

Rondel House

Community Hub for Older People



Rondel House Day Service
Maes-y-Cwm Street, Barry, CF63 4EH





Rondel House provides a Day Service for older people who live in the Central and Eastern areas of the Vale of Glamorgan, who may suffer from age related frailty, chronic illness, disability or dementia.

The service may be provided, following an assessment of your needs, by a Social Services or Health professional. To access the service, you must be assessed as having a substantial or critical level of need and risk to independence. If you meet these criteria, the Day Service may be provided as a stand-alone service or as part of a more comprehensive care package.

Our service can improve your ongoing ability to live independently at home, by providing social stimulation, if you are living alone or with family and feeling socially isolated. Informal carers can also benefit by taking a break from their caring duties.

Our service is delivered by a trained and experienced team of staff who work in accordance with National and local Codes of Practice.

We currently run a 5 day service Monday to Friday and provide a safe environment where you can interact and have fun through a range of activities.

We design our service to meet your own need and interests, providing opportunities for up to 25 people per day. The

Community Hub is also



available to other local organisations that provide support to older people.

Aims

We aim to promote Equality, Choice, Independence, Empowerment and Personal Development, providing opportunities to improve quality of life for individuals.

We can help you:

- To become more confident and independent
- To improve your health, wellbeing and self esteem
- To maintain and develop skills
- To access information
- To meet people and make new contacts
- To achieve personal goals
- **To enjoy life!**

By Providing:

- A personal programme of activities
- Personal Care e.g. toileting & bathing
- Support with activities
- Respite and support for carers
- Accessible transport
- Emotional support
- Healthy meals and refreshments
- An accessible environment
- Support for communication
- Therapeutic and creative activities
- Information
- A quiet T.V. lounge for service users who prefer not to participate in activities and talks



- Social activities
- **Laughter and fun!**

Some Activities on offer:

- Chair exercise class
- Quizzes
- Card games
- Dominos and other games
- Arts and crafts
- Reminiscence
- Music & singing
- Bingo
- Outside speakers and entertainment



Interested?

If you are interested in attending Rondel House, please contact Contact OneVale (C1V) to request an assessment.

Contact OneVale (C1V) is open from 8.00 a.m.–6.00 p.m. Monday to Friday and can be contacted on:

Telephone: 01446 700111

Textphone: C1V then your message to 60066

Email: C1V@valeofglamorgan.gov.uk



If you would like more information and informal discussion about the service, please contact:

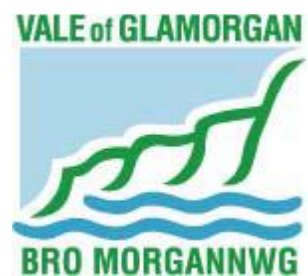
Anne Lintern, Manager on: Telephone 01446 745922

Ty Rondel

Canolbwynt Cymunedol ar gyfer Pobl Hŷn



Gwasanaeth Dydd Tŷ Rondel
Stryd Maes-y-Cwm, Y Barri, CF63 4EH





Mae Tŷ Rondel yn darparu Gwasanaeth Dydd i bobl hŷn sy'n byw yng Nghanol ac yn Nwyrain Bro Morgannwg, y gallent fod yn ddioddef eiddilwch sy'n deillio o fod yn oedrannus, salwch cronig, anabledd neu ddementia.

Yn dilyn asesiad o'ch anghenion, mae modd i'r gwasanaeth gael ei ddarparu gan weithiwr lechyd neu weithiwr Gwasanaethau Cymdeithasol proffesiynol. Er mwyn manteisio ar y gwasanaeth hwn, rhaid bod asesiad yn nodi bod lefel eich angen yn sylweddol neu'n gritigol, a bod risg i'ch annibyniaeth. Os byddwch yn bodloni'r meini prawf hyn, mae modd i'r Gwasanaeth Dydd gael ei ddarparu fel gwasanaeth unigol neu fel rhan o becyn gofal mwy cynhwysfawr.

