



Allt Y Mynydd

CARTREF NYRSIO
NURSING HOME







A warm welcome

Located in the Brechfa Forest, Allt Y Mynydd Nursing Home is residence for a small community of elderly men and women who require a full range of care. Set in 17 acres of private grounds, residents can enjoy stunning views across the Duar Valley from almost every bedroom and communal area.

The house itself was originally opened in 1908 by H.R.H Princess (Helena) Christian as a former sanatorium and although the home has since been thoroughly modernised, you'll still notice its character and history today.

As well as exceptional care, our home provides a feeling of comfort and ease, as a number of our team speak and read Welsh.

Facilities

-  Nursing care
-  Dementia care
-  Palliative/End-of-life care
-  Respite care
-  44 bedrooms with 24-hour call button
-  Two floors with lift
-  Freshly prepared home-cooked meals
-  Two resident lounges
-  Dining room
-  Conservatory
-  On-site café named 'Paned a Chlonc'
-  Extensive well-maintained grounds and patios
-  Range of daily activities
-  On-site parking



Safe and supportive care

From our qualified nurses and carers to our maintenance and dining team, wellbeing coordinators and housekeeping team, we're proud of our home's family spirit that cares for your loved one with kindness and compassion.



Every single one of our close-knit team has the skills and expertise to provide your loved one with exceptional care that feels familiar, calming and comforting.



From the very beginning, our person-centred approach means that we take time to get to know your loved one, understanding their care needs, interests, and preferences and what makes them unique. This forms their care plan which is captured and recorded on our electronic care system 24/7 for your complete peace of mind.





Restful bedrooms

All 44 bedrooms at Allt Y Mynydd offer views of the Welsh countryside and we have a range of rooms to suit any budget and need. Each room is comfortably furnished but we encourage loved one's to bring in their own furnishings to make it truly feel like home.

Safety and comfort are paramount at our home and for your peace of mind we have 24-hour call button in every bedroom and floor sensor mat if required, making sure we can assist residents any time of the day or night.





Wholesome dining

At Allt Y Mynydd Nursing Home, we make nutritionally balanced food and hydration an enjoyable and important experience for your loved one. Residents can take afternoon tea on the patio area or in the conservatory, whilst the dining room offers a varied menu of enjoyable classic meals. We offer a unique experience with the comfort of the home's very own on-site café, called 'Paned a Chlonc', which translates from Welsh to 'a cup and a clink/chat'.

Each meal is home-cooked and prepared by our on-site dining team, using fresh ingredients and, where possible, local produce. Your loved one can choose from a varied wholesome menu, and for those living with dysphagia, the same quality meals are pureed yet presented perfectly. Hot and cold drinks are always available, and freshly-baked biscuits and cakes are provided for morning and afternoon tea.



Tailor-made activities

The activities available for your loved one at Allt Y Mynydd Nursing Home are designed around their personal needs, preferences, and abilities.

On-site we provide personal services such as our private hairdresser, and for our green-fingered residents, we have extensive private grounds for growing vegetables and flowers, which are used within the home.

Your loved one can also enjoy a range of social events and activities in our private activities room, built around their hobbies, beliefs and interests.

Physical and mental activities help your loved ones to stay healthy. We provide daily indoor and outdoor activities, weather permitting, to promote social interaction, stimulation and enjoyment.

Respecting every resident's wishes is crucial. We consult everyone to understand what they'd like to take part in, encouraging both existing interests and new hobbies. And we love to invite family members and friends to join in too!



Contact us

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