



Outstanding individual care for older people

Aldersmead, Bognor Regis, West Sussex



Aldersmead offers personally tailored care in homely, cosy and warmly welcoming surroundings.

Nursing, dementia and residential care



Tucked away in a quiet residential area near Chichester, yet just minutes away from the hustle and bustle of the seaside town of Bognor Regis, the home provides nursing, dementia and residential care for 38 residents. Walking into Aldersmead, it feels warm and friendly, like a large family home with a strong sense of community, and this is echoed throughout. With skilled staff, appetising food and comfortable accommodation, Aldersmead is a welcoming, happy and peaceful place to live.

Each of our rooms is different with its own charm and personality. We're sure you'll find something that suits your taste. We encourage you to bring cherished possessions and personalise your room because we really want you to feel at home. Most of our well-appointed, comfortable single rooms have en-suite facilities and all rooms feature a nurse call system, television and telephone.

Our highly trained, motivated and committed staff work as a close-knit team with the shared goal of giving each of our residents the best possible quality of life. We pride ourselves on providing care that is appropriate and discreet, delivered with dignity, compassion and respect. When it comes to care, nothing less than the highest standards will do.

The Matron and staff at Aldersmead look forward to welcoming you. Please get in touch today.





There's no place like home

Originally three houses built in the 1920s, the home has recently undergone an extensive and tasteful refurbishment programme to deliver the highest standards of care.



The spacious accommodation offers a traditional, homely environment so you can be comfortable wherever you choose to spend your time.

The lounge, quiet area, dining room and conservatory are all inviting, light and airy rooms, giving a lovely bright feel throughout. These rooms are focal points for many of the social activities within the home. They are comfortable welcoming places where people enjoy spending time together, relaxing quietly or enjoying views of the well-tended garden and watching the world go by.

Outside, the garden is a peaceful and relaxing place where residents stroll, socialise or just sit quietly on a bench under a sunshade. When weather permits, the outdoor terrace is a lovely place to enjoy afternoon tea.

Attentive skilled staff, committed to caring for you

At Aldersmead we pride ourselves on providing attentive, friendly, personally tailored care which meets the individual needs and wishes of our residents, whatever level of care and support they require.

We are passionate about delivering care with choice, compassion and dignity, and this comes from good, well-trained staff. Your health, happiness and wellbeing are our top priorities, and we will always go the extra mile for you. If you choose Aldersmead to be your next home, we will involve you in all the decisions about your care and you will be encouraged to choose how you spend your time.

Central to our philosophy of care is the understanding that everyone is an individual with their own wishes and ideas. So we work closely with each resident and their family to assess all their needs – physical, physiological, emotional and spiritual - and create individual care plans. These care plans are regularly reviewed to ensure we continue to meet the needs and expectations of our residents.

Led by an experienced Matron/ Manager, our friendly, attentive and conscientious care team, comprising qualified nurses and highly trained, skilled carers, are on hand 24 hours a day to provide care and support tailored to your individual needs, including:

- Nursing, dementia and residential care
- Personalised care plans
- Long-term care
- Respite and convalescent care, from one day to four weeks
- Overnight and weekend stays
- Palliative care, working closely with a local hospice
- Day care
- Room service



Our friendly, attentive and conscientious care team, comprising qualified nurses and highly trained, skilled carers, are on hand 24 hours a day.

As part of a truly holistic approach to your wellbeing, we also offer a range of complementary therapies and services to help you enjoy and live your life to the full. Services include:

- Physiotherapy
- Aromatherapy
- Sensory therapy/hand massage
- Reflexology
- Hairdressing
- Beauty therapy
- Chiropody



Relax, or enjoy enriching social activities

We believe that social interaction is really important in later life. Keeping active and engaged is one of the best ways to live well so we aim to create a friendly, social environment.



Our Activities Organiser works four days a week and uses her energy, ideas and considerable experience to deliver a very lively programme which takes into account residents' individual interests and abilities. Most people thoroughly enjoy taking part in our activities, events and entertainment, and always have the choice to do as much (or as little) as they wish.

