

# The Grove

Ynyscedwyn Road, Ystradgynlais, Powys, SA9 1BE

**01639 842138**

Residential Care

Dementia Care

Elderly Care





# Welcome to **The Grove**

**The Grove care home has a friendly feel and welcomes residents to bring their own small possessions for decoration. Bedrooms are pleasantly furnished and decorated and for peace of mind all rooms are fitted with a 24 hour call system.**

The landscaped garden with a water feature provides the perfect setting to relax or socialise with guests and visitors.

Care packages are put together with you and your family so that your choices and preferences always come first. The home offers a varied and interesting social activity schedule designed around residents' own hobbies and interests and aimed at maintaining strong community links.

The Grove provides long stay and respite residential care for older people with physical frailty and for older people who are living with dementia. A fully qualified care team provide the very highest standard of care to residents 24 hours a day.



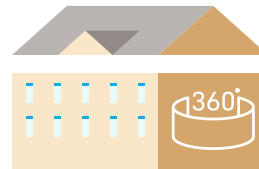


# The Grove Overview

## A unique environment with -

- Assisted bathrooms
- Full wheelchair access
- Stair lift
- TV points in rooms
- Telephone points in room
- Secure garden
- Laundry service
- Dietary options
- Beauty treatments
- **30 Beds** Dementia / Residential Care including 2 x double bedrooms

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

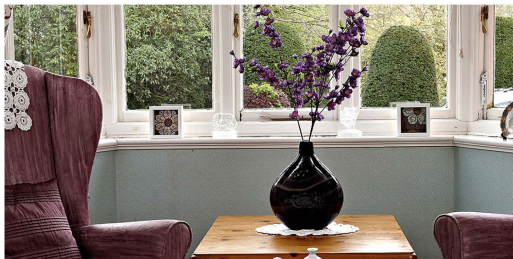


Take a look inside with a **Virtual Tour** of The Grove at [www.shaw.co.uk](http://www.shaw.co.uk)

"The home is excellent, the staff are extremely efficient and friendly. Nothing is too much trouble..."

*Daughter 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, and trees under a blue sky with white clouds. The text is presented in a clean, modern font, with the main title 'Sample Activities' in a large, bold, white font against an orange background. The weekly schedule is centered in a white box with an orange background, listing activities for each day of the week.





# 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:

**01639 842138**

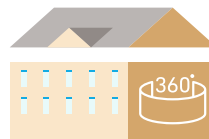
## Email

**marketing@shaw.co.uk**

## Arrange a Visit/View

**[www.shaw.co.uk/the-grove](http://www.shaw.co.uk/the-grove)**

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





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