



**Plas y Garn
Care Home**
Pontypool, Torfaen

Making Lives Better

Welcome to Plas y Garn

Plas y Garn Care Home is set in landscaped grounds and provides accommodation for over 65s in Pontypool, Torfaen. We focus on giving a great quality of life to our residents, whatever their abilities and needs are.

Our specially trained team provide tailored care to our residents, including residential care and specialist care for those living with physical or mental disabilities and dementia.

We pride ourselves on providing a happy, friendly and warm environment that lets residents be as independent or involved as their needs and abilities allow.

**Our emphasis is on the
'home' in 'care home'.**



Friendship and fun on the doorstep

We encourage and give our residents many chances to make friends, have interesting conversations and enjoy group activities.

Every day there is something different for residents to take part in. Regular activities include quiz nights, sing-alongs, dancing, gardening, theatre, craft-making and much more. It's hard to get bored here!



Fun and skill games



Gardening



Cards and bingo



Craft-making

Did you know?

It's been proven that spending time outdoors boosts the mental health, physical health and cognitive function of our residents.

100%

of residents agree
that they are treated with
dignity and respect

Home comforts, companions and care

Warm and comfy rooms to call your own

We have 34 bedrooms in total which are divided into three self-contained areas. 16 of these bedrooms are for residents with dementia and the other 18 bedrooms are for general residential places.

All of our bedrooms are bright, airy, comfortable and roomy, and include a wardrobe, a lockable chest of drawers, a bed, a bedside cabinet and a sink basin. We are very happy for residents to bring some personal possessions with them so that they can make their rooms their own.

Each of our three units has a generously-sized lounge area for relaxing in while enjoying TV, radio or films, a dining and kitchen area and assisted bathing facilities with hoists. There are room call systems in every room, with the option for wearable pendant alarms if desired.

Enclosed outdoor spaces to explore and enjoy

There is a large outdoor area which gets lots of sunlight with a sitting area overlooking the valley. Our residents enjoy sitting outside and relaxing with their friends. As the gardens are easy to access, everybody can benefit from time in the fresh air without having to go far from their rooms.



Space to meet, mix and meander

Plas y Garn has lots of break-out space where residents can take part in hobbies, catch up over cups of tea and spend quality time with their new and old friends and family.

Our activities coordinator makes sure that there are plenty of activities to keep our residents occupied and help them make friends, regardless of their abilities.

Room for the past

There is a reminiscence room where residents can experience nostalgia and memories of the past, which is particularly helpful to those with dementia. It is equipped with purposely-chosen pieces from the eras that our residents have lived through, in the hope that residents will remember or recognise them and gain cognitive stimulation from them.

Nutritious food to suit all tastes

We have an on-site professional kitchen where our trained chefs prepare three home-made meals each day for our residents. The menu operates on a fortnightly programme, with multiple options at every mealtime. Our experienced culinary team can cater for specialist diets and individual needs as required. Meals are usually eaten in our dining rooms.

Added extras

So that our residents can access the same services as if they lived independently, our team can arrange visits from doctors, nurses, chiropody services, dentists, solicitors, hairdressers, beauticians and other professionals as required.

We can also arrange daily newspaper deliveries, so there's no need for residents to worry about missing the latest news or having to give up the habit of reading the broadsheets over breakfast.

“Very fortunate my father has a place in Plas y Garn. The dedicated team are caring and treat each resident warmly and considerate to each of their needs.

They demonstrate a family atmosphere making it a home from home for residents and their families. Without their support, both myself and my father would be at a loss and our family are extremely grateful for their care.”

Resident's relative

100%

Residents agree that our team are readily available and approachable when they need help

Peace of mind

Our residents are in safe hands

We strive to provide high quality residential, dementia and respite care. Our round-the-clock care package is provided by our highly motivated, fully qualified and friendly team. They do what's necessary to meet the care needs of our residents, taking into account each individual's situation and personalising the care to suit them.

On joining us at Plas y Garn, we assess each new resident so that we can ensure their current needs are identified and met. Throughout their stay, we monitor them closely so that we can increase the levels of care they receive over time, if necessary. We genuinely care about and value all of our residents, so we make sure that they are as happy and healthy as possible.

Protected and private

We want our residents to feel safe and at ease at Plas y Garn because our home is their home too. In order to achieve this, we have:

- A secure door entry system
- A 24-hour nurse call system
- A full fire alarm system with all safety features
- One large lift to transport residents
- Safety restrictors on all windows
- Well-lit secure parking for visitors
- Specialist assisted rise and fall baths
- Enclosed private gardens



Visitors are always welcome

We want our residents to be able to have visits from friends and family as and when they like, so we don't have set visiting times. To encourage regular visits, we give relatives the opportunity to purchase a key fob so that they can pop by as they please. We are very happy for relatives and friends of residents to join in with our activities too, if they wish.

Find us overlooking the valley

Plas y Garn Care Home is in Pontypool, Torfaen. Pontypool is a small town situated in the valley of the Afon Lwyd river and has coal-mining, manufacturing and metal production in its past. There are local amenities including shops, eateries and a museum, as well as some interesting historic attractions and outdoor parks close by.



“I and my family would like to express our sincere thanks for the care of our family member. We have found the care team to be exemplary in the execution of their duties, kindness, patience and understanding.

The environment is always very clean and tidy and their attention to detail and health and safety is excellent. I have no hesitation in recommending this pleasant, friendly and professional home from home to everyone.

Thank you for all your valued kindness and care above and beyond your expected duties.”

Resident's relative

100%

of residents agree that they live in a clean and comfortable, homely environment



Who we are

Hafod is a socially conscious organisation focused on making lives better by building communities and making connections. Our ambition is to transform housing, health, social care and support in order to improve the well-being of our customers.

We care for some of the most vulnerable people in society, enabling them to maintain their independence and well-being for as long as possible whether this be in their own homes, supported accommodation or in our residential and nursing homes.

To find out more

If you are interested in finding out more about Plas y Garn or would like to talk about how to become a resident, please get in touch.

We appreciate that choosing care can be a daunting experience, so please let us know if we can help with any questions, including advice on referrals and funding.

We welcome potential residents and their family to come to visit us and see the home before they apply for a room. Please book in advance so we know when to expect you.

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