The comprehensive guide to choosing and paying for care and support
Support at home • Somewhere to live • Useful contacts
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- Light housekeeping
- Shopping
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- Convalescence support
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01949 480480: Rushcliffe area
01636 550480: Newark & Sherwood area
www.homeinstead.co.uk/eastnottingham
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To obtain extra copies of this Directory, free of charge, call [Nottinghamshire County Council](tel:0300 500 80 80) on: 0300 500 80 80.

Alternative formats

This Directory is available electronically at [www.carechoices.co.uk](http://www.carechoices.co.uk). There is also a Browsealoud option for those requiring the information in the spoken word.

For support in Nottinghamshire, visit: [www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk) or call: 0300 500 80 80.
Introduction

Our focus is to promote your independence so you can live a more fulfilled, enjoyable life with strong links to your community. This Care and Support Directory contains useful information for younger and older adults, carers and families. You can find information about active living, staying connected and money matters, as well as a range of services to support you and help keep you independent.

Where you need support, we will make it as easy as possible to get the right support, at the right time and in the right place. This will mean working closely with local community groups, the voluntary sector, your carers and family to support you.

To help you to remain living in your own home, we will work alongside organisations such as healthcare providers to develop local, community-based support. This will include, wherever possible, reducing avoidable hospital admissions as well as the reliance on permanent residential care.

The type and level of support you can expect will adapt and differ as your needs change. We will have conversations with you about how your needs may best be met.

This includes providing advice and guidance, signposting you to available resources and assessing your care and support needs. If you fund your own care, we also have materials available to help you to make informed decisions about your future.

There are three key stages of support:
1. Helping you to help yourself.
2. Helping you when you need it.
3. Helping you to be independent over the longer term and keeping your progress under review.

1. Helping you to help yourself (see section 1: pages 6 - 13)

Connecting you with support and information you can access in your local community and helping you to make the best use of your existing networks.

We will make sure that you have access to information and advice to support your wellbeing before you need formal social care services. This is a universal offer to all, both state-funded and self-funded.

We will focus on your skills, experience and networks of existing support and see how these might help in the future. Finding out what support is already available can help you to remain independent and stop you entering the social care system earlier than is necessary.

Some people will find it enough to talk through difficulties and to consider support options that might already exist. Other people will need more help and professional advice on issues such as how to get about the house safely or keep themselves active.

If more support is needed, we will move to the next step.

2. Helping you when you need it (see section 2: pages 14 - 19)

Working with you in a timely way and supporting you to make your own decisions about short-term support to help you to be independent.

People often approach us for help when they are desperate or in crisis. We will act quickly to help prevent the situation getting worse. We will help you through the time of crisis and then work with you and your family when things are more stable to consider what, if any, ongoing or long-term needs require support. We know that what most people want is to live independently in their own home.

During times of crisis, we will avoid conversations...
about long-term services such as care homes following a stay in hospital. Instead, we will ensure that you are informed about the options available to you that might help you regain your independence and live at home.

Equally, we will look at short-term options when you are not in a crisis. If you only need help over the short term to regain your independence, we will work with you to achieve this. By avoiding making long-term decisions too soon, we can avoid the risk of inadvertently reducing your independence instead of promoting it.

We will agree some short-term approaches with you that might only involve a few weeks of support until you feel confident and able to go forward with fewer or no formal interventions.

By working with you to help yourself and putting support in place for short periods, we can start to build a more personalised offer and help address your specific needs.

3. Helping you to be independent over the longer term and keeping your progress under review (see section 3: pages 20 - 23)

Working with you to set achievable goals to promote your independence and wellbeing. We will help you achieve what is important to you by keeping your progress under review.

Even after helping you to help yourself via community resources and trying some short-term options such as rehabilitation, you may still have needs that require a longer-term solution. We will look at what might be needed in the longer term, whilst remembering the purpose of any support will be to help you be independent, helping you to live as settled and fulfilled a life as possible.

A support plan is the tool used to set goals to promote independence and wellbeing. By understanding what you want to achieve and setting short-term goals to help you get to where you want to be, the right balance can be achieved between support for as long as is needed and increasing your abilities and independence over time. This means we will have open conversations with you about your support, including reducing this over time if and when you regain or return to independence.

