



# Welcome to Contemplation Homes

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Tel : 023 9223 3652

[www.thecontemplationgroup.co.uk](http://www.thecontemplationgroup.co.uk)

Contemplation Homes 



**Contemplation Homes** is a privately owned company, established in 2003, with the aim of providing outstanding care. We currently own, and operate, 8 nursing homes all of which are operated to a very high standard. At the same time, we manage our care services, efficiently and effectively, making the best use of resources.

We take pride in what we do. Our commitment and communication encourages everyone to have a voice, to have the competence and compassion to do the right thing as well as the courage to bring ingenuity to work, delivering a better life for those in our care.



Within each of our nursing homes, we embrace the fundamental principles of good care practice. Through delivering a holistic, person-centred service, our teams demonstrate that we don't just follow regulations, we meet individual needs.

- 🌿 **All our staff, in every home and at our head office, are appropriately skilled and trained.**
- 🌿 **We have well documented, regularly audited, systems and processes in place to constantly monitor outcomes and review the services we provide.**





## Our Care Packages

It is our belief that each of our residents is entitled to personalised care, treatment and support. To ensure we achieve this, we work collaboratively with our residents and their families, when developing their care plan – Ensuring everyone involved understands, agrees and consents to what has been proposed, communicating through every stage of the process.

All residents undergo a pre-admission assessment whereby a senior member of staff visits the resident in their present care environment. The purpose of which is to ensure each individual is admitted to a care home that can cater to their specific needs, supported by a tailored programme of care. One of our core beliefs is offering transparency and so through working collaboratively and speaking plain English, we ensure our residents and their families understand the care and treatment options open to them, which includes the cost.

If distances are too great for a visit, or the admission is an emergency, then our management team will carry out an assessment by telephone. We are committed to ensuring that no corners are cut when it comes to meeting the individual needs of our potential residents and we settle for no less than a first class care provision.

### Testimonials

We believe those who have worked with Contemplation Homes and experienced the level of personalised care we deliver to each resident, are the ones best equipped to speak on our behalf. Below is a collection of testimonials from visiting professionals, residents and their families who would like to share their experience with you.

*"I feel my mother is very well cared for at all times. She always looks clean, smells fresh and comfortable. The staff are always friendly and chatty. I am so glad she is in a very caring home."*

**(Anon)**

*"I attended a patient here today. I was well greeted and given all the paperwork and documentation I needed. I had a good handover and came to a good conclusion for a patient's future care. Outstanding all round."*

**(TD Paramedic.)**



It is an unfortunate fact that many of our residents enter the home in need of end of life care. It is our promise to provide a service that respects the life of the individual and seeks to offer the best, most dignified end of life care. Staff are trained in specialist end of life care and undertake this to ensure we offer compassionate, dignified and appropriate care at this time of life.





# Putting our Residents First

Every resident is an individual, with individual needs that require specific care and attention. For this reason, we believe in taking a collaborative approach to decision making. Respecting the privacy and dignity of our residents is essential, not just when they first enter our home, but at all times during their stay.

Throughout our years of experience, we've learnt to identify the challenges faced by residents when moving into a care home. Some struggle to act as an individual and retain their independence, particularly when in group living.

We provide opportunity and encouragement for each of our residents, by taking them through their personal history and experiences. From this, we can tailor an appropriate activity plan, which meets their needs and capabilities. We offer every resident a mix of indoor and outdoor, one-to-one and group activities, whilst always ensuring the equipment used is appropriate.

## Activities

We subscribe to the National Association for Providers of Activities for Older People (NAPA) and recognise the social, spiritual, psychological and physical benefits of activities, interaction with others and exercise.

Our programmes are delivered through an Activities Co-ordinator who plans, coordinates and delivers the activities on a daily basis and understands the needs for a person centred approach to provide an individually tailored programme of activities.

Additional services such as hairdressing and chiropody are available. We can also offer personal phones/phonecalls, newspapers and magazines and assist with any transport needs that may be required. the provision and cost for these services will always be agreed with you prior to any engagement in the activity.

## Catering

Our Catering staff ensures the catering at each home meets the nutrition and hydration needs of our residents. Working closely with the registered manager in each of our homes, the Catering staff deliver seasonal, nutritional menus, which vary on a 5 week cycle.

Presented with diverse dietary and cultural needs, we are proud of our teams' ability to achieve high quality meals. All staff are trained to help residents that may need support with eating and/or drinking.

