



Your guide to Ty Alarch

Community Rehabilitation

Ty Alarch

Wales

Registered address: Ty Alarch,
Merthyr Tydfil,
Wales

Ty Alarch is owned by Cygnet. Ty Alarch is located in Merthyr Tydfil.

The people we care for here are:

- Female
- 18+





Up to 6 people can stay at our community rehabilitation service at Ty Alarch. The house has 3 floors with 6 en-suite bedrooms spread throughout.

Our aim is to help you towards a more independent way of living as you work to rejoin the wider community.

Our team

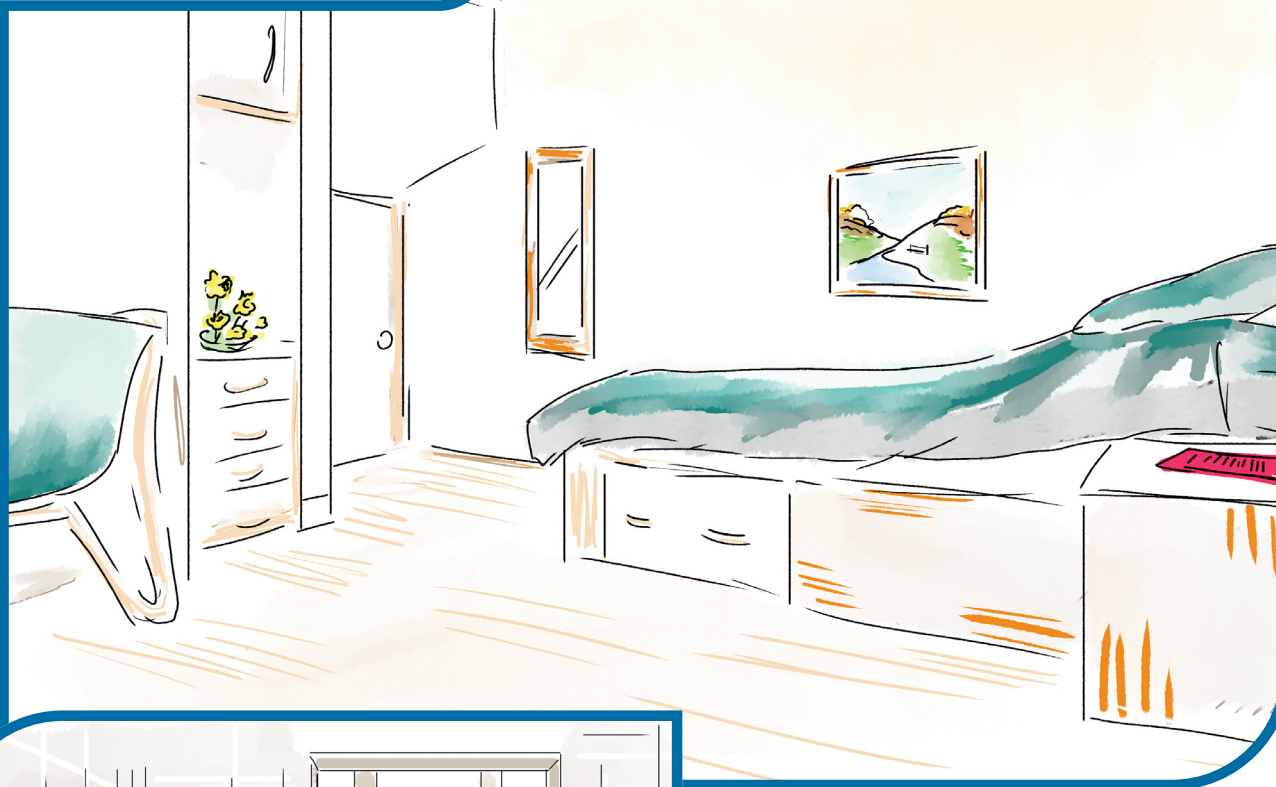
A House Manager oversees the running of the house. They will make sure the support you get is of a high standard.

There is also a team of support workers who have experience supporting people through mental health rehabilitation.

