



## Ty Gwyn care home

*Live later  
life well*

Nursing, palliative and short-stay care in Penarth

# The care home where *life flourishes*

**From the moment you step inside, the bright, thoughtfully designed reception creates a relaxed and homely atmosphere. Residents often spend time here reading, chatting with visitors, or simply enjoying a bit of peace and quiet.**

The home features modern furnishings, gentle lighting, and a large pergola at the front that makes it easy to spot.

It's a place where care is always the priority. Welsh for 'White House', Ty Gwyn provides exceptional nursing, palliative and short-stay care for up to 45 residents.

Located in the seaside town of Penarth and just a short stroll from the beach, town centre and train station, it offers comfort in a peaceful setting with easy access to local life. Many residents and their families describe Ty Gwyn as a 'home from home' - a sentiment we believe is inspired by our dedicated and experienced team, who go above and beyond to make each day joyful and fulfilling.



At Ty Gwyn, we pride ourselves on our quality of care. It's very important to us that all residents and their loved ones feel supported, respected and happy during their stay, whether it is for long-term or respite care.

**Valentina Stan, Home Manager**





# Gardens for *all seasons*

**The gardens are more than just a pleasant backdrop - they're a lively part of everyday life. Whether it's enjoying the fresh air, planting flowers, or simply watching the day unfold, the outdoor space offers plenty of reasons to step outside.**

One particularly memorable day involved a special visitor: Eric the alpaca. Residents gathered in the garden to meet him, and the excitement only grew as he made his way through the home (yes, even up the stairs). His visit turned a regular afternoon into something extraordinary - even passersby smiled and waved as they spotted him from the street.



Ty Gwyn has a lovely, sheltered garden at the front. Mum and a few residents and family were out, and I jokingly said to one of the nurses “all we need now is a bottle of rosé like being on holiday lol”. 10 minutes later out came rosé, cheese and biscuits. This is only one of the many things that they do for the residents.

**Family testimonial from [carehome.co.uk](https://carehome.co.uk)**

# A taste of *home*

**Our mealtimes are about more than what's on the plate. They're a chance to come together, enjoy familiar favourites, and explore something new. Residents are regularly consulted on menu choices, ensuring every dish reflects their tastes, traditions, and memories.**

World Food Day was the perfect opportunity to celebrate just that. The kitchen team pulled out all the stops, preparing a deliciously diverse menu featuring Welsh lamb, Spanish omelettes, and Polish apple and chocolate cake. There was plenty of conversation around the tables as residents shared stories linked to the food - memories of family meals, travels, and old recipes.

The day also included a quiet moment for reflection, with a special prayer service where residents gave thanks for the joy of food and the care behind every meal.

And of course, no afternoon would be complete without something sweet - homemade bakes and a warm cup of tea, enjoyed with friends and a good chat.

Food isn't just nourishment - it's an experience to be enjoyed and celebrated.





## *What you can expect at Ty Gwyn:*

- Meals are freshly prepared by our in-house chef.
- Menus are designed around seasonal produce.
- Ingredients are sourced locally wherever possible.
- Drinks and snacks are on-hand 24 hours a day.

Take a look at our sample menu:

### *Lunch*

Traditional roast pork  
with apple sauce.

*or*

Goats' cheese, spinach  
and tomato quiche.

*All served with seasonal potatoes  
and roasted root vegetables.*

Watermelon sorbet.

### *Evening meal*

Soup of the day, with a  
selection of sandwiches.

*or*

Cheese and potato pie.

Lemon drizzle cake.









# Support that *speaks for itself*

Care here is never one-size-fits-all. Every resident receives support that's tailored to their individual needs - delivered with genuine warmth, respect, and attention to detail. The team takes pride in creating a home where people feel safe, valued, and part of a close-knit community.

Many of the staff have personal connections that go beyond the job. Mary-Anne, for example, leads activities with heart and humour, and her daughter is part of the team too, making it a real family affair.