We will also make sure we keep your progress under review so that you are getting the support you need.
Section 1: Helping you to help yourself

Active living

All types of physical activity, including walking, gardening and strength and balance exercise classes can significantly improve mobility, protect against ill-health, enhance mental wellbeing and lower the risk of cognitive decline, as well as keeping you more independent for longer. You should also try to break up long periods of sitting with light activity, since sedentary behaviour is considered an independent risk factor for ill health, no matter how much exercise you do.

Find out more about the benefits of being active at: www.nhs.uk and try the NHS Fitness Self-Assessment to discover if you are active enough. If you are over 65, you may be interested in the Department of Health’s useful factsheet which includes physical activity guidelines: www.nhs.uk/Livewell/fitness/Documents/older-adults-65-years.pdf

If you are not used to exercising, you should start gently and gradually increase the amount you do. There are various activities to help you get and stay active in Nottinghamshire. Find out about activities, clubs and groups at: www.nottshelpyourself.org.uk

Other key active ageing initiatives include:

Stop smoking

We all know smoking is bad for you. There are lots of reasons to stop smoking and there’s a range of local support that can help you by:

• assessing what’s going to help you;
• explaining what’s happening to your body as you give up; and
• offering free stop smoking aids, like nicotine replacement therapy or the stop smoking medication, Champix.

Email: info@smokefreelifenottinghamshire.co.uk
Web: www.smokefreelifenottinghamshire.co.uk

Health checks

An NHS health check only takes 20 minutes and can help you spot any health risks before they become an issue. They are aimed at people aged 40 to 75 and they assess your risk of developing heart disease, kidney disease, type-2 diabetes, stroke and dementia.

Should any issues be identified, you’ll get plenty of advice and support, so you can make changes to the way you live.

To get a health check, contact your GP. For more information, visit: www.nhs.uk

Eating well

If you eat too many foods that are high in fat and sugar, and you’re not as active as you should be, you’re more likely to put on weight. Becoming overweight or obese increases your risk of getting type 2 diabetes, heart disease and some cancers.

Whether you’re trying to lose weight or just live a healthier life, eating well has lots of benefits, from improving your health to saving you money.

You can still enjoy the foods you love, by making some small changes and food swaps to help you cut back. Find out more at: www.nhs.uk

Email: info@smokefreelifenottinghamshire.co.uk
Web: www.smokefreelifenottinghamshire.co.uk

Health checks

An NHS health check only takes 20 minutes and can help you spot any health risks before they become an issue. They are aimed at people aged 40 to 75 and they assess your risk of developing heart disease, kidney disease, type-2 diabetes, stroke and dementia.

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You can still enjoy the foods you love, by making some small changes and food swaps to help you cut back. Find out more at: www.nhs.uk

You can get this support from Smokefree Life Nottinghamshire.
Tel: 0115 772 2515 or 0800 246 5343
Text: ‘QUIT’ to 66777
Staying warm
Cold homes can have a significant impact on your health. Visit: www.ageuk.org.uk or: www.nhs.uk for help on keeping warm and staying healthy in the cold.

Top tips for keeping warm:

• avoid going out in bad weather – if you must go out, wrap up in plenty of layers;
• try to be active during the day;
• get heating, radiators and boilers serviced;
• use a room thermometer (your living room should be between 18-21°C); and
• have at least one warm meal each day and drink warm drinks.

Falls prevention
If you are an older person, a fall can often result in a multitude of problems, including admission to hospital or residential care, loss of confidence or independence, distress, physical pain and even death.

Falls are not an inevitable part of getting older and experts believe that the majority of falls could be prevented with tweaks to your lifestyle and environment and doing exercises to improve your strength and balance.

There is a range of preventative measures that can reduce the risk and impact of falling. Please consider the 10 Top Tips for Staying Steady below in association with the national ‘Get Up & Go’ guide.

