

# Cartref

Brecon Road, Hay On Wye, Powys, Hay On Wye HR3 5PJ

**01497 820621**

Elderly Care





# Welcome to **Cartref**

**Cartref is set in a rural area, surrounded by beautiful countryside and close to the river Wye. It is a small friendly home with an experienced and unified staff team. The residents are at the centre of everything they do and they wish to treat each person with kindness and to respect their unique needs.**

We organise a variety of activities according to residents' individual preferences and interests. They encourage residents to contribute their own skills, experience and ideas and hold regular residents' meetings. The home organises outings to the nearby Garden Centre, library, luncheon club, Thursday Market, HayDay Café and nearby churches.

Cartref hosts regular church services for those who wish to attend and frequent musical concerts. They enjoy weekly visits from Hay Primary school children, the local librarian and volunteers from other community groups.





# Cartref Overview

## A unique environment with -

- Wheelchair access
- Lift
- Close to Local shops
- Near Public Transport
- Own Furniture if required
- Gardens for residents
- Television point in room
- Pets by arrangement
- **23 Beds** Elderly Care

We proudly deliver person-centric care focused around our residents wellbeing and their families. Freshly cooked meals, activities and local community involvement.



Take a look inside with a **Virtual Tour** of Cartref on [www.shaw.co.uk](http://www.shaw.co.uk)

This home is like a home from home in many respects, clean, tidy and as far as staff go, very caring, helpful and they keep you informed of any necessary information needed about your family.

*Daughter-in-law of Resident*





# Food & Nutrition

We employ chefs at our services to deliver varied meals that provide flavour and nutrition.

Our menus rotate monthly and are peppered with family favourites, there are always alternative options to cater for all tastes; fish & chips, roast dinners, pies, soups/casseroles, bangers & mash.

We have communal eating areas with laid tables or individuals can eat in their own rooms if they choose.

Any medical, cultural or religious dietary requirements are included in individual's care plans.

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## Sample Food Menu

Our chef prepares all meals on site using fresh, locally sourced produce and can cater for health dietary requirements such as diabetes and also for other cuisine needs.

**Monday**  
Option 1. Beef Casserole, Parsley Potatoes, Vegetables  
Option 2. Ploughman's Lunch

**Tuesday**  
Option 1. Ham & Parsley Sauce, New Potatoes, Vegetables  
Option 2. Sandwich Selection

**Wednesday**  
Option 1. Roast Pork & Apple Sauce, Roast Potatoes, Vegetables & Gravy  
Option 2. Pea & Ham Soup

**Thursday**  
Option 1. Chicken Stroganoff & Rice  
Option 2. Mushroom Omelette

**Friday**  
Option 1. Breaded Haddock, Fries & Petit-Pois  
Option 2. Cheese Board

**Saturday**  
Option 1. Cottage Pie, Peas, Carrots & Gravy  
Option 2. Chicken Curry

**Sunday**  
Option 1. Roast Turkey, Cranberry Sauce, Roast Potatoes, Vegetables & Gravy  
Option 2. Ham Salad



# Activities

At our residential services we have activity programmes to promote healthy minds and wellbeing. We adapt our programmes based on the feedback of our individuals and try to promote creativity and enjoyment. Individuals are invited to participate but it is not compulsory.



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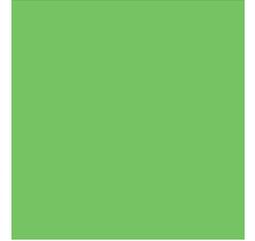
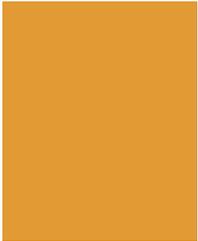
## Sample Activities

Our activity schedules aim to both mentally and physically stimulate participants, they place emphasis on therapeutic enjoyment and provide opportunities to be social.

### Sample Week

<b>Monday</b>
AM Water Colour Painting PM Chair Aerobics
<b>Tuesday</b>
AM Gardening PM Music Therapy
<b>Wednesday</b>
AM PAT Dog Visit PM Bingo
<b>Thursday</b>
AM Puzzles & Games PM Arts & Crafts
<b>Friday</b>
AM Spa Treatments PM Musical Entertainment
<b>Saturday</b>
AM Day Trip PM Bingo
<b>Sunday</b>
AM Coffee Morning PM Movie Night

The poster features a vibrant illustration of a residential care home with various buildings, green lawns, trees, and a blue sky with white clouds. The text is presented in a clean, modern font, with the main title in a large, bold, purple font. The activity schedule is centered in a white box with a blue border, making it easy to read against the colorful background.



# Cost of Care

Choosing a care home can be a difficult time, understanding the types of care available and how the fees will apply to you.

The fees can vary according to whether you will be Self Funded or Local Authority funded and also on the individual and your care requirements.

Shaw healthcare offer a personalised care plan to ensure all of your needs are fully catered for. We can help you with calculating the cost of care through a Care Assessment to determine what your fees will be.

# The Next Steps

## Call

Call us to discuss your care requirements or to arrange a visit on;

**01497 820621**

## Email

**marketing@shaw.co.uk**

## Arrange a Visit/View

**www.shaw.co.uk/cartref**

**Take a Virtual Tour.    Read our reviews**





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