## In Summary

- 🌳 Privacy and dignity to all residents
- 🌳 A wide range of activities
- 🌳 Varied and appetising meals



*"A very homely feel  
and very friendly staff"*  
**(Physio PJ)**







### Pre-employment checks include:

- Validity of qualification
- Registration with regulatory bodies
- DBS disclosure
- Immigration checks



We carefully plan our invaluable workforce to ensure we have the right number of staff on duty at all times, with an appropriate skills mix, to deliver the diversity of care required by our residents. We maintain a register of bank staff to cover holidays, sickness and other contingencies, all of whom have received appropriate induction and training. Where possible we avoid the use of agency staff, due to the difficulty of maintaining the continuity of care standards.

## Quality Assurance

We follow a stringent recruitment procedure to ensure that all of our workers are compliant with the Care Quality Commission (CQC) regulations. We undertake rigorous compliance reviews to ensure that all of our Nurses, Healthcare Assistants and Support Workers have the relevant qualifications and experience necessary for the service that they will provide. This includes Disclosure and Barring Service (DBS) checks, health declaration, working history, detailed reference checks and annual reviews with relevant registration bodies to ensure fitness to practise. We provide regular supervision, spot checks, observations and annual appraisals. This ensures that our care staff continuously advance their skills whilst continuing to deliver an excellent standard of care.

## Funding and Finance

Finance is often the most difficult aspect of the care process, as nobody wants to feel they are having to compromise on the level of care being afforded to a loved one.

As with every aspect of care, we choose to take a person-centred approach, which seeks to provide a service that meets the individual needs of our residents. We involve the residents and their family in the process and work collaboratively to find a finance plan that is achievable.

Our fees are entirely dependent on the individual needs of our residents and what facilities they require in their rooms. During the initial stages we carry out a nursing assessment that enables the Manager to finalise a fee structure, which is based on the agreed care plan of the resident.

For those who have concerns about the cost of care, there are a number of benefits that may be available to you and your loved ones. NHS Nursing Care contribution and the Attendance Allowance may be available to fund the placement. Continuing Healthcare Assessments can be carried out and may provide full funding of the placement by the NHS.

For free advice and guidance, visit CareAware, the non-profit advisory and advocacy service that specialises in elderly care funding advice in the UK.

### Services included in basic fees

- Your room and all nursing/personal care support - Individual care is given to all residents
- A cooked breakfast is provided together with a choice for lunch and supper. Beverages and snacks are available between mealtimes whenever wanted.
- Special diets or preferences are catered for
- Laundry: Including personal clothing, bedding and towels
- Activities and entertainment that varies according to residents' needs and interest. A range of activities including: live music, sing-alongs, quizzes, games and arts and crafts.
- A library service can be arranged for anyone who needs it
- Physiotherapy can be arranged through GP referral
- Appointments with visiting GPs as and when needed
- Appointments with a visiting optician as and when needed

### Services available at extra cost

- Hairdresser visits
- Chiropodist visits every 6-8 weeks
- We are happy to arrange therapies according to residents' needs and preferences
- Newspapers and magazines delivered daily
- Personal phones provided
- Private dentist appointments can be arranged
- Private physiotherapy appointments can be arranged
- Private doctor/opticians appointments can be arranged
- Transport to private appointments can be arranged





## Beechcroft Manor Nursing Home

1 Beechcroft Rd, Alverstoke,  
Gosport, P012 2EP

beechcroftmanor@contemplation-homes.co.uk

**Tel :** 023 9258 3908

## Beechcroft Green Nursing Home

1 Anglesey Rd, Alverstoke,  
Gosport, P012 2EG

beechcroftgreen@contemplation-homes.co.uk

**Tel :** 023 9258 5512

## Southlands Nursing Home

17-19 Bellair Road, Havant,  
Hampshire, P09 2RG

southlands@contemplation-homes.co.uk

**Tel :** 023 9248 3036

## Two Beeches Nursing Home

2 Wallis Road, Waterlooville,  
Hampshire, P07 7RX

twobeeches@contemplation-homes.co.uk

**Tel :** 023 9223 2706

**Promoting independent living,  
preserving dignity and privacy at all times**

### Residential, Nursing & Specialised Care

Within our nursing homes we aim to provide care to all our residents to a standard of excellence which embraces fundamental principles of good care practice.

We have specially trained and experienced nursing and care staff to support individuals with complex and long term daily living and health care needs and those requiring enabling services or rehabilitation that promote independence:

- Residential and Nursing Care
- Palliative Care
- Specialist Dementia Care
- Physical Disabilities
- Complex long term conditions
- Focused reablement and rehabilitation services