10 Top Tips for Staying Steady:

1. Exercise regularly – focus on activities that challenge your balance and strengthen your legs and upper body, such as gardening, dancing or tai chi.
2. Check your eyes and hearing – go for regular sight tests and report difficulties you have with hearing in order to identify problems affecting your balance.
3. Look after your feet – wear well-fitted shoes and slippers, and report any foot problems to your GP or podiatrist.
4. Review your medication – certain medicines can make you feel faint or affect your balance. Please let your GP or pharmacist know if you ever feel like this.
5. Get enough vitamin D intake – vitamin D is essential for keeping bones strong – the best source is sunshine.
6. Eat a diet rich in calcium – calcium also helps to keep your bones strong. Good sources are dairy foods, fortified soya products and canned fish with bones, for example sardines.
7. Check your home for hazards – make sure your home is hazard-free, well-lit, warm and don’t climb up to reach things out of cupboards.
8. Contact your GP – if you’ve had a fall or are worried about falling, tell your GP. There are many ways to help you feel confident again.
9. Remove clutter – mop up any spillages quickly.
10. Get a free home safety check – contact us on: 0300 500 80 80 to find out more. Our Handy Person Adaption Service can provide help with essential minor adaptations and small practical jobs. See page 13 for more information.

For more information on falls, and to download the Get Up and Go Guide, visit: www.nottinghamshire.gov.uk/falls

For care and support services in Nottinghamshire:
www.nottshelpyourself.org.uk
0300 500 80 80
Living with dementia

Dementia is the term used to describe a range of brain disorders whose symptoms include a decline of brain function and memory. The most common types of dementia are Alzheimer's disease, vascular dementia and dementia with Lewy bodies (a condition that has symptoms of Alzheimer's and Parkinson's diseases).

Dementia can affect people of any age but is most common in older people, particularly those aged over 65. With the right support, many people with dementia continue to lead active, healthy lives. There are varied services and community groups across Nottinghamshire supporting people with dementia and their carers. They include memory cafés, arts and music groups, creative therapies and mental health services and support for carers.

To find information about dementia services and support groups near you, visit: www.nottshelpyourself.org.uk

Alzheimer’s Society also has information about services and support groups, visit: www.alzheimers.org.uk

Mental health and wellbeing

Mental health issues are widespread and common, and people can and do recover. They range from the worries we all experience as part of everyday life to serious long-term conditions.

There is a variety of support available to help you maintain good mental health and wellbeing. The NHS Choices website has a range of information and advice on mental health, including tips for good mental health.

Reading Well books on prescription

The Reading Well books on prescription scheme helps people to understand and manage their health and wellbeing through helpful reading and is available in libraries throughout Nottinghamshire. Books can be recommended or prescribed by GPs or other health professionals and are also available to borrow from the local library without a prescription.

Find out more about the ‘five ways to wellbeing’ and managing your own mental wellbeing at: www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing

Mental illness

You may experience changes in mood or behaviour at times of stress and emotional upset – this is quite normal. Physical health issues, particularly long-term conditions, may also affect your mental wellbeing. There are services which provide psychological (talking) therapies which can help you for common conditions such as depression, anxiety, panic, phobias, obsessive compulsive disorder (OCD), trauma and stress.

If you are concerned about your mental health, or that of someone you care for, the first thing to do is speak to your GP. They will help you decide what support is needed.

www.nottshelpyourself.org.uk provides information about useful support and organisations to help you.
Other sources of support for mental health conditions include:

**Anxiety UK**  
Supports those living with anxiety and anxiety-based depression by providing information and services. Open Monday to Friday, 9.30am to 5.30pm.  
Tel: 0344 477 5774  
Text: 07537 416905  
Email: support@anxietyuk.org.uk  
Web: www.anxietyuk.org.uk

**It’s Good to Talk – British Association for Counselling & Psychotherapy (BACP)**  
Helps you learn about the benefits of counselling and psychotherapy, and provides a directory of UK counsellors and therapists.  
Web: www.itsgoodtotalk.org.uk

**Mind**  
Information on mental health conditions, where to get help, medications and alternative treatments and advocacy. Open Monday to Friday (except bank holidays), 9.00am to 6.00pm.  
Tel: 0300 123 3393  
Text: 86463  
Email: info@mind.org.uk  
Web: www.mind.org.uk

**Rethink Mental Illness**  
Provides expert accredited advice and information to people affected by mental illness, including carers and family.  
Web: www.rethink.org

**Samaritans**  
Support and someone to talk to. Open 24-hours a day, every day.  
Tel: 116 123

**Sane**  
A UK mental health charity improving quality of life for people affected by mental illness.  
Web: www.sane.org.uk

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**Staying connected**

Feeling lonely doesn’t always mean you have no-one nearby. You may be surrounded by friends and family but still feel lonely.

