

# Plas Cae Crwn

Park Street, Newtown, Powys SY16 1EW

**01686 625734**

Dementia Care

Elderly Care

Residential Care





## Welcome to **Plas Cae Crwn**

**Plas Cae Crwn offers a range of care plans in a warm and safe setting. Care is tailored to the needs of the individual and includes dementia, convalescence and palliative care.**

Located in Newtown close to the local amenities, the home provides homely and comfortable accommodation with wheelchair access throughout. Most bedrooms have ensuite facilities while all offer views of the pretty surrounding gardens. Residents have regular access to a GP, optician and reminiscence sessions.

Whether residents prefer to eat their meals in the privacy of their own rooms, or dine in the communal room, all meals have been designed to be nutritious, healthy and, most importantly, tasty.

Daily activities are planned with the individual tastes of the residents in mind. Whether they wish to participate in a group activity or do something more individual, Plas Cae Crwn staff are happy to help residents fulfil their interests and hobbies.



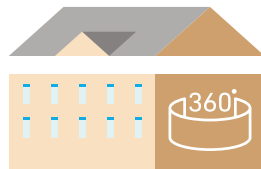


# Plas Cae Crwn Overview

A unique environment with -

- Assisted bathrooms
- Full wheelchair access
- TV points in rooms
- Secure garden
- Laundry service
- Dietary options
- Beauty treatments
- **24 Beds** Dementia Care
- **15 Beds** Residential Care
- **1 Bed** Respite Care

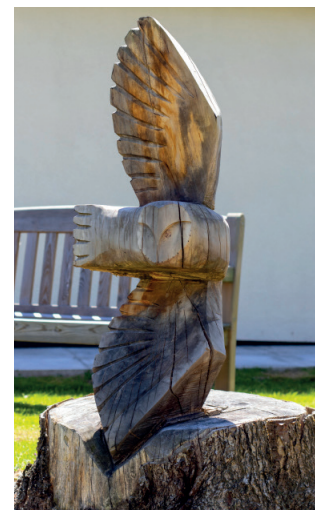
We proudly deliver person-centric care focused around our residents wellbeing and their families. Freshly cooked meals, activities and local community involvement.



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

Generally satisfied with the home. The food is good, the rooms are warm and comfortable and the staff friendly.

*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





# 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;

**01686 625734**

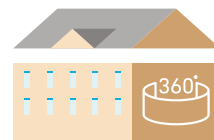
## Email

**marketing@shaw.co.uk**

## Arrange a Visit/View

**www.shaw.co.uk/plascaecrwn**

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



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