



# ALDERSMEAD

CARE HOME

Nursing home for the elderly

Outstanding individual  
care for older people





# Our Residents do not live in our Workspace we work in their Home



## Nursing, dementia and residential care

Tucked away in a quiet residential area of Bognor Regis, just minutes away from Hotham Park and the bustling local seafront, the home provides nursing, dementia and residential care for 38 residents. Upon entering Aldersmead, you will be greeted by a sense of warmth and community, reminiscent of a welcoming family home. Our dedicated team of skilled professionals ensures the well-being of residents, while delicious meals and comfortable accommodations contribute to a serene and contented living experience. Our highly trained and compassionate staff function as a cohesive unit, striving to enhance the quality of life for every resident. We take great pride in delivering dignified and respectful care that is both discreet and tailored to individual needs. At Aldersmead, we uphold the highest standards in providing exceptional care.



**ALDERSMEAD OFFERS  
PERSONALLY TAILORED  
CARE IN HOMELY, COSY  
AND WARMLY WELCOMING  
SURROUNDINGS.**





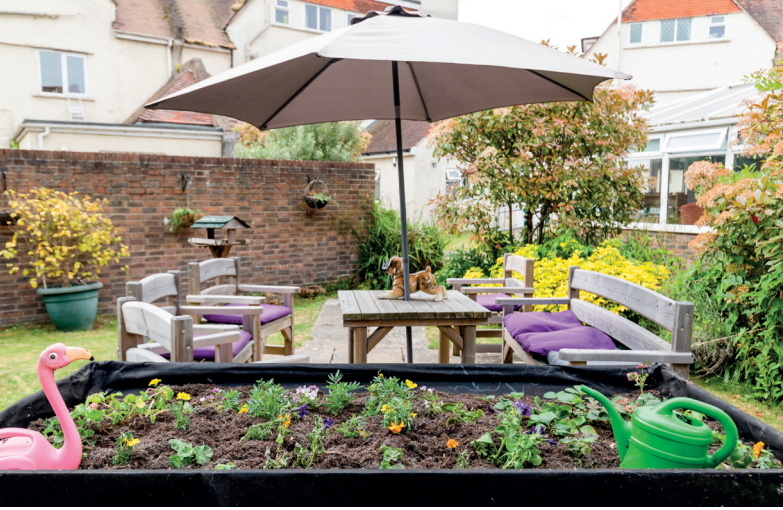
Each of our rooms is different with its own charm and personality. We're sure you'll find something that suits your taste. We encourage you to bring cherished possessions and personalise your room because we really want you to feel at home. Most of our well appointed, comfortable single rooms have en-suite 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 Home Manager and staff at Aldersmead look forward to welcoming you. Please get in touch.





## There's no place like home.....

Aldersmead is well decorated throughout with rooms designed to give residents the sense of home comfort. The communal areas promote a safe and stimulating living environment, with the opportunity to socialise or relax as needed. Our facilities include a residential lounge, dining room and conservatory. These rooms are light and airy, giving a lovely bright feel throughout. These rooms are the 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.

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

Outside, our garden provides a tranquil and serene setting for residents to take leisurely walks, engage in social interactions, or find quiet solace on one of our shaded benches. Additionally, our outdoor terrace offers a charming spot to indulge in 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.

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

- 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





# Relax, or enjoy enriching social activities

At Aldersmead, we recognize the significance of social interaction and engaging activities during the later stages of life. We prioritise the well-being of our residents by fostering a warm and sociable atmosphere that promotes overall quality of life.

To ensure a fulfilling experience, our team includes two dedicated Activities Organisers who meticulously curate a diverse and enriching entertainment program each month. Our offerings encompass a range of activities such as music, quizzes, board games, art sessions, reminiscence talks, and armchair exercises. Residents have the choice whether to participate as much or as little as they prefer, and our activities are widely enjoyed.

We also invite guest entertainers who deliver delightful singing performances, musical recitals, and various shows. Whenever feasible, we take advantage of our picturesque garden and organise trips to nearby attractions, including the beach, park, and local town centre for shopping. Additionally, we facilitate outings to places of local interest based on residents' preferences.

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







## 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.



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.





A map of the South East of England, showing major roads and the location of Aldersmead. The map is oriented with London at the top center. Major roads are shown as grey lines, and smaller roads as thinner grey lines. The location of Aldersmead is marked with a green square near the coast, south of Portsmouth and Bournemouth. Other locations labeled include Luton, Oxford, Reading, Newbury, Basingstoke, Winchester, Southampton, Bournemouth, Isle of Wight, Guildford, Horsham, Crawley, Brighton, Worthing, Hastings, Dover, Maidstone, Chelmsford, and London. Road numbers are indicated in blue boxes: M1, M11, M25, M40, M4, M3, M2, M20, M23, M27, and A1(M).