They will make sure you have what you want and need to maximise your independence and help you in your recovery.



Living spaces



You will have your own bedroom and bathroom. You can make this space your own and fill it with your things.

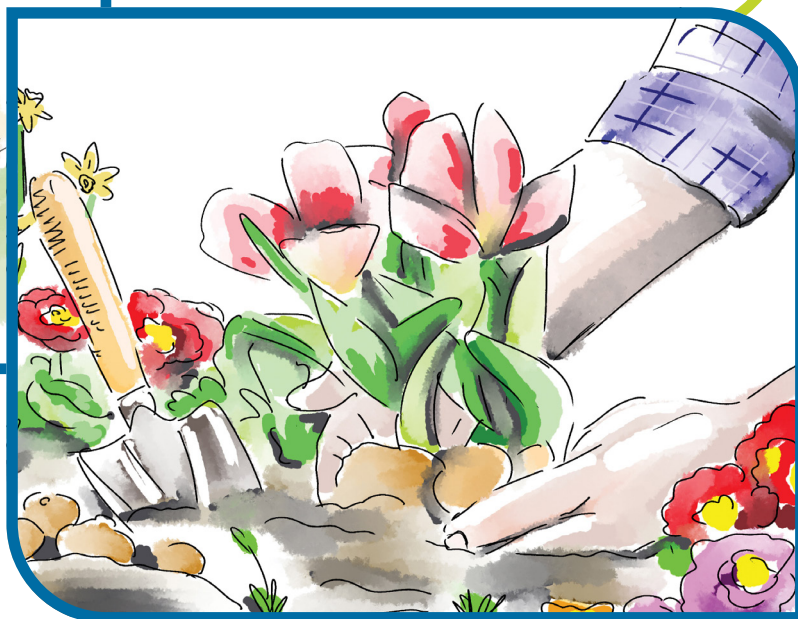
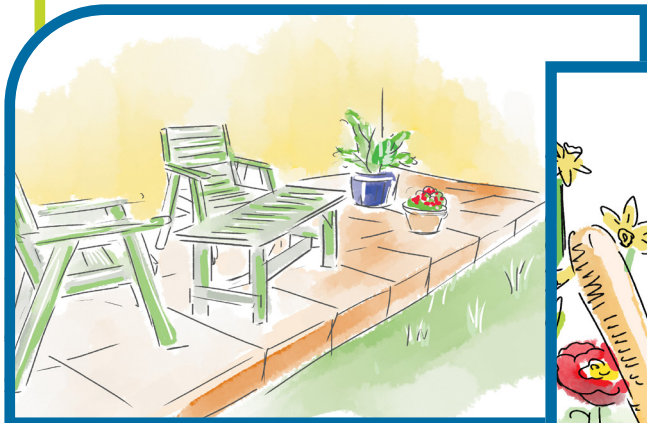
Shared spaces



You will share dining and lounge areas with other people. These areas are spacious and comfortable.

Outdoors

Outside we have lovely gardens to sit and relax or socialise in.



Goals

We will work with you to help you achieve your goals. Our aim is to help you in the best way for you.



Visitors



You are welcome to have visitors at Ty Alarch during your stay.

However, you must arrange this with us before the visit takes place and your visitors will only be allowed in the communal areas of the house.

This is important so that we can make sure the privacy of other people is respected.

Support for College Courses and Work

If you wish to attend college or to complete other courses, we can help you with this.

Our staff will speak to you about your areas of interest and courses that are available at various colleges as well as other places.

Also, our team can support you if you wish to participate in voluntary or paid work.

We can help you to:

- write a CV
- apply for a job
- practice for interviews
- gain more skills



This is all part of supporting you to develop various skills that will help you as you return to community life.

Community

Ty Alarch is located in Merthyr Tydfil which has easy access to community facilities. This will give you plenty of opportunities to practice skills to get out and about. These will help you prepare for life in the future.

Ty Alarch is also located very close to the beautiful Welsh countryside.

This will give you plenty of opportunities to practice skills to get out and about. These will help you prepare for life in the future.



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