The social care programme on offer is varied, interesting and enjoyable, chosen by our residents and tailored to their needs and wishes. Whatever your particular interests, we're

certain there will be something that appeals to you. The list of activities is long and includes games and quizzes, films, singalongs, crosswords, themed lunches for Christmas, Valentines or Halloween, arts and crafts sessions, gentle indoor exercises, picnics, flower arranging, card making, cooking and tasting sessions. We also welcome guest entertainers who provide singing

Aldersmead enriches the lives of all our residents and promotes wellbeing.

and musical recitals and various shows. Whenever possible, we try to get outside and take advantage of the pleasant garden. Residents' trips to the nearby beach at Bognor Regis, garden centre and Hotham Park as well as shopping trips and outings to local places of interest can be arranged.



Delicious, nutritious meals, prepared and served with care

Mealtimes are a very important part of the day. Here at Aldersmead we always want to ensure that everyone receives nutritionally balanced, tasty food and really enjoys their meals.

Our qualified and experienced Chef provides a wonderful variety of appetising and well-presented home-cooked meals, using fresh ingredients. Our fruit, vegetables and meat are all locally sourced. The residents are invited to help plan the menu; after all it is their home. It encompasses a blend of traditional flavoursome cooking with a few modern and ethnic dishes too. Diana's speciality is cakes and puddings, in fact she even bakes for other Balcombe homes sometimes!

We are always happy to cater for special diets and personal preferences, and love nothing more than celebrating birthdays and other special occasions. Family parties can always be arranged. When weather permits, we enjoy a barbeque or buffet in the garden where staff, residents and their guests gather to enjoy a tasty social event.

For breakfast residents have a choice of fruit, cereal, toast or a cooked breakfast, served with tea or coffee and fruit juice. At lunchtime, there's a three course

meal with a choice of two hot dishes daily. And a light supper is served every evening. Throughout the day snacks and hot drinks are available, with home-baked cakes in the afternoon. Each Friday residents enjoy a glass of sherry, and wine is available during the weekends. Most of our residents choose to eat their meals in the welcoming dining room, although for those who prefer to eat in their own room we're happy to accommodate this. And if anyone needs assistance with eating, we'll gladly help.

Get in touch

We want our home to become your home, where you can look forward to enjoying the next stage of your life in a homely, comfortable environment.

We warmly welcome you to visit Aldersmead whenever you would like, no appointment is necessary. However, if you let us know when you'd like to visit, we can be sure to give you as much personal attention as you need to have a proper look around and ask all your questions.

We are happy to consider any individual need, whether it relates to personal preference, physical or mental frailty. Tell us about your care needs and we will be happy to discuss with you how we can help.

