



# Glasfryn Terrace

Residential Home in North Wales



MHC

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# Glasfryn Terrace

A one-bed and an adjoining two-bed terraced house. It supports up to three men and women aged 18 and over who have learning disabilities and/or mental health conditions.

Glasfryn Terrace is warm and welcoming and provides personalised support for adults in a calm, homely environment designed to promote independence, dignity, and wellbeing. The service offers a safe and supportive setting for individuals with mental health needs and learning disabilities, where every person is encouraged to live life with purpose and autonomy.

The philosophy of care at Glasfryn Terrace is rooted in empowerment and respect. The team is committed to creating an environment where individuals feel valued, understood, and supported to thrive. Through tailored, person-centred support, residents are helped to build confidence, develop daily living skills, and take positive steps toward achieving their personal goals.

The service offers a flexible, responsive model of care, which leads to residents leading happy and fulfilling lives.



Denbigh



3 bedrooms in 2 homes



Men and women aged 18 years and over



Learning Disability, Mental Health.



**People are provided with excellent quality care and support through a service which places them at the centre of everything.**

Care Inspectorate Wales



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# Surrounding area

**Glasfryn Terrace is ideally located in the heart of Denbigh, a charming and historic market town in North Wales.**

Its central position offers residents convenient access to a wide range of local amenities, community activities, and the surrounding natural beauty.

Denbigh provides all the everyday essentials within easy reach, including supermarkets, a post office, a public library, and a small retail park. Residents of Glasfryn Terrace benefit from access to several local GP surgeries and pharmacies, as well as Denbigh Community Hospital, which offers services such as physiotherapy, occupational therapy, and chiropody. Local dental practices are also close by.

For individuals interested in learning, training, or gaining new skills, HWB Dinbych is a valuable local resource. This community hub offers a variety of services, including access to IT facilities, a fully equipped teaching kitchen, training courses, and personalised support for employment and development.

Denbigh is rich in leisure opportunities. Theatr Twm o'r Nant hosts live performances and film screenings, while Denbigh Leisure Centre provides access to fitness classes and a range of sports facilities. There are also several well-established local sports clubs, including football, rugby, and cricket, offering both participation and social inclusion.

The town boasts a lively calendar of community events, such as the Denbigh Carnival, the traditional Boxing Day Hunt, the Roll the Barrel race, and the annual bonfire night and fireworks at Denbigh Castle.

There is good public transport in Denbigh, with routes to nearby towns including Ruthin, Mold, Rhyl, Chester, and Llandudno. For those who enjoy the outdoors, the beautiful North Wales countryside is just a short journey away, offering excellent options for scenic walks, countryside drives, and relaxing day trips.

The town is also well-served by Denbigh Hospital and other local healthcare services, ensuring that residents have reliable access to medical care when needed.





# What we do

At Glasfryn Terrace, the approach to care is entirely person-centred. The team takes the time to understand each individual's unique needs, preferences, and aspirations, tailoring support to help residents thrive in a way that truly reflects who they are. Care at Glasfryn Terrace is not simply about meeting needs, it's about building meaningful relationships, encouraging personal growth, and creating a genuine sense of home.

Independence is actively promoted, with support provided to help individuals manage everyday tasks and make informed choices. Positive risk-taking is embraced, empowering residents to build confidence and work safely towards personal goals. Residents are encouraged to shape their own environment, from selecting décor to contributing to daily routines and activities.

Each person's privacy, dignity, and individuality are respected and upheld, with cultural, religious, and personal identities recognised and honoured. Strengths-based, individualised support plans are

developed collaboratively to ensure they reflect both current needs and future aspirations.

Community inclusion is a key part of life at Glasfryn Terrace. Residents are supported to access education, employment, volunteering, and a wide range of social activities, helping them to lead fulfilling lives and stay connected with the wider world.

The service is committed to fostering a deep sense of belonging, where every resident feels valued, included, and heard. With a flexible and responsive approach, care is continuously adapted to meet changing needs. Open communication is central to the way Glasfryn Terrace operates, encouraging collaboration with individuals, families, advocates, and professionals to ensure the best possible outcomes.

Glasfryn Terrace is a supportive and empowering community where individuals are encouraged to live life on their own terms.



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# How we do it

**At Glasfryn Terrace, the team works closely with each individual to fully understand their unique needs, preferences, and aspirations. This person-centred approach ensures each support plan promotes wellbeing and independence.**

Residents receive help with a wide range of daily living skills such as cooking, cleaning, laundry, shopping, budgeting, and medication management. Personal care is also available, including assistance with washing, dressing, and hygiene where required.

Residents are encouraged and supported to participate in education, training, volunteering, or work placements, which help to build skills, confidence, and a meaningful routine. Social activities, hobbies, and local community events are tailored to each person's interests, promoting inclusion and enjoyment.

Every resident has a detailed Person-Centred Plan (PCP) that is developed in partnership with them and reviewed regularly to reflect changing needs. Regular Keyworker meetings ensure that support remains relevant, effective, and aligned.

Healthcare is also a key priority. Residents receive support accessing GP services, medication reviews, and specialist healthcare referrals. Advocacy services and communication support, such as easy-read materials and communication passports, are available to ensure everyone is heard and understood.

Above all, Glasfryn Terrace promotes independence, choice, and community inclusion, empowering individuals to live confidently and safely while feeling fully part of the world around them.

# Facilities

- Two adjoining two-storey terraced houses
- Three bedrooms across the two homes
- Fully equipped kitchens and comfortable lounges in both houses
- Bathrooms (shared in the dual occupancy house)
- Outdoor covered and uncovered seating areas
- Split-level lawn with mature plants
- Large, decked area for relaxing or socialising
- Telephone and internet access available throughout the home





# Registered Manager

## William Holmes, Registered Manager

William has over 12 years of experience in the health and social care sector, all of which have been with MHC. Throughout his career, he has dedicated himself to working with individuals who have mental health conditions and those with learning disabilities.

Starting his journey at MHC as a Support Worker, William has progressed within the organisation, accumulating extensive experience in assisting individuals with complex needs. In 2024, he was awarded a Bronze Medal at the Wales Care Awards and was recognised as the North Wales Higher Apprentice of the Year by Coleg Llandrillo. His objective is to ensure that residents enjoy the 'best possible life' by providing them with optimal opportunities in a supportive environment.



# Get in touch

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