolls houses by Carol Young, who is a deputy manager here.

Carol has been hooked since her late husband, Graham, bought her a dolls house several years ago.

It's a hobby that has turned into a shared obsession which brings great joy and satisfaction to both women.

Susan recalled: "I went to Carol's house and saw her houses and I wanted one.

"It's like having a full-size house that you decorate and furnish yourself, it's exactly the same really on a miniature scale. You can create your dream house

"My latest project is the pub. Carol's husband, who died recently, built the pub so it's very special to me, very special.

"It is perfectly to scale. The beer garden is very attractive - I said to Carol this morning, if I knew a pub with a beer garden like that I'd go there!

"With a dolls house, you can do exactly what you want, that's the beauty of it. I could never hope to own a full-

size house anything like this. It's just lovely to be able to put in what you want.

"It is a very grown up hobby, I wouldn't like children to start playing with my dolls houses.

"I'm incredibly grateful to Carol for introducing me to the world of dolls houses. I've never had a hobby that I've enjoyed more, it's brilliant."

Carol Young said: "Susan had a lot of time on her hands and we just thought that perhaps her time needed occupying.

"I didn't expect that she'd be quite this interested, she ran with it and it's very satisfying for me.

Manager Tracey Smith said: "We put a lot of emphasis on the importance of pastimes and hobbies here at Pendine Park

"It's really nice. Susan is very enthusiastic and she wants to show the new things she's bought.

"Her interest in dolls houses means that she's getting out and to the fairs. It means she's got something to look forward to and it keeps her out of mischief - most of the time, anyway!"



## Pendine Park sets international benchmark

The work being done by a Pendine Park is setting an international benchmark for excellence.

The tribute came after the we hosted two Finnish nursing students as part of their studies.

The link up with the Health Care Institute of Hyvinkää, is part of a European exchange programme, the Leonardo Da Vinci Mobility Programme.

As the four-week placement came to an end, their tutor, Tiia Lehtonen, said she was extremely impressed with the high standards at Pendine Park.

Mrs Lehtonen said: "We have very much enjoyed the experience and it

has been very interesting to compare caring in Finland and here in Britain.

"It's an excellent place. I would say that in Pendine Park the atmosphere and the facilities are more homely and cosy.

"For me as a teacher it has been a very valuable experience and I'm going to be telling my students and colleagues in Finland how things are done here.

"Welsh people are very friendly and polite and I have been very impressed. It is very beautiful and the weather has been marvellous."

Student nurse Sini Paavola said: "It's been great. All the residential homes are very home-like - in Finland they

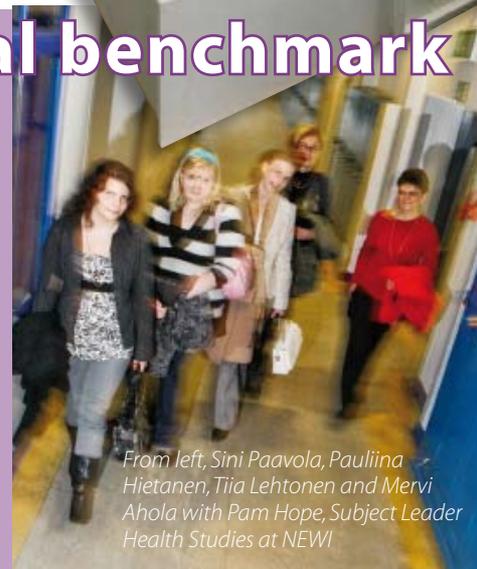
tend to be a bit more like hospitals.

"It's like family here and I like the Welsh people - everybody is really nice and helpful.

More Finnish student nurses will be arriving at Pendine Park next March and a group from Pendine are travelling to Finland next year to see how they do things.

Pendine Park proprietor Mario Kreft said: "It is vital that we learn from each other so that we can continue to improve what we do and provide the best possible care for our residents."

Before leaving North Wales, the Finnish contingent paid a visit to NEWI, in Wrexham, to swap notes.



From left, Sini Paavola, Pauliina Hietanen, Tiia Lehtonen and Mervi Ahola with Pam Hope, Subject Leader Health Studies at NEWI