



Abbeyfield
Gwneud amser i bobl hŷn
Making time for older people

**Supported
housing for
older people**

Abbeyfield Caerphilly

Abbeyfield House
75 St Martins Road
Caerphilly
CF83 1EH



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What we do

Simply put, we provide accommodation for older people where they can be supported to live independently and with company.

We recognise that remaining independent in later life is important for one's longevity and well-being but understand that older people sometimes require support to continue living independently. Many older people find looking after a home, including cooking, cleaning, gardening and maintaining it, increasingly more difficult, which is why we take care of those things, allowing our residents to live as worry-free as possible.

We also know that loneliness and social isolation are big challenges facing older people, which many will experience, whether after the loss of a loved one or because they are no longer able to get out and about as they once used to. As part of our mission, we aim to create warm, safe and homely environments where residents can continue to enjoy their independence and choose to live in the company of others.

The worries of older people are often shared with those who care about them – their family, their friends, their neighbours. Our service goes beyond the obvious support we offer and provides peace of mind that people's loved ones are safe, comfortable and happy. Residents are not just our residents; they are members of our Abbeyfield family.

“My daughter was concerned I wasn't eating properly. Now she knows I'm eating twice a day.”

“I felt very isolated where I lived and didn't get out much. It's much better here!”





"It's not a residential home; you have your own home. You are your own person, you are somebody here."

About our home

Abbeyfield Caerphilly is a 9 bedroom Victorian house that has been lovingly remodelled in 1995 to provide supported housing in a family home setting. Residents have their own room with private en-suite shower and toilet; many have small kitchenette space for making breakfast. Rooms can be furnished with residents' cherished belongings to help make their space feel personal and homely. Residents have shared use of the lounge diner where they can socialise, join in activities or relax. The home benefits from a large and beautifully kept garden, with summer house, extensive decking and even a bar for those gorgeous summer barbeques which are hosted by the whole of Julie's family, who welcome residents as extended family. Our onsite laundry room is fully equipped and provided for residents use. Guests are welcome at any time and residents can come and go as they please.

The home is managed by Julie who joined us in 2005. Julie is an experienced cook and has achieved a successful career of over 30 years in the catering and care sectors. Julie and her team, which includes volunteers and family members, cover a 7 day rota to provide a consistent level of service that allows our residents to live in an environment that is secure and caring but one in which they can retain their independence and sense of purpose. Staff are available from 9am to 6pm seven days a week.

What we offer

We aim to make life as worry-free as possible for our residents and take care of the many daily chores that older people may find more difficult, including shopping, cooking, cleaning and maintaining a property.

We provide nutritious, home-cooked meals, made using fresh ingredients every lunchtime and teatime. Meals are served in the dining room where residents meet to enjoy good food and good company. Our 'family-table' approach to mealtimes ensures residents enjoy valuable social interaction every day, which helps improve well-being and alleviates loneliness – just as nutrition is key to good health, so too is companionship. With the help of our residents, we develop enjoyable menus that are balanced, hearty and which promote strength.

Our staff also regularly clean the communal areas of the house and work closely with a number of professional contractors to ensure the property is well maintained, safe and compliant with current health and safety legislation. The fire alarm is regularly tested and is monitored remotely 24 hours a day, 7 days a week by a third party.

Supporting independence is our priority but we understand that self-autonomy and privacy are important for one's self-esteem and dignity. Residents' rooms are their own private spaces and they are responsible for keeping them clean and tidy, including doing their own laundry. Residents are responsible for preparing their own light breakfast, which they can do in their room using their kitchenettes, for which we provide a sink, worktop and space for a fridge, microwave and toaster. Residents do not have a cooker in their rooms.

We do not provide any personal care or administer medication but arrangements can be made for a third party to provide residents with basic care and/or domestic support if required.

Our fees

To make life as worry-free as possible, we pay the bills and charge residents one convenient, all-inclusive fee that covers rent, service charge, food, utilities and maintenance. We also pay the council tax, TV licence fee and community alarm charge. Residents' fees are collected monthly by direct debit and are reviewed once a year. As a not-for-profit housing association, our fees are fair and affordable. Any surplus we make is reinvested into the organisation to improve the service we offer. Financial assistance may be available to help residents meet rental charges; please contact Age Cymru on 02920 431555 or visit www.ageuk.org.uk/cymru for more information.

