

# Golau Caredig Independent Living

Barry, Vale of Glamorgan



# Welcome to Golau Caredig

Golau Caredig is a modern, purpose-built development providing 42 independent living apartments for over 55s. The spacious one and two-bedroom accommodation is built to a high specification, while communal areas and tenant programmes focus on making life fun regardless of age.

There is optional support and care available where required, so each of our tenants can be assisted if or when their needs change. We pride ourselves on providing a happy, friendly and warm environment that lets tenants be as independent or involved as their needs and wants allow.



## About independent living accommodation

Independent living for people over 55 can be a viable alternative to sheltered accommodation. It encourages self-sufficiency and can provide a home for life, with the added option of access to support and care services if and when a person's needs change. This housing option is also commonly known as extra care and works well for both individuals and also for couples.

## Friendship and fun on the doorstep

We give our tenants lots of chances to make friends, have interesting conversations and enjoy group activities.

Regular activities vary based on our tenants' interests. They typically include art sessions, knit and natter, breakfast club, tea and coffee afternoons, guided walks around the area, quizzes, dancing and much more.



## Living well for a happier, healthier life

There is a well-evidenced link between housing, health and well-being in people over 55. Living in good quality, safe, adaptable and warm accommodation within a community of similarly aged people is what we offer at Golau Caredig.

# Home comforts

## Warm and comfy apartments to call their own

All accommodation at Golau Caredig is available for rent on an assured tenancy basis. We have 42 self-contained apartments that support independent living, all of which are fully accessible and adaptable to support physical disabilities.

Each apartment includes a modern fitted kitchen, a spacious living room, a bathroom with a walk-in shower and either one or two large bedrooms.

We've also installed slip resistant floors in each kitchen and bathroom, low surface temperature radiators that can be controlled by tenants and an emergency call alarm, just in case help is required.





“I’ve been with Hafod for 25 years with the last five years at Golau Caredig.

I am incredibly proud of what our dedicated team have achieved at Golau Caredig and how they continue to have a proactive role with our tenants and the wider community here in Barry.”

Miles Utting, Manager

## Space to meet, mix and meander

Golau Caredig has a number of communal spaces where tenants can take part in hobbies, catch up over a cup of tea and spend quality time with friends and family. We have a range of facilities including an IT suite, a launderette, room to store cycles and scooters and a multi-use activity area.

There is also a restaurant which is staffed by our trained kitchen team who prepare home-made meals, snacks and drinks at lunchtime.

## The wider community

We welcome local community groups to use our open space for meetings, activities and events. This allows our tenants to engage with their local neighbourhood and be involved in local matters.

Our floating support service based at Golau Caredig is available to provide our tenants with housing-related support if they require it. We can help them with maintaining their tenancy, managing their finances, keeping up their independence and more.

# Peace of mind

## Our tenants are in safe hands

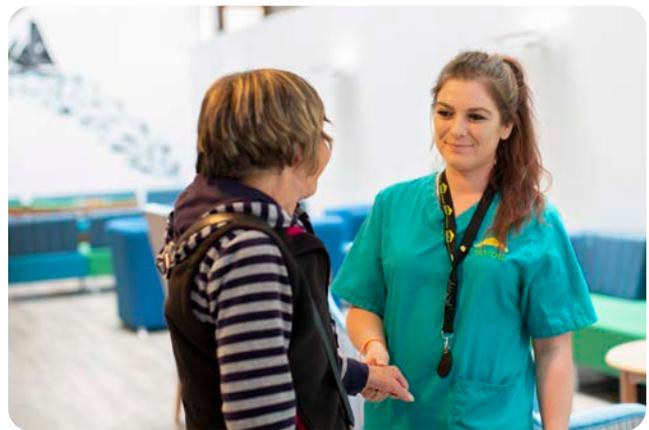
We believe that safety and security are key elements in creating a warm and homely environment. Therefore, we have taken additional steps to ensure safe and secure living at Golau Caredig. We have:

- A secure door entry system
- CCTV security cameras
- A 24 hour staff presence onsite and access to community alarm
- A full fire alarm system
- Two large lifts
- Safety restrictors on all windows
- A specialist assisted rise and fall bath
- A hearing loop in the reception area

## Our staff

Golau Caredig is staffed by a highly experienced team that is dedicated to providing person-centred services for every tenant. Our friendly staff are highly motivated and fully qualified to deliver a professional and dedicated service to our tenants.

Those who require support can feel assured that one of our team are on-hand 24 hours a day if they need any assistance.





“Golau Caredig has allowed my wife and I to remain independent and active in our community whilst having the reassurance of a care and support team available when we need them. This gives us and our family peace of mind.”

Eric Hands, Tenant

## Find us by the seaside

Golau Caredig is in the coastal town of Barry in the Vale of Glamorgan. Located near the town centre, there are local amenities, shops and places to explore just minutes away.

Barry Island is nearby, where you'll find fish and chips bars, amusement arcades and beautiful scenery across the sandy beach and over the water. There are also great transport links to Cardiff and the surrounding areas in the Vale of Glamorgan.



## Who we are

Hafod is a charitable not-for-profit organisation that offers a wide range of housing, personalised care and support services to more than 16,000 people across South Wales.

We care for some of the most vulnerable people in society, enabling them to maintain their independence and well-being for as long as possible in their own homes, in supported housing or in our residential care homes.

## To find out more

If you are interested in finding out more about Golau Caredig or would like to talk about how to become a tenant, please get in touch.

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01446 731940

[hafod.org.uk/independentliving](http://hafod.org.uk/independentliving)

**Golau Caredig Independent Living**

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