

# Trenewydd

Ger Y Tarrell, Llanfaes, Brecon, Powys, LD3 8DE

**01874 622171**

Dementia Care

Residential care

Respite Care





## Welcome to **Trenewydd**

**Trenewydd provides residential care for older people as well as for those living with dementia. It also offers respite and convalescence care. Accommodation is situated over 3 floors with rooms all facing Pen-Y-Fan and offer superb views of the Brecon Beacons.**

The purpose-built home works hard to create a welcoming and homely atmosphere, and residents can access any of the three lounges to share time with friends and family. In fine weather, residents can enjoy the lovely grounds, which include a sensory garden, vegetable plot, raised flower beds and patio area.

All the nutritionally balanced meals are freshly prepared by the home's chef and cater for individual tastes and special diets. Tea and coffee is served mid-morning, as it is mid-afternoon accompanied by scrumptious homemade cake.

Trenewydd host daily activities which cater for all tastes to ensure residents are socially stimulated and assisted to develop friendships. The home holds a regular resident / relative meeting where feedback and ideas are encouraged. Trenewydd also offer hairdressing, chiropodist and optician services. Newspapers and magazines can also be arranged on a daily basis if required.



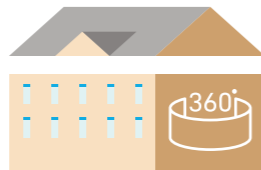


# Trenwydd Overview

A unique environment with -

- Assisted bathrooms
- Full wheelchair access
- Passenger lifts
- TV points in rooms
- Telephone points in room
- Secure garden
- Laundry service
- Dietary options
- Beauty treatments
- **24 Beds** Residential Care
- **10 Beds** Dementia Care
- **1 Bed** Respite 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 Trenwydd on [www.shaw.co.uk](http://www.shaw.co.uk)

My mother-in-law has been a resident for 3 years and is very happy and contented. Staff are wonderful both to residents and visitors. The food is excellent and residents have meal options to choose from.

*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.

Shaw healthcare  
wellness • happiness • kindness

## 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.

**Shaw healthcare**  
wellness • happiness • kindness

## 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





# 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;

**01874 622171**

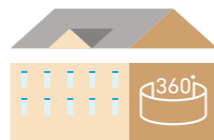
## Email

**marketing@shaw.co.uk**

## Arrange a Visit/View

**www.shaw.co.uk/trenewydd**

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





# Shaw healthcare

wellness • happiness • kindness

 [shawhealthcare](#)  [@shawhealthcare](#)