Visit us

Deciding to move home can be a big decision to make, so to help, we invite anyone who is considering living with us, whether for themselves or on behalf of a loved one, to visit our home, meet our Abbeyfield family and experience the unique service we offer. Pop in for an informal chat with our House Manager or stay for lunch and meet our residents. We also offer short stays for up to 21 days, which can be used for respite or as a trial period before making the decision to take up a tenancy on a permanent basis. If you would like to find out more or want to visit the house, please contact Julie on 02920 888862.



“There are no hidden extras. Maintenance is all done for you.”

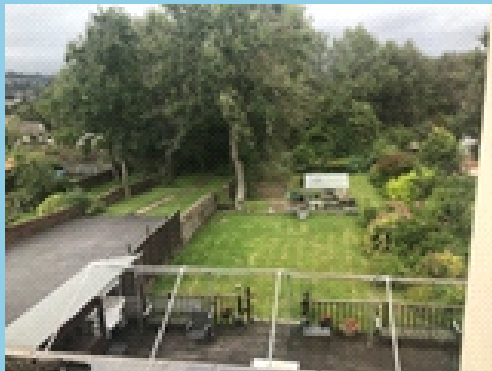
Where we are

Abbeyfield Caerphilly is well placed just a short walk to the Town Centre, local facilities and amenities, with a convenient bus stop directly outside the house. It is the largest Town in the Borough, within close reach of Cardiff. Caerphilly is a town steeped in heritage that dates back to AD75 when the Romans invaded Britain and built a fort in the town.

Discover why people
continue to choose
Abbeyfield time
after time



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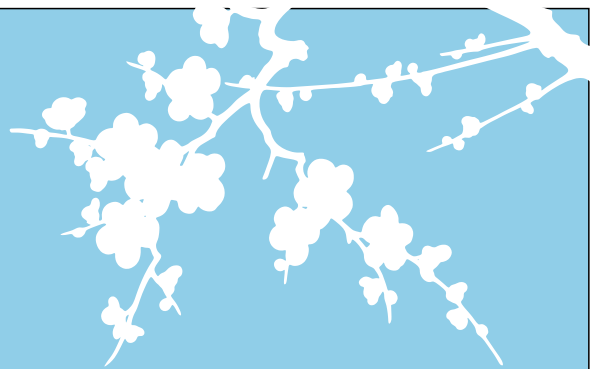
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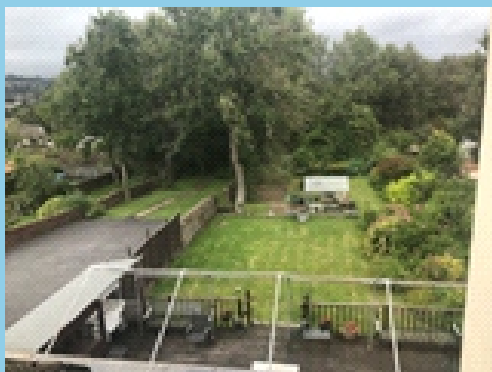
Ble rydyn ni

Mae Abbeyfield Caerffili wedi ei leoli o fewn taith gerdded fer i ganol y dref, cyfleusterau lleol ac amwynderau, gyda safle bws cyfleus wedi'i leoli y tu allan i'r tŷ. Caerffili yw'r dref fwyaf yn y fwrdeistref ac mae o fewn cyrraedd agos i Gaerdydd. Mae'n dref sydd wedi'i thrwytho mewn treftadaeth sy'n dyddio'n ôl i AD75 pan ymosododd y Rhufeiniaid ar Brydain gan adeiladu caer yn y dref.

Canfyddwch pam
fod pobl yn dal i
ddewis Abbeyfield
dro ar ôl tro



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Cofrestrwyd dan y Ddeddf Cwmnïau
Cydweithredol a Chymdeithasau Budd
Cymunedol 2014, Rhif Cofrestredig 27511R

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Ein ffioedd

Er mwyn gwneud bywyd mor ddi-bryder â phosibl, rydym yn talu'r biliau ac yn codi un ffi gyfleus, hollgynhwysol sy'n talu am rent, tâl gwasanaeth, bwyd, cyfleustodau a chynnal a chadw. Rydym hefyd yn talu'r dreth gyngor, ffi'r drwydded deledu a'r tâl larwm cymunedol. Cesglir ffioedd trigolion bob mis drwy ddebyd uniongyrchol a chaiff y ffioedd eu hadolygu unwaith y flwyddyn. Fel cymdeithas dai ddielw, mae ein ffioedd yn deg ac yn fforddiadwy. Mae unrhyw warged a wnawn yn cael ei ail-fuddsoddi yn sefydliad i wella'r gwasanaeth rydym yn ei gynnig. Efallai y bydd cymorth ariannol ar gael i helpu preswylwyr i dalu costau rhentu; cysylltwch ag Age Cymru ar 02920 431555 neu ewch i www.ageuk.org.uk/cymru i gael rhagor o wybodaeth.