## Northcott House Residential Care & Nursing Home

Bury Hall Lane, Alverstoke,  
Gosport, P012 2PP

northcotthouse@contemplation-homes.co.uk

**Tel :** 023 9251 0003

## Woodlands Ridge Nursing Home

191 Woodlands Rd, Woodlands,  
Southampton, Hampshire,  
SO407GL

woodlandsridge@contemplation-homes.co.uk

**Tel :** 023 8029 2475

## Acacia House Nursing Home

33 Portsmouth Rd, Horndean,  
Waterlooville, Hampshire,  
P089LN

acaciahouse@contemplation-homes.co.uk

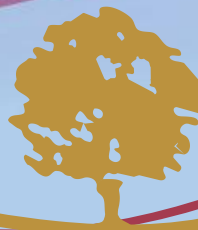
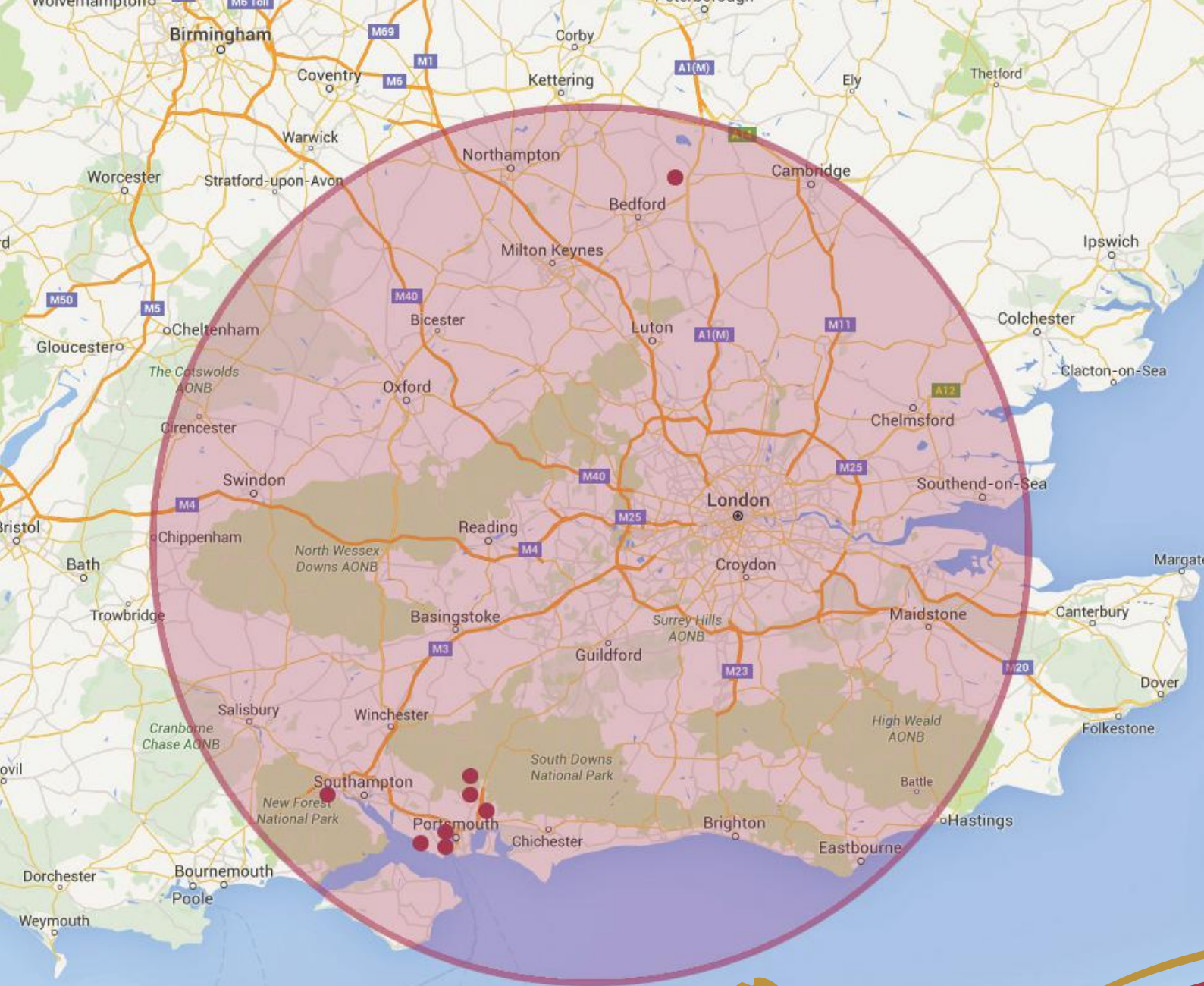
**Tel :** 023 9259 4138

## Crossways Nursing Home

86 Hookhams Lane, Renhold,  
Bedford, Milton Keynes,  
MK41 0JX

crossways@contemplation-homes.co.uk

**Tel :** 01234 771694



## Registered Office :

19a Picton House, Hussar Court, Westside View,  
Waterlooville, Hampshire, PO7 7SQ

**Tel :** 023 9223 3652 **Fax :** 023 9223 9629

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