

Tŷ Golau

'House of Light'
@ Llanelli & Kidwelly

For people who have slight memory problems / Alzheimer's or Dementia type illnesses.

Activities Include

Reminiscence therapy, reality orientation, quizzes, music and movement, sing-a-longs, Indoor gardening, simple cookery, Ice cream making, Celebration of Saints Days, Life Story work and much, much more.



The work at Ty-Golau is in line with the Welsh Assembly Government 'National Dementia Action Plan for Wales' & 'National Service Framework for Older People'.

We welcome personal inquiries and receive direct referrals from Local Health Boards (LHB) and other partner organisations, e.g. Alzheimer's Society.

Carers/ family members are warmly invited to attend and report that they enjoy the group as much as the person they accompany to the sessions.



Others may prefer to leave the person they care for in the group and take time for respite, in the knowledge that they are safe, well looked after and having a good time.



The team at Ty-Golau, in conjunction with partners in the Local Health Board, Alzheimer's Society and Social Work teams have identified the need for offering this service to people with slight memory problems/ Alzheimer's or Dementia type illnesses in this locality.

The aim of the sessions is to provide specialist care with interesting and stimulating activities for the service users.



The sessions are facilitated by a retired Occupational Therapist and a team of dedicated volunteers.

The sessions have proved to be very successful and Ty-Golau has become a recognised centre of support for people with slight memory problems and in partnership with health care professionals, provides true care in the community.

Some of the Awards & Honours Received:
Attended Royal Garden Party at Buckingham Palace
Archbishop of York Garden Party
Llanelli Star Community Award
High Sheriff of Dyfed Award

Please see overleaf for contact details.



Life Story

Life story work aims to improve the quality of life and wellbeing of people by enabling them to document and share their life story in whatever means is best for them.

Examples include written scripts, story boards, photographs or DVD'S. It is their story and puts them firmly in the centre.

An opportunity is given to anyone who wishes to work on their life story.

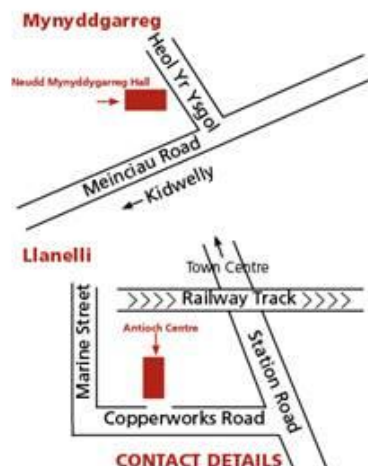
Workshops are held every Wednesday in Mynyddgarreg

10.30am - 12.00pm
Neudd Mynyddgarreg Hall
1 Heol Yr Ysgol, Mynyddgarreg SA17 4RL

Thursday in Llanelli

10.30am - 12.00pm
Antloch Centre
Copperworks Road, Llanelli SA15 2NE

Email: info@tygolau.org.uk
www.tygolau.org.uk



CONTACT DETAILS

Janet R Lewis
Retired Occupational Therapist
Telephone: 01554 890 896 • Mobile: 07807 343 245

61, Morfa Maen
Kidwelly, Carmarthenshire, Wales SA17 4UF

Ty-Golau respects people's privacy and maintains strict confidentiality of all attendees in respect with each individual wishes. Photo's used with permission.



Supported by Llanelli Town & Rural Council

Members of DEEP
(The UK Network of Dementia Voices)



Supported in Partnership with Hywel Dda University Health Board's Llanelli Locality Cluster

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Patron
County Cllr. Jeanette Gillasbey