Dewch i ymweld â ni

Gall penderfynu symud cartref fod yn benderfyniad mawr, felly i'ch helpu, rydym yn gwahodd unrhyw un sy'n ystyried byw gyda ni, boed hynny ar eu rhan eu hunain neu ar ran rhywun annwyl, i ymweld â'n cartref, i gwrdd â theulu Abbeyfield ac i brofi'r gwasanaeth unigryw rydym yn ei gynnig. Galwch heibio am sgwrs anffurfiol gyda Rheolwr y Tŷ neu arhoswch i ginio a chwrdd â'n preswylwyr. Rydym hefyd yn cynnig arosiadau byr am hyd at 21 diwrnod, y gellir eu defnyddio ar gyfer seibiant neu fel cyfnod prawf cyn penderfynu derbyn tenantiaeth barhaol. Os hoffech wybod mwy neu am ymweld â'r Tŷ, cysylltwch â Sarah ar 01745 833668.



*“Does
dim costau
cudd. Nhw sy'n
gwneud y gwaith
cynnal a chadw
drosoch.”*

Ein cynnig

Ein nod yw gwneud bywyd mor ddi-bryder â phosibl i'n trigolion a gofalu am y llu o dasgau bob dydd sy'n gallu bod yn fwy anodd i bobl hyn, gan gynnwys siopa, coginio, glanhau a chynnal a chadw eiddo.

Rydym yn darparu prydau maethlon, wedi'u coginio gartref, gan ddefnyddio cynhwysion ffres bob amser cinio a swper. Gweinir prydau yn yr ystafell fwytale lle mae'r preswylwyr yn cwrdd i fwynhau bwyd da a chwmni da. Mae ein hymagwedd 'bwrdd teulu' at amseroedd bwyd yn sicrhau bod preswylwyr yn mwynhau cyfnod cymdeithasol gwerthfawr bob dydd, sy'n helpu i wella'u lles a lleddfu unigrwydd – yn union fel mae maeth yn allweddol i iechyd da, felly hefyd cwmni pobl eraill. Gyda chymorth ein trigolion, rydym yn datblygu bwydlenni pleserus sy'n gytbwys, swmpus ac sy'n hybu cryfder.

Mae ein staff hefyd yn glanhau rhannau cymunedol y tŷ yn rheolaidd ac yn gweithio'n agos gyda nifer o gontractwyr proffesiynol i sicrhau bod yr eiddo wedi'i gynnal a'i gadw'n dda, yn ddiogel ac yn cydymffurfio â'r ddeddfwriaeth iechyd a diogelwch bresennol. Profir y larwm tân yn rheolaidd a chaiff ei fonitro o bell 24 awr y dydd, 7 diwrnod yr wythnos gan drydydd parti.

Cefnogi annibyniaeth yw ein blaenoriaeth ond deallwn fod ymreolaeth a phreifatrwydd yn bwysig i hunan-barch ac urddas rhywun. Mae ystafelloedd y preswylwyr yn fannau preifat iddyn nhw eu hunain ac nhw sy'n gyfrifol am eu cadw'n lân ac yn daclus, gan gynnwys gwneud eu golch eu hunain. Mae'r preswylwyr yn gyfrifol am baratoi eu brecwast ysgafn eu hunain, a gallant ei wneud hyn yn eu hystafell gan ddefnyddio eu ceginau, sydd â sinc, man gweithio a lle ar gyfer oergell, meicrodon a thostiwr. Does dim ffwrn yn ystafelloedd preswylwyr.

Nid ydym yn darparu unrhyw ofal personol nac yn rhoi meddyginiaeth, ond gellir gwneud trefniadau i drydydd parti roi gofal sylfaenol a/neu gymorth domestig i drigolion os bydd angen.



*“Nid yw'n
gartref preswyl;
mae gennych eich
cartref eich hun. Chi
yw eich person eich
hun, rydych yn
bwysig yma.”*

Am ein cartref

Mae Abbeyfield Caerffili yn dŷ Fictoraidd â 9 ystafell wely a gafodd ei adnewyddu'n chwaethus yn 1995 i ddarparu cartref â chymorth gydag awyrgylch deuluol. Mae gan y preswylwyr eu hystafell eu hunain gyda chawod a thoiled en-suite preifat ac mae gan lawer o'r ystafelloedd gegin fach ar gyfer gwneud brecwast. Gellir dodrefnu ystafelloedd gydag eiddo personol preswylwyr er mwyn i'r ystafell deimlo'n gyfarwydd a chartrefol. Mae'r preswylwyr yn rhannu'r lolfa ac ystafell fwyta lle y gallant gymdeithasu, ymuno mewn gweithgareddau neu ymlacio. Gallant fynd a dod fel y maent yn dymuno ac mae yna bob amser groeso i westeion.

Mae'r cartref yn elwa o ardd fawr sydd wedi'i chadw'n hardd, gyda thŷ haf, deciau helaeth a hyd yn oed bar ar gyfer barbeciwiau haf hyfryd sy'n cael eu cynnal gan deulu Julie ein rheolwraig, sy'n croesawu preswylwyr fel teulu estynedig. Mae'r golchdy wedi'i gyfarparu'n llawn ar gyfer defnydd y preswylwyr.

Mae'r cartref yn cael ei reoli gan Julie a ymunodd â ni yn 2005. Mae Julie yn gogydd profiadol sydd wedi cyflawni gyrfa lwyddiannus o dros 30 mlynedd yn y sectorau arlwyio a gofal. Mae Julie a'i thîm, sy'n cynnwys gwirfoddolwyr ac aelodau o'i theulu, yn darparu lefel gyson o wasanaeth o fewn amserlen saith diwrnod ac maent ar gael rhwng 9am a 6pm pob dydd. Mae hyn yn caniatáu i'n preswylwyr fyw mewn amgylchedd sy'n ddiogel ac yn ofalgar gan gadw eu hannibyniaeth a'u hymdeimlad o bwrpas.

Beth rydyn ni'n ei wneud

Yn syml, rydyn ni'n darparu llety ar gyfer pobl hŷn lle mae'n bosibl eu cynorthwyo i fyw'n annibynnol a chyda chwmni.

Rydyn ni'n cydnabod bod aros yn annibynnol pan fydd rhywun yn hŷn yn bwysig ar gyfer byw yn hir a lles, ond rydyn ni'n deall bod angen cymorth ar bobl hŷn weithiau i barhau i fyw'n annibynnol. Mae llawer o bobl hŷn yn gweld bod gofalu am gartref, gan gynnwys coginio, glanhau, garddio a'i gynnal, yn fwy anodd, a dyna pam rydyn ni'n gofalu am y pethau hynny, gan ganiatáu i'n trigolion fyw mor ddibryder ag sy'n bosibl.

Rydyn ni hefyd yn gwybod mai unigedd ac ynysu cymdeithasol yw'r heriau mawr sy'n wynebu pobl hyn, ac y bydd llawer ohonynt yn eu hwynebu, boed ar ôl colli rhywun annwyl, neu oherwydd nad ydyn nhw'n gallu mynd allan fel roedden nhw'n arfer ei wneud. Fel rhan o'n cenhadaeth, rydyn ni'n anelu at greu amgylcheddau cynnes, diogel a chartrefol lle gall trigolion barhau i fwynhau eu hannibyniaeth a dewis byw yng nghwmni eraill.

Mae pryderon pobl hŷn yn aml yn cael eu rhannu â'r rhai sy'n gofalu amdanynt – eu teulu, eu ffrindiau, eu cymdogion. Mae ein gwasanaeth yn mynd y tu hwnt i'r gefnogaeth amlwg a gynigiwn ac yn rhoi tawelwch meddwl bod anwyliaid pobl yn ddiogel, yn gyfforddus ac yn hapus. Mae'r trigolion yn fwy na thrigolion yn unig; maen nhw'n rhan o deulu Abbeyfield.

“Roedd fy merch yn poeni nad oeddwn yn bwyta'n iawn. Erbyn hyn, mae'n gwybod fy mod yn bwyta ddwywaith y dydd.”

“Roeddwn i'n teimlo'n ynysig iawn lle'r oeddwn i'n byw a doeddwn i ddim yn mynd allan llawer. Mae'n llawer gwell yma!”





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Hoffi a dilyn
Chwilio: Abbeyfield Cymru