Mae modd i'n gwasanaeth wella eich gallu parhaus i fyw bywyd annibynnol yn eich cartref, trwy ddarparu ysgogiad cymdeithasol, os ydych yn byw ar eich pen eich hun neu gyda'ch teulu ac yn teimlo fel pe baech yn dioddef arwahanrwydd cymdeithasol. Mae modd i ofalwyr anffurfiol gael budd hefyd trwy gael seibiant o'u dyletswyddau gofalu.

Caiff ein gwasanaeth ei ddarparu gan dîm o staff hyfforddedig a phrofiadol sy'n gweithio yn unol â Chodau Ymarfer Cenedlaethol a lleol.

Ar hyn o bryd, rydym yn cynnal gwasanaeth 5 diwrnod o ddydd Llun i ddydd Gwener, gan gynnig amgylchedd diogel lle y mae modd i chi ryngweithio a



chael hwyl trwy gyfrwng amrediad o weithgareddau.

Rydym yn cynllunio ein gwasanaeth er mwyn bodloni eich angen a'ch diddordebau chi, gan gynnig cyfleoedd ar gyfer hyd at 25 o bobl y dydd. Mae'r Ganolfan Gymunedol ar gael i fudiadau lleol eraill sy'n darparu cymorth i bobl hŷn hefyd.

Nodau

Ein nod yw hyrwyddo Cydraddoldeb, Dewis, Annibyniaeth, Grymuso a Datblygiad Personol, gan gynnig cyfleoedd i wella ansawdd bywyd unigolion.

Mae modd i ni eich helpu chi:

- I fod yn fwy hyderus ac yn fwy annibynnol
- I wella'ch iechyd, eich lles a'ch hunan-barch
- I gynnal ac i ddatblygu sgiliau
- I droi at wybodaeth
- I gyfarfod pobl ac i ffurfio cysylltiadau newydd
- I gyflawni nodau personol
- **I fwynhau bywyd!**

Trwy Ddarparu:

- Rhaglen bersonol o weithgareddau
- Gofal Personol e.e. defnyddio'r toiled a golchi
- Cymorth gyda gweithgareddau
- Seibiant a chymorth i ofalwyr
- Cludiant hygyrch
- Cymorth emosiynol
- Lluniaeth a phrydau iach
- Amgylchedd hygyrch
- Cymorth er mwyn cyfathrebu
- Gweithgareddau therapiwtig a chreadigol
- Gwybodaeth



- Lofa deledu dawel i ddefnyddwyr gwasanaeth y mae'n well ganddynt beidio cymryd rhan mewn gweithgareddau a sgysiau
- Gweithgareddau cymdeithasol
- **Chwerthin a hwyl!**

Rhai o'r Gweithgareddau a gynigir:

- Dosbarth ymarfer corff wrth eistedd mewn cadair
- Cwisiau
- Gemau cardiau
- Dominos a gemau eraill
- Celf a chrefft
- Hel atgofion
- Cerddoriaeth a chanu
- Bingo
- Siaradwyr gwadd ac adloniant



A oes gennych chi ddiddordeb?

Os oes gennych chi ddiddordeb mewn mynychu Tŷ Rondel, cysylltwch â Contact OneVale (C1V) i ofyn am asesiad.

Mae **Contact OneVale (C1V)** ar agor rhwng 8.00 a.m. a 6.00 p.m. o ddydd Llun i ddydd Gwener, ac mae modd cysylltu â nhw fel a ganlyn:

Ffôn: 01446 700111

Ffôn testun: C1V yna eich neges i 60066

E-bost: C1V@valeofglamorgan.gov.uk



Os hoffech gael rhagor o wybodaeth a thrafodaeth anffurfiol am y gwasanaeth, cysylltwch ag:

Anne Lintern, Rheolwraig ar:

Ffôn: 01446 745922