

# Llwyn Teg

Mill Lane, Llanfyllin, Powys, SY22 5BG

**01691 648278**

Residential Care





## Welcome to **Llwyn Teg**

Llwyn Teg has been purpose built and designed to offer a high standard of care and accommodation. A team of friendly and experienced professionals are on hand to offer 24 hour, individual based care for short or long term needs as well as providing expert care to people who are living with dementia.

Surrounded by beautiful countryside close to the town of Llanfyllin, the home benefits from many local amenities. The landscaped garden with its patio, sensory garden and vegetable and herb patch is enjoyed by many on warmer days.

The home arranges at least one monthly themed event which is tailored to residents' abilities so that everyone can enjoy it. Llwyn Teg has a dedicated activity co-ordinator who arranges other regular activities for residents to benefit from such as canal trips and pampering sessions.



# Llyn Teg Overview

A unique environment with -

- Own GP if required
- Smoking not permitted
- Own Furniture if required
- Gardens for residents
- Pets by arrangement
- Close to Local shops
- Near Public Transport
- **33 Beds Residential 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 Llyn Teg on [www.shaw.co.uk](http://www.shaw.co.uk)

I feel very fortunate that my 98-year-old mum is at Llyn Teg. The staff are very friendly and caring. When I ask Mum if she is happy, she always replies that she is content and feels very safe at Llyn Teg.

*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**

**Monday**  
AM Water Colour Painting PM Chair Aerobics

**Tuesday**  
AM Gardening PM Music Therapy

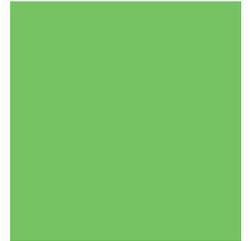
**Wednesday**  
AM PAT Dog Visit PM Bingo

**Thursday**  
AM Puzzles & Games PM Arts & Crafts

**Friday**  
AM Spa Treatments PM Musical Entertainment

**Saturday**  
AM Day Trip PM Bingo

**Sunday**  
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;

**01691 648278**

## Email

**marketing@shaw.co.uk**

## Arrange a Visit/View

**www.shaw.co.uk/llwynteg**

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



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