



**Gwynfa  
Care Home**  
Llanishen, Cardiff

**Making Lives Better**

# Welcome to Gwynfa

Gwynfa Care Home is a large, detached, three-storey care home for over 18s in Llanishen, Cardiff. We focus on giving a great quality of life to our residents, whatever their abilities and needs are.

Our specially trained team are on hand day and night to 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 wants 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.

Gwynfa has an activities coordinator who arranges group and bespoke activities. Every day there is something different for residents to take part in so that there is little chance of being bored. There is a regular programme of activities including craft-making, film nights, bingo, quiz sessions, video games, gardening, trips and much more.



**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 17 bedrooms in total which are divided across three floors, with a toilet and bathroom on each floor. All of our bedrooms are bright, airy and comfortable, and include a wardrobe, a lockable chest of drawers, a bed, a bedside cabinet, a chair 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. The home has a large lounge area for relaxing in while enjoying TV, radio or films.

## Enclosed outdoor spaces to explore and enjoy

Gwynfa has a spacious garden area and courtyard which is easy to access so everybody can benefit from time in the fresh air without having to go far from their rooms.



## Space to meet, mix and meander

Gwynfa has break-out space where residents can participate 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.

Residents are also encouraged to participate in local community activities such as visiting the local library, community centres and leisure centre as well as taking part in opportunities such as volunteering.

## 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 four-week programme, with multiple options at every mealtime reflecting on seasonal trends. Light refreshments are also available throughout the day. Our experienced culinary team can cater for specialist diets and individual needs as required. Meals are served in our large, friendly and warm dining room.

## Added extras

So that our residents can access the same services as if they lived independently, our team can arrange visits to 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.

**“I am very proud to be working at Gwynfa, I have made some very special friends and the work is always very fulfilling, the residents are fantastic too. I have worked for Hafod for over 25 years and look forward to continue working for them.”**

Carer

# 100%

**of 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 mental health care in a residential setting. Our round-the-clock care and support 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 Gwynfa, 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 Gwynfa because our home is their home too. In order to achieve this, we have:

- A full fire alarm system incorporating all safety features
- Safety restrictors on all windows
- Well-lit secure parking for visitors
- Specialist assisted rise and fall bath
- Enclosed private garden



## 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. We are very happy for relatives and friends of residents to join in with our activities too, if they wish.

## Find us in the heart of the local community

Gwynfa Care Home is located in the middle of Llanishen, a suburb of north Cardiff. It benefits from being close to local amenities including shops, cafés, a library and a leisure centre as well as good public transport links. Cardiff city centre is approximately 4.5 miles away and has a wide range of high street shops, restaurants, cinemas, theatres, landscaped parks and more.



**“Gwynfa is an excellent care home which offers a safe and secure environment for people suffering from mental health problems.**

**It is very caring, homely and the team are all friendly and helpful. It allows the residents to feel safe and secure whilst retaining the freedom to come and go as they please.”**

Friend of resident

# 100%

of residents are satisfied with the care and support they receive



## 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 Gwynfa 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.

[gwynfa@hafod.org.uk](mailto:gwynfa@hafod.org.uk)

029 2076 4714

[hafod.org.uk/care](https://hafod.org.uk/care)

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