



Ty Cwm Gwendraeth

Bringing back taste and joy for residents

Impact ...

- Staff have a practical new tool to support people with severe swallowing difficulties
- Residents can safely savour their favourite foods and drinks again, bringing back the joy of taste
- Mealtimes become social moments, helping people join in with others
- Tasting flavours lifts mood and helps people feel more connected
- Familiar flavours spark memories and encourage residents to share stories

“ *Helping people experience familiar tastes again has been transformative. It brings joy, sparks memories, and created opportunities for meaningful social interaction - things that are vital for quality of life* ”

Background

Ty Cwm Gwendraeth nursing home in Carmarthenshire supports people with complex physical and psychological needs. Many residents have severe swallowing difficulties, with some classed as 'nil by mouth' because of the high risk of choking. Losing the ability to taste food and drink often causes distress and a real sense of loss.

What are they doing differently?

The home's speech and language therapists introduced a specialist food preparation device - a small, affordable tool that turns food and drink into safe, melt-in-the-mouth bubbles.

This means residents who cannot swallow can once again taste flavours they miss, from chocolate to their favourite alcoholic drinks, without risk.

Being able to taste again lifts spirits, reduces frustration, and helps people feel more connected to daily life. Flavours often spark memories and personal stories, such as holiday drinks or foods linked to family traditions, creating opportunities for residents to reminisce and communicate.

This approach has now been introduced across several homes, giving more people the chance to enjoy these benefits.