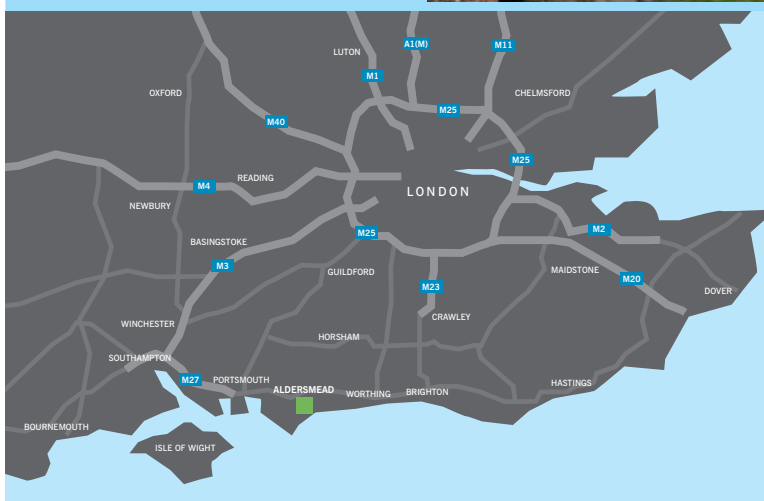
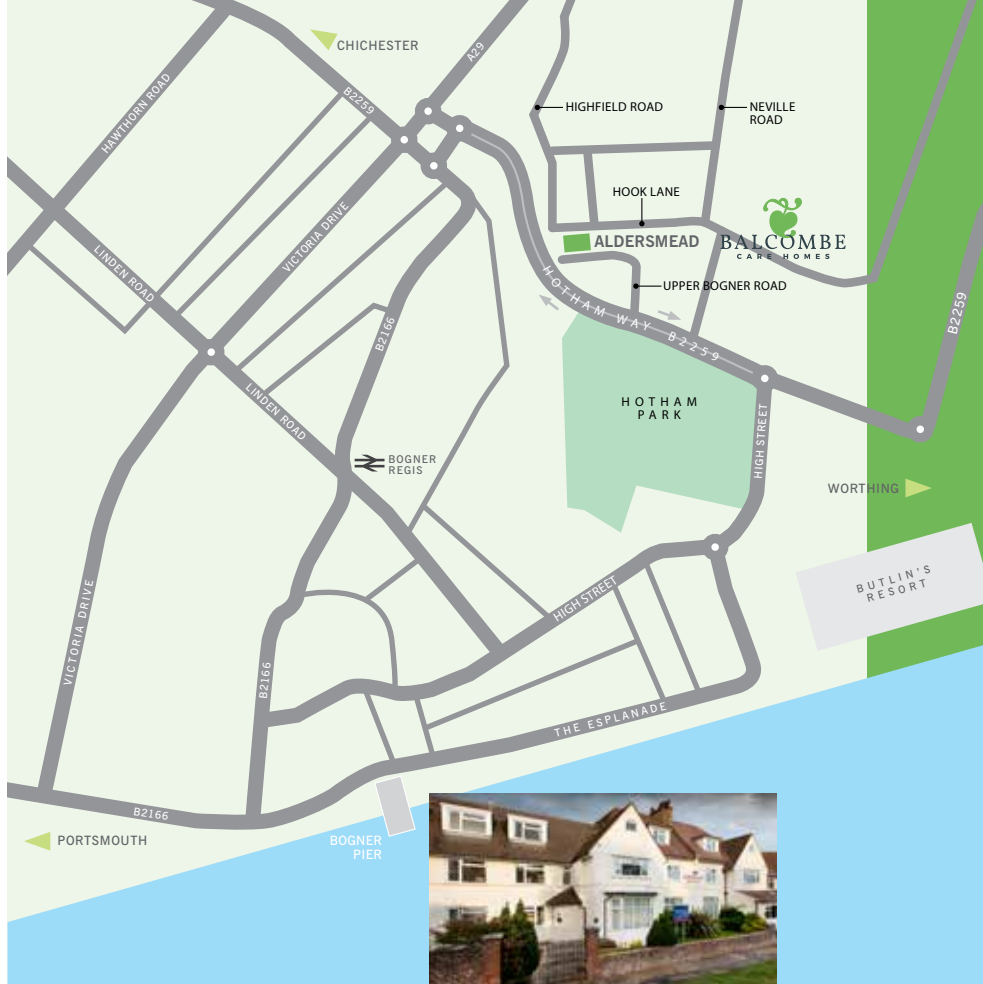
Aldersmead

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About Balcombe Care Homes

Delivering the Best Care

Our three care homes provide nursing, residential and dementia care for older people in West Sussex and Surrey. Each of our homes is as individual as the people we care for, so we believe you'll find a home that really suits your needs. Our homes all share an uncompromising commitment to treating each resident as a unique person deserving the best possible quality of life.

Decades of Experience

We opened our first home in 1985. So, with 30 years' experience of caring for older people, we know what good care looks and feels like. We are proud to have earned an enviable reputation for providing exceptional care. We provide a blend of high care standards, attentive skilled staff, delicious nutritious food, enriching social and activities programmes, and attractive homely surroundings.

Our other homes

Kingswood Court
Tadworth, Surrey
01737 830480
kingswood@bchcare.co.uk

Wellcross Grange
Slinfold, West Sussex
01403 790388
wellcross@bchcare.co.uk

