



Housing LIN Cymru

Connecting people, ideas and resources

Case Study 154

Extra Care Housing - the heart of the community in Porthmadog

JULY 2019



About Hafod y Gest Extra Care Scheme

Hafod y Gest is Grŵp Cynefin's fourth extra care scheme and was developed in partnership with Gwynedd Council. It offers older people a superb opportunity to benefit from an independent lifestyle in their own apartment within a safe and supportive environment, with the added benefit of having a flexible 24 hour care service on site.

The benefits for the tenants include:

- Tenants have their own tenancy and their own front door
- Couples can stay together
- Tenants are supported to maintain their independence
- A variety of social and communal activities are available
- Tenants have diverse levels of care and support needs and benefit from the flexible, tailored services that are available on site

Hafod y Gest includes 40 apartments; 26 two bedroom and 14 one bedroom. It is located in the centre of the town in Porthmadog, in an ideal location at the heart of the community and close to the shops and other facilities.

The building also includes:

- Restaurant
- Fitness, activities and hobby rooms
- Therapy and hair treatment rooms
- Laundry room
- Guest suite for friends or relatives
- Buggy store
- Assisted Bathroom
- Landscaped gardens
- Parking facilities

The £7.8m scheme was developed by Anwyl Construction and was part-funded by a Welsh Government's Housing Grant.



A supportive and active community



The scheme aims to promote tenants' health and wellbeing as well as their independence. Various communal and social activities are held regularly, including coffee mornings, arts and crafts sessions, book club, Dementia Go activities, music sessions and a very popular Intergenerational Project with a local primary school.

The activities organised for tenants at Hafod y Gest enable them to develop their hobbies and interests while making new friends.

From the start of the development, Grŵp Cynefin and Anwyl Construction, the main contractor, worked closely with the local school and delivered a number of construction themed activity days, this relationship has blossomed in to a new intergenerational project which Grŵp Cynefin's community initiatives team lead on.

The weekly intergenerational project, which started at Hafod y Gest when the extra care scheme opened earlier this year, brings together the old and the young through the arts and works to reduce loneliness in older people. Activities include arts and crafts, singing and reading to each other.

Following one of those sessions, one tenant said: *"I've thoroughly enjoyed the sessions, as it brought both of my great joys together - singing and spending time with children. It's been a breath of fresh air singing with the children, and has brought back to me some wonderful memories of my youth."*



Community Benefits

Giving local people the opportunity to benefit from our building projects is one of our core values.

Community Benefits Key facts

- As the main contractor, Anwyl Construction were set a targeted recruitment approach within Gwynedd and north Wales and they appointed a strong supply chain, purchasing goods and recruiting trainees as locally as possible.

- 12 north Wales apprentices gained valuable experience of the building industry, with 92% of the workforce also living in the region.
- 85% of the workforce who worked on the development project lived within a 30 mile radius, in north west Wales with seven of the apprentices also travelling within the same locality.
- 93% of the goods, services and overheads of the Hafod y Gest contract was spent with small and medium sized businesses in Wales.
- The project has resulted in the creation of seven new permanent jobs; Project Manager and Caretaker, employed by Grŵp Cynefin; three members of kitchen staff employed by Midshire Catering and two night carers employed by Gwynedd Council. There are five full-time equivalent (FTE) carer posts, as part of Gwynedd Council's Health and Wellbeing Adult Services Internal Care Provision, which provides 24 hour care services to tenants in accordance with their needs.
- As part of Hafod y Gest's community support agreement, 21 organisations and community groups in the locality received almost £20,000 from the community benefits fund. The community benefits fund was part of the community planning process agreed initially with Gwynedd Council and the builder, Anwyl Construction. It was important for Grŵp Cynefin to support those communities who may have been adversely affected by building work of this scale taking place within a community. These projects include: Cylch Meithrin Chwilog; Welsh language community newspaper Yr Wylan; the renovation project for Parc Gwerin y Coed at Penrhyndeudraeth; improving the outdoor play area at Gorlan Fach, Tremadog; renovation of Minffordd playground and in Talsarnau the funds will assist the community to purchase a defibrillator.

Tenant quotes:

Before Mrs A moved to live at Hafod y Gest she lived in her own home, a large three bed roomed house with a big garden. After falling at home and breaking her femur she spent some time in hospital before being allowed home again. On returning home, because of mobility issues, her bed was moved downstairs. She received care morning and night and her family provided her



with her daily meals. Concerned that her independence was diminishing her family submitted an Extra Care Housing Application and she has been living at Hafod y Gest since it opened earlier this year.

Since settling in to her new home, at Hafod Y Gest, her independence and mobility has improved immensely thanks to this purpose built building and its support staff. Her family are now at ease that their mother can continue to live independently, safely and comfortably.

She said:

"Initially I wasn't sure about moving here and leaving the house which had been my home for over 24 year, however living by myself was becoming increasingly difficult for both my family and I, that is why I came here and I am now delighted that I made that decision. "

"I'm delighted with my flat - it's got everything I need and it's very cosy. Every day we have a great lunch at the restaurant. The view from the flat is beautiful and it's convenient to all the local amenities and I often pop to the local supermarket. I've had my independence back, what else could I ask for? I love it here.

"My family have also noticed that I am much happier than I have been for a long time. I can fill the day with a number of different activities arranged for us here at Hafod y Gest. Moving here has made a huge difference to me and my family's life."

Key lessons

Working together

One of the key lessons learnt during this development is that the strong partnership approach which Grŵp Cynefin developed with the Local Authority, including regular liaison with the local council members, was a key contributing factor to the success of the project.

The building is quite confined and is located at the heart of local businesses and homes, therefore regular meetings were needed with all the neighbors before and during the building work - communication was definitely key.

From the initial consultation stages to the construction phase and then the subsequent allocation and running of the scheme, good project management, clear communication and joint-working was essential. A multi-agency Operational Group meets regularly to discuss day-to day operational issues and a Steering Group oversees the strategical direction of the scheme.



More information

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Note

The views expressed in this paper are those of the author and not necessarily those of the Housing Learning and Improvement Network.

About the Housing LIN

The Housing LIN is a sophisticated network bringing together over 25,000 housing, health and social care professionals in England, Wales and Scotland to exemplify innovative housing solutions for an ageing population.

Recognised by the Welsh Government and industry as a leading 'knowledge hub' on specialist housing, our online and regional networked activities:

- connect people, ideas and resources to inform and improve the range of housing choices that enable older and disabled people to live independently
- provide intelligence on latest funding, research, policy and practice developments, and
- raise the profile of specialist housing with developers, commissioners and providers to plan, design and deliver aspirational housing for an ageing population.

For further information about the Housing LIN Cymru's comprehensive list of online resources and to participate in our shared learning and service improvement networking opportunities, including 'showcase' visits and regional network meetings in Wales, visit:

www.housinglin.org.uk/Wales

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