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When my relatives came to see the home first they were impressed with the friendliness of all the staff. They were greeted with smiles and helpfulness. When I came here to stay everything was done to help me move in comfortably and I feel at home.

**Resident**

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I found the service that my mother received was beyond excellent and I truly believe her last days of her life were the most happy. She loved the staff and enjoyed the entertainment as I did when visiting her.

**Son of resident**

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From the moment I walked in to view Poplars, I was greeted with smiles, information and reassurance. I knew straight away it had a lovely feel. My Mum, who had come from hospital was cared for and loved by the staff and I am sure made my Mum's last months happy and comfortable. Myself and my sister felt part of the family and was always made to feel welcome and that nothing was too much trouble. Thank you.

**Daughter of resident**

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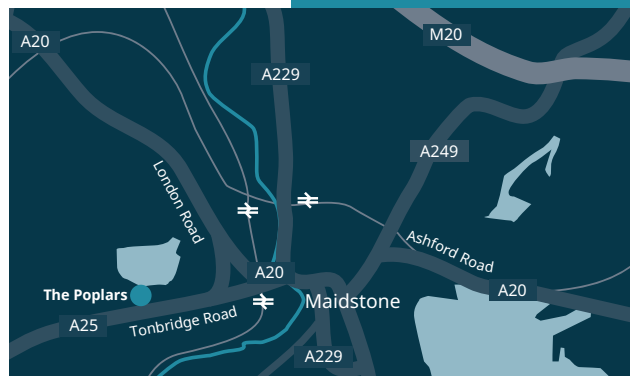
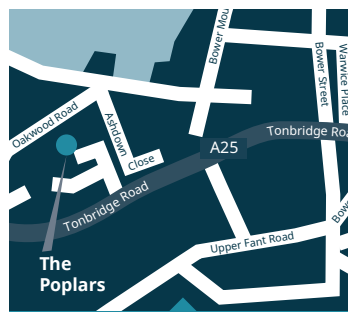
The men and women that work for The Poplars put their hearts and souls into their work, which we know, is not always easy. I shall be forever grateful to them all.

**Daughter of resident**

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## How to find us

The Poplars Care Centre,  
158 Tonbridge Road,  
Maidstone,  
Kent, ME16 8SU



The Poplars Care Centre is located on Tonbridge Road in Maidstone. We offer 24-hour residential care for older people, with a particular specialism in dementia care, stroke, respite care, postoperative recuperation and care crisis intervention. Our home has 56 light and airy rooms, a combination of companion bedrooms for couples wishing to share and large single suites with walk-in shower rooms and lounge areas. We have a communal lounge and dining rooms with garden views, quiet reading rooms and secluded secure gardens.

## Get in touch

Follow us:



To find out how we can help you or a loved one please call us on **01622 752872**, email: [poplars@foresthc.com](mailto:poplars@foresthc.com) or visit: [www.foresthc.com/our-care-centres/the-poplars](http://www.foresthc.com/our-care-centres/the-poplars)

We can also facilitate video calls via Facetime or WhatsApp and offer a virtual no-obligation tour of the Home.

The Poplars is part of the Forest Healthcare family of homes, comprising 13 individual homes across the South East of England.

# The Poplars Care Centre



A warm and  
vibrant home in  
Maidstone, Kent

## Your Day, Your Choice

**The Home Manager believes that every resident should have individual choice at the centre of everything the team does.**

The Poplars is a wonderfully warm and friendly home, where residents live in a beautiful homely setting surrounded by serene, landscaped gardens, within easy reach of Maidstone town centre.

Our nursing & care team are on hand 24 hours a day, and happy to help residents with a smile and cheery word, whether they need company and support with daily care, or require round-the-clock specialist care. The team and residents together create a family atmosphere where everyone lives life to the full.

The superb setting helps each resident enjoy a full, stimulating and person-centred life whatever their care needs are, from regular trips to the cinema, a quiz afternoon, or having some quiet time reading the paper or listening to the radio. Our wellbeing programme promotes a healthy mind, body and soul. Summer barbecues, chair exercise classes, and church services are only some of the ways we keep minds active and spirits high.

Nutritious, wholesome homemade food is on the menu at The Poplars, with residents involved in developing menus that suit their tastes, made with fresh locally sourced ingredients. Every meal is varied, tasty and well-presented making dining a wonderful social occasion, tailored to individual dietary needs.

And that is at the heart of everything we do: treating every resident as an individual and ensuring that our care meets their every need. Attentive nurses and carers taking time to get to know every resident personally makes for a positive and happy life at The Poplars.



## Making a Choice, You Are Not alone

If you're considering the move to a care home or finding a home for a member of your family or close friend, we want to help you. Over the years we have helped lots of families make the right choice, at the right time with the right advice, coming to live with us and enjoying a full and happy life as part of our extended family.

**We'll do everything we can to help you every step of the way.**

Whatever you need to know, whatever timescales you need to work to, whatever questions you have, we are here for you. We can talk everything through with you and support you every step of the way.