You may be lonely if you:

- have had a bereavement;
- have moved to a different area;
- are missing the social contact you had at work; or
- have health issues that make it difficult to get out.

There are several things you can do to tackle loneliness. You may want to consider joining a local group, taking up a new activity or finding out about befriending services. Find details for your local area at: www.nottshelpyourself.org.uk

We also have a service called Connect which can help you combat loneliness. See page 14 for more information.

**Veterans Together Network**  
If you are aged 65 or over and have been in the Armed Forces, you can join our Veterans Together Network. We are helping to set up groups around the county to reduce loneliness and get veterans involved in activities like music, cookery, gardening and trips out. We are also encouraging veterans to share their experiences through photography, art and a war memories archive.

To join the Network, visit: www.nottinghamshire.gov.uk/supporting-armed-forces or phone: 0300 500 80 80.

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**Ex Armed Forces? Over 65?**  
Get support, meet veterans and make a difference.

Join the Veterans Together Network:  
www.nottinghamshire.gov.uk/supporting-armed-forces  
0300 500 80 80

For support in Nottinghamshire, visit: www.nottshelpyourself.org.uk or call: 0300 500 80 80
Coping with bereavement

The death of someone close can be devastating. Everyone experiences grief differently and how you react can depend on your age, personality, circumstances, cultural background and religious beliefs.

There is no right or wrong way to grieve. You may initially feel shocked, numb, guilty, angry and afraid. These feelings may change to feelings of sadness, loneliness − even hopelessness and concern about the future.

Many people worry that they will forget the person who has died – what they looked or sounded like and the experiences they shared. There are some things you can do to help keep their memory alive:

- keep a photo album;
- save some of their special possessions; or
- commemorate them, by planting a tree, paying for a park bench, or making a donation to a charity.

One of the most helpful things is to talk about the person who has died and your relationship with them. You may wish to talk to your family, friends, a faith/spiritual adviser, your GP or a support organisation.

There are also many organisations for people who need friendship, or wish to get out and keep active and busy. Some organisations are specifically for people who have experienced bereavement, but many are for people who just want to socialise and take part in activities. Find out more at: www.nottshelpyourself.org.uk

For more information on end of life care and registering a death see the information on page 55.

Struggling to stay independent?

Feeling lonely and isolated?

Get in touch for free information, advice and practical support:

**Bassetlaw**
NCHA: **0115 844 3541**

**Ashfield, Mansfield, Newark & Sherwood**
Age UK: **01623 488217**

**Broxtowe, Gedling and Rushcliffe**
Metropolitan: **0115 939 5406**

Funded by Nottinghamshire County Council
Safe at home

Fire safety
There are over 700 fires in homes in Nottinghamshire every year. Having a smoke alarm fitted could save your life.

If you have any concerns about fire safety or need help fitting smoke alarms, contact Nottinghamshire Fire and Rescue Service on: 0115 967 0880 or email: communityfs@notts-fire.gov.uk

Handy tips:
• have a smoke alarm fitted and ensure it’s tested every week;
• make sure ovens, hobs, heaters etc. are switched off after use;
• keep clothing away from heaters;
• ensure cigarette ends are put out;
• never smoke in bed;
• always keep keys in their usual place;
• check everything’s off before going to bed and close all doors; and
• keep escape routes clear of obstacles.

Safe and sound
Burglaries can leave a lasting impact on victims and the possibility of a repeat burglary is sometimes the greatest fear, especially among vulnerable people. Every year, specially trained carpenters who work for the police visit people’s homes to fit security door and window locks to the homes of elderly burglary victims. At the same time, people are given tips on how to prevent crime.

Handy tips:
• make sure all your windows and doors are locked properly if you are going out;
• do not leave windows open unless you are in the room;
• keep outer doors locked at all times and remove the key;
• always use a door viewer/chain (if