

BELMONT LODGE CARE CENTRE
CHIGWELL, ESSEX



QUALITY, DIGNITY & CHOICE

forest
HEALTHCARE
A family of homes

Selecting a care home can be difficult and confusing. We are here to guide you through the process and help find solutions to the financial aspects of care.



Quality 24-hour Residential Care for elderly persons aged 65 to 100 years and over, long-term, respite & postoperative care. Experts in Dementia care. Crisis intervention, non planned & emergency admission a speciality.

Call 08444 725 178 or email belmontlodge@foresthc.com
www.foresthc.com

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WELCOME TO BELMONT LODGE CARE CENTRE FOR QUALITY, DIGNITY & CHOICE



OUR HOME

Belmont Lodge is a wonderfully warm and friendly home, located in the affluent residential area of Chigwell, close to the high street. We cater for 24-hour residential care, respite, specialised needs and we are specialists in Dementia care.

Our primary objective is to improve the quality of life of our clients and their families and we seek to promote independence, choice and dignity of the individual. We believe that clients must be safe and secure at all times, whilst providing a relaxed and stimulating environment that motivates them to live a full and happy life.

Belmont Lodge has 46 light and airy bedrooms of which 40 are singles and 6 are companion rooms, most of which have en suite facilities. Our five day rooms are light, attractively furnished and a number of them enjoy views over our beautifully maintained gardens and patio area.

We encourage clients to bring their own creature comforts to make them truly feel 'at home', such as items of furniture and other treasured possessions. Even pets are welcome.

A new chapter in life begins!



CARE & FACILITIES

Belmont Lodge provide 24-hour residential care, delivered by highly trained carers and our visiting therapies team. Where possible, clients have the choice of gender for their care.

Our staff are carefully screened with extensive referencing and police criminal record checks and receive professional training. We believe highly trained and well managed staff are the secret to providing quality and safe care.

The best carers providing the best care.

We operate:

- 24-hour carer & medical cover
- call system
- help getting in & out of bed, bathing and dressing
- full lifestyle programme based on 'individual and person-centred care'
- help with bathroom needs & continence management
- skin integrity care

Our facilities include:

- a beauty salon & barber
- an extensive library of books and DVD's
- internet facilities to stay in touch with friends and family online
- computer games for fun and mind stimulation
- bright and airy bedrooms with specialised bathing facilities
- lounges & dining room with garden views
- wide screen TV
- quiet reading rooms
- a secure patio garden

“I AM ALWAYS IMPRESSED WITH THE KINDNESS AND PROFESSIONALISM OF THE STAFF AT BELMONT LODGE WHO LIVE LOCALLY, WHICH CREATES A SENSE OF COMMUNITY WITH THE RESIDENTS THEY LOOK AFTER.”

Malvin Van Gelderen, son of Mrs Hannah Van Gelderen, aged 92



DEMENTIA SERVICES

Care services include:

- adults / elderly / physical disability
- 24-hour delivery of care for 65 years plus
- Dementia care
- GP (general practitioner) cover
- crisis intervention / emergency admission / postoperative care
- end of life / continuing care
- non planned assessments
- nutritional meals
- a dentist, optician, occupational therapist, physiotherapist and chiropodists visit Belmont Lodge regularly

Belmont Lodge enables clients with Dementia to enjoy a life of quality and when possible to participate in the everyday life of our home.

We provide Dementia services to older people aged 65 plus with a diagnosis of Alzheimer’s disease, or other forms of Dementia, who display non-aggressive characteristics and moderate to high confusion. Our Dementia facilities are safe with keypad entry codes and we have full-time lifestyle coordinators who attend Alzheimer’s Society training.

Our Dementia care services follow the Alzheimer’s Society recommendations:

- spacious and safe lounge and dining areas
- sensory area
- picture meal, activity & music menus
- tactile ornaments and rummage baskets
- orientation bric-a-brac
- use of colour for recognition and awareness
- activity room
- clearly visible walkways
- a therapeutic garden environment
- person-centred activities and lifestyle
- security via key pad access doors

“SINCE BECOMING A RESIDENT OF BELMONT LODGE MY GENERAL HEALTH HAS IMPROVED AND AFTER A LONG PERIOD OF IMMOBILITY, WITH THE MAGNIFICENT ASSISTANCE FROM THE STAFF AT ALL LEVELS, I AM LEARNING TO WALK AGAIN.”

Mr. Reginald Gate, aged 95



ACTIVITIES

- art workshops
- flower arranging
- handicrafts
- games & quizzes
- parties
- shopping
- visiting speakers
- live performances
- musical evenings
- gardening
- computer games & internet
- keep fit
- barbecues
- days out to the seaside and London sites

An individual lifestyle is essential, no matter how old or how dependent we are, so our staff ensure lifestyle choices are maintained. Our clients enjoy visiting local shops, an evening at the cinema, a quiz afternoon, or simply watching television in the privacy of their bedroom.

