

# Sherwood Grange

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Kingston Vale

Welcome to your  
beautiful new home



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A Care UK home



# Step inside

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Set foot inside Sherwood Grange, our purpose-built home, and be prepared to leave the typical view of care homes behind.

At Sherwood Grange you'll find dedicated, experienced staff delivering a range of quality care for older people in luxurious surroundings. We provide residential and respite care, through to specialist care for people living with Alzheimer's and other forms of dementia. From the building's design, to the members of our care team, and even the activities we plan - you'll find we give every thought to ensuring your loved one enjoys the best care while getting the most out of every day.

## Trust us to care

Sherwood Grange is one of a number of state-of-the-art care homes opened across Britain by

Care UK, one of the country's leading independent providers of health and social care services. At Care UK we're proud of our reputation for exceptional standards of care, and at Sherwood Grange these standards are evident in everything we do.

Our team is highly qualified and experienced. Above all their excellent standards of care are underpinned by a level of warmth and compassion that's truly impressive.

**"Our dedicated team provides a wide range of care services"**









# Let us care for you

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We understand that having a loved one move into a care home can be a big change for all the family.

That's why we provide help and advice if you need emotional or practical support, or if you want to discuss ways of continuing to play a key role in your loved one's day-to-day care.

We believe in supporting each resident and their family in any way we can, especially if their needs or abilities change over time.

A designated member of the team works with each new resident, taking time to get to know them and understand their likes and dislikes in order to design a unique care plan that's personalised to their exact needs.

All the members of our care team receive regular training to ensure that they are up-to-date with good care practice, including the latest techniques in supporting people living with different forms of dementia. Our compassionate team have the utmost respect for residents and do all they can to protect their privacy, dignity and right to personal choice.

**“It's the people who really  
make the difference”**

We always welcome visits from friends and family that are respectful of residents and their needs, and provide 24/7 telephone access. We are as keen as you to create a happy, fulfilling life for your loved one.





# Making every meal a treat

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The chefs at Sherwood Grange pride themselves on producing fresh, seasonal and delicious meals every day.

What's more, there's always a good selection of tasty snacks and cakes on offer throughout the day - or night.

## **Good food with great friends**

Meal times are always a big event at Sherwood Grange. They're a chance to savour the tasty, always changing menus put together by our dedicated chefs - and to chat with friends or family.

Our chefs pride themselves on creating varied seasonal menus using carefully selected, fresh ingredients, with a focus on choice and nutrition, but above all, taste. We've plenty to tempt the most fastidious of appetites and our chefs meet with all new residents to discover more about their personal preferences.



Our chefs are trained in meeting the health and nutritional needs of every resident and catering for any specific dietary requirements. We can also meet the needs of people living with dysphagia - a condition which makes it hard to swallow - and prepare meals that are not only easier to swallow, but also look visually appealing.

Our care team ensure that all residents are provided with regular drinks and snacks. However if residents would like to prepare their own drink or snack, then that's not a problem, our care teams can support residents to use the kitchen areas or coffee shop themselves, whenever they wish.

## **Dining with dignity**

Our dining experience enables residents to maintain their independence and includes the option of specially designed crockery and cutlery for those with any dexterity challenges.

Mealtimes are also an opportunity for socialising and residents are encouraged to invite close friends or relatives to dine with them if they wish. Our chefs are always cooking up something special to celebrate a birthday, anniversary or occasion - big or small.

**“Everyone looks forward to meal times”**









# Luxury living for your loved one

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Throughout the home you'll spot lots of little touches designed with your loved one's comfort, relaxation and entertainment in mind.



There are cosy, intimate lounges and sitting areas where they can relax and spend time with you.

Sherwood Grange also has dedicated activity areas where residents can enjoy activities such as painting and listening to music, or take part in the many activities that our care teams have planned each day.

## **Dementia-friendly environment**

By using the very latest thinking and research we have created an environment at Sherwood Grange that best supports people living with dementia. This is evident not only in the design of the building but in the choice of decoration, furnishings and the state of the art technology we've installed.

## **Contrasts and comfort**

We've also used contrasting colour schemes around the home. As well as creating a bright and colourful atmosphere, this helps residents who are living with dementia to understand where they are and to feel more comfortable in their surroundings.

Other details around the home help to do the same, including memory boxes placed outside residents' rooms. These can be filled with objects familiar to them, so they can see at a glance that they've found their room. It also makes for great reminiscences with carers and friends.







# Creating a sense of place

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Sherwood Grange has its own cinema, coffee shop and hair salon - all designed to enable residents to continue enjoying a great lifestyle.



There's always something happening around the home. The coffee shop is the ideal place to catch up with visitors over a cappuccino, or the whole family can watch a film together in the cinema.

Residents who like getting out and about will love our location close to Kingston-upon-Thames town centre, and they're very welcome to continue visiting the local clubs and societies they belong to.

## **Part of the community**

The community often comes to us too, including members of local clubs, charities, local schoolchildren and performers who pop in to entertain residents. Everyone gets a warm welcome.



We also believe in playing our part in supporting people in the local community who may be caring for loved ones at home. Throughout the year we run lots of free events at the home and welcome friends, family and the wider circle of the community to come along and join us. Keep an eye on our website or get in touch with us to find out when we're holding the next event.

**“There are lots of little features around the home that make you smile”**



# Make yourself at home

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The home has an attractive, contemporary design with large windows that fill the home with light.

Each floor - or suite - has its own lounge and dining area to create the feel of a small community and the home is fully accessible for wheelchair users.

## **Choice, space and luxury**

All our dining rooms and lounges are individually decorated and themed, and each bedroom has been decorated differently to give new residents lots of choice.

All our bedrooms are spacious and designed to the highest standards, with luxurious furnishings and fittings. Everyone likes to have their own familiar things around them. That's why we encourage

residents to bring in personal items and pieces of furniture so they can make their rooms more homely and familiar.

Each bedroom has an en-suite wet room, flat-screen television, adjustable profile bed, 24-hour call system, plus phone and internet connection points. There is also Wi-Fi throughout Sherwood Grange for residents and visitors to use.

## **A beautiful outlook**

Some of the rooms have a patio door with access to a small patio area where residents may sit and enjoy the outside on a sunny day.







# Keeping active and having fun

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We call it Activity Based Care. It's at the heart of everything we do at Sherwood Grange.

It's simply about helping residents to stay active and independent and continue making decisions for themselves - whether about their care, the activities we do, or even the meals we serve.

## **Get involved or happy to watch?**

Every resident at Sherwood Grange is encouraged to carry on enjoying the hobbies and interests they love. Of course, we're guided by residents, and wouldn't dream of making someone do anything they don't want to.

However, those who do join in often discover new talents or just enjoy getting to know other residents through the many individual and group activities laid on by our resourceful care teams.

You name it, we do it: from baking and cake decorating to cinema evenings and a variety of arts and crafts. We also organise regular reminiscence sessions, singalongs, games and quizzes.

Residents can enjoy the fresh air in our beautiful landscaped outdoor space, which is fully accessible to wheelchair users. It also has plenty of seating areas.

We like getting out and about too, and exploring local places of interest. Naturally we welcome residents' ideas and suggestions for exciting things to do, and do what we can to make them happen.





## We're here to help

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We hope you like the sound of what Sherwood Grange has to offer but appreciate that there's lots to think about. Get in touch with us to find out how we can help.

**Sherwood Grange**

1a Robin Hood Lane  
Kingston Vale  
London  
SW15 3PU

Tel: 0343 249 6437

[careuk.com/sherwood-grange](http://careuk.com/sherwood-grange)