That sense of care and commitment shines through in everyday moments, and especially in the big ones. When Graham and Joan celebrated their 65th wedding anniversary, the team pulled out all the stops - organising a private dining experience with thoughtful touches, a homemade meal, and even a makeover at Ty Gwyn's on-site beauty salon for Joan to make the day extra special.

It's a place where milestones are marked, and where the little things are never overlooked - because here, care means truly caring.



All the staff are extremely caring and always trying to make the residents feel at home. It is always an extremely difficult decision for loved ones to go into a care home, but I have to say it was the best decision Mum and our family have made.

**Family testimonial from [carehome.co.uk](https://carehome.co.uk)**

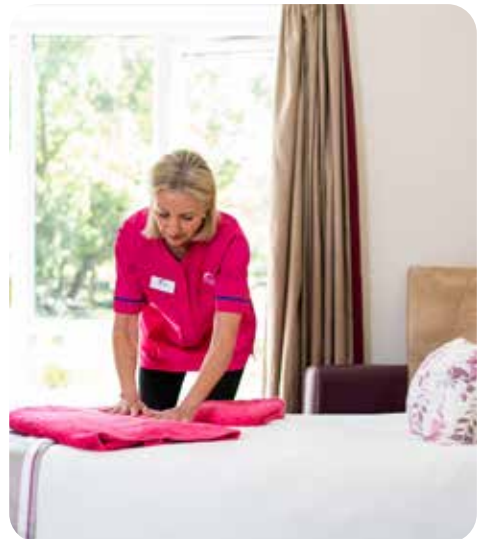


### *Our commitments to you:*

- You'll remain in control of your care and support. Always.
- You'll be supported by a caring, compassionate team.
- You'll benefit from proven and pioneering therapies.
- You'll be valued and respected in a like-minded community.
- You'll be free to make this home your own – inside and out.

### *Facilities*

- Single furnished ensuite bedrooms.
- Award-winning music therapy.
- Comfortable lounges and communal areas.
- Hairdressing salon for care and pampering.
- 24/7 nurse call system in every room.
- Landscaped gardens with patio areas.
- Dedicated chaplain for spiritual support or private reflections.











# Living later life well

## When you think of a care home, what springs to mind?

There's always something going on to keep minds active and spirits high, with activities thoughtfully planned to suit a range of interests and abilities. Whether joining in fully or simply enjoying from the sidelines, residents are encouraged to take part in whatever way feels right for them.

One standout event was the classic car show, when four vintage vehicles rolled up to the home. For many, it was a trip down memory lane - sparking stories of first cars, Sunday drives, and a lifelong love of engines and elegance.

Another memorable moment came during a Reminiscence Session hosted by The Royal Mint Museum. Residents handled pre-decimal coins and shared vivid memories of currency changes - even recalling visits to The Royal Mint when Queen Elizabeth opened it in 1968.

From big events to quiet reflections, the activity calendar offers something for everyone - creating chances to connect, remember, and make new memories, no matter the pace.



# Here *for you...*

Whether you're searching for yourself or a loved one, for nursing, palliative or short-stay care, our team at Ty Gwyn will be here to help.

We understand that searching for a care home can be a confusing time for any family. So, we hope it's reassuring to know that our doors are always open. Our advice is always generous. Our residents are always eager to welcome a new character into the fold. And our charitable ethos will always guide everything we do.

We'll be ready to support. Whenever you need us:



02920 703600



[tygwyn@mha.org.uk](mailto:tygwyn@mha.org.uk)



# Proud to be part of MHA

**For more than 80 years, families have been choosing MHA to support the needs and aspirations of their loved ones in later life.**

People have been forging friendships through our community programmes. Fundraising to drive our charitable goals. And spreading the warmth, comfort and spirituality that you'll find across every MHA care home, community and development.

It's always for one reason, which will *a/ways* stay the same: helping older people to live later life well.



[mha.org.uk/tygwyn](https://mha.org.uk/tygwyn)



# *Get in touch*

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