It's vital our clients keep active mentally and physically to make the most of every day. At Belmont Lodge clients are spoilt for choice with art workshops, flower arranging, handicrafts, games & quizzes, parties, shopping, visiting

speakers, live performances, musical evenings, gardening, computer games & internet, clients' association as well as religious observance services.

In the summer we have garden tea parties and barbecues and meals can be taken on the terrace. Days out are frequent to London's many attractions, the seaside or shopping. Making new friends is easy at Belmont Lodge and everyone has the opportunity to join in.

At Belmont Lodge, you're never alone.



A TYPICAL DAY

8am-10am Clients choose when to wake and are encouraged to dress themselves, although help is always at hand. Breakfast is available either via room service or served in the dining room.

10.30am Morning tea or coffee with friends and catching up with the day's news.

11.15am Activities such as: quizzes, flower arranging, bingo, games, movement to music, fitness & motivation, sing-along and concerts.

12.15pm Lunch, all meals are freshly cooked, with flexibility for individual tastes.

3pm Clients often have a rest, or enjoy a cup of tea with visiting friends and relatives or go on an outing somewhere special.

4pm Afternoon tea – sometimes a cream tea greatly enjoyed by all

6pm Dinner – a lighter meal which can be easily digested (see menus).

7pm Hot drinks are served. The kitchen is open all night should one desire a snack at 3 in the morning.

Evening Winding down in the evening hours might involve watching TV, reading or just chatting with friends and relatives who are welcome at any time.

Ask to see last week's activity list.

“WE ARE VERY PROUD OF BELMONT LODGE, BUT ABOVE ALL ELSE, WE ARE PARTICULARLY PROUD OF OUR STAFF AND THE LOVE AND CARE THAT THEY HAVE A SEEMINGLY UNLIMITED SUPPLY OF.”

Fran Walsh



FOOD

At Belmont Lodge we place a very high importance on food and spend a great deal of time considering menus, environment and nutrition. Meals are created by our in-house team and fresh local produce is used, with clients often involved in developing menus.

Our catering team provide meals which are varied, tasty and well presented. All food is evaluated by a nutritionist to ensure our clients have a balanced diet.

Tea, coffee, cold drinks, biscuits and sandwiches are available at any time, day or night. Meals are served in our dining room, but room service is always available. We can arrange special meals such as diabetic, low fat, vegetarian, Kosher, Halal etc.

We can also provide a snack box to clients who might miss a meal due to a hospital visit.

It's the attention to detail that really counts.



A TYPICAL MENU

Breakfast

Choice of fresh juices, cereals, eggs (any style), hot & cold milk etc, bread basket, toast, tea or coffee.

Mid-Morning Break

Choice of tea, coffee, biscuits & homemade cakes.

Lunch

Main: Steak and Kidney Pie with potatoes and vegetables, or haddock with potatoes, green beans & baton carrots.

Desert: Jam sponge pudding, or fruit salad.

Afternoon Tea

Choice of teas (English breakfast, mint, green) or coffee with homemade cakes and biscuits.

Dinner

Starter: Homemade soup of the day, or Florida cocktail.

Main: Jacket potatoes with tuna or cheese, or selection of sandwiches.

Season salads available.

Desert: Ice Cream, poached pears in wine sauce, fruit & yogurts.

Ask for a copy of last week's menu.

HAVING BEEN SADLY LEFT ON MY OWN,
I NOW ENJOY THE COMPANIONSHIP OF
FRIENDS IN A SIMILAR SITUATION AND THE
EXCELLENT SERVICES OF CARERS AND STAFF.”

Mr. Reginald Gate, aged 95



HYGIENE POLICY

Our loved ones, the older they get the lower their immunity is likely to be, so we believe that it is our duty to protect them. We take the threat of MRSA and C. Diff, the hospital bug, very seriously. While no guarantees are possible, we spend significant sums each year ensuring the most detailed cleaning regime for our home and in particular, hand hygiene protocols.

CLIENT & FAMILY FEEDBACK

Each of our clients are discussed at weekly staff meetings and feedback from them and their families is vital to us. We value this feedback and use it to improve our home.

ADMISSION PATHWAY

All potential clients have their needs thoroughly assessed by our multidisciplinary team. We need to assure ourselves that Belmont Lodge is suitable for their care and note any specific care that is appropriate.

Our staff often work with the client prior to admission, to ensure that all care needs are thoroughly understood to enable a seamless transfer. A typical pathway is:

- referral by commissioner or self/family
- visit to our care centre
- assessment by our team
- funding discussion/assistance

FEES AND FUNDING

We are experts in guiding potential clients and their families in obtaining assistance with the payment of fees from government bodies, social services etc. In some cases we can help obtain significant payment towards our fees via the local authority, subject to qualification and means. Funding is provided by:

- self funding
- local authority
- local authority plus top-up
- PCT/continuing care
- insurance
- other



BELMONT LODGE PLEDGE

Our goal is to:

- always have our clients' best interests as our central focus
- promote the health & happiness of clients in a caring & safe environment
- treat clients with dignity & respect
- produce care plans with rights of choice, independence, privacy, dignity and security
- get to know our clients' families very well and offer the support needed
- focus on individual care needs and not institutional routines
- foster an atmosphere of openness for clients, family & staff
- maintain clients' confidentiality and privacy

Your next step – Visit us!

Nothing we can say in this brochure can convey the understanding, warmth and care that our staff have for our clients.

Our reputation is one we are very proud of and as rooms are in very short supply we often have to operate a waiting list. It is best if you meet with us at your earliest opportunity to register your interest.

Please visit Belmont Lodge at any time, however as we are a busy home it's best to telephone and arrange a visit with our manager, or administrator who will show you around.

**Call 08444 725 178 or email belmontlodge@foresthc.com
www.foresthc.com**

Forest Healthcare Ltd

Belmont Lodge is part of Forest Healthcare, one of the fastest growing healthcare groups in the South East of England. Forest Healthcare believes its success and strength lie in empowering its managers to promote the independence of their care centres to service the local community's needs and to provide clients and families with security, quality, dignity and choice and the very best care that is available in the UK.

Forest Healthcare Head Office: **08444 725 252**.

PUBLIC TRANSPORT DIRECTIONS

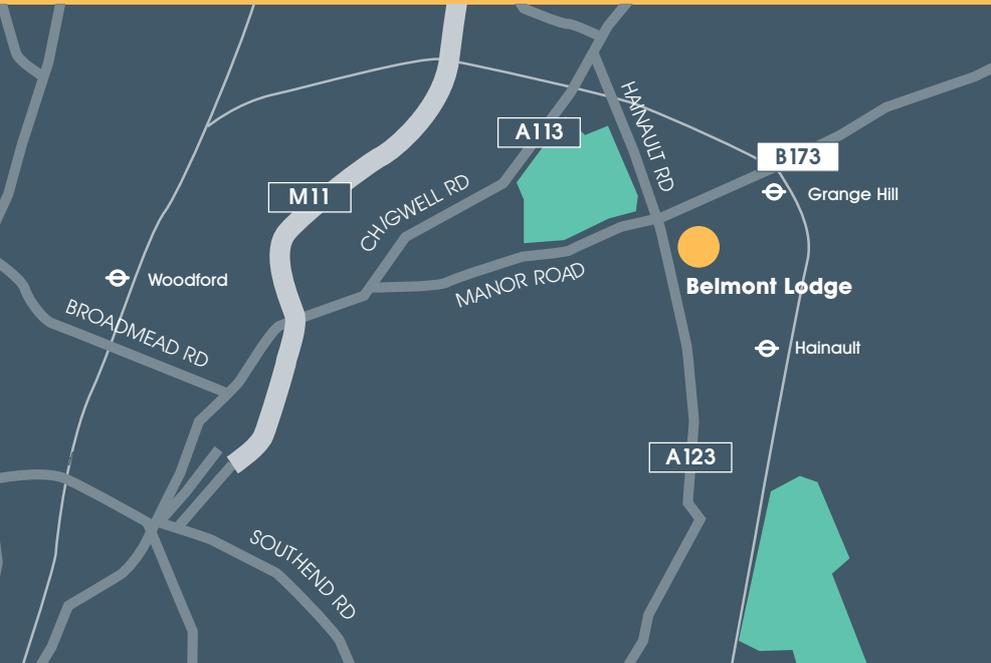
Train Directions

Nearest Tube station: Hainault, Central line and Chigwell, Central line
Please telephone and we shall collect you from the station.

Bus Directions

167 and 468

For further assistance please contact our manager, or administrator.



Registered for:

**24hr Residential Care / Female and Male 65 to 100 years and over
Respite Care / Postoperative recuperation / Permanent (long term) Care
Crisis intervention / Non planned & emergency admission is a speciality**

BELMONT LODGE CARE CENTRE

392-396 Fencepiece Road, Chigwell, Essex IG7 5DY

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Calls charged at a maximum of 4p per minute from UK land lines. Mobile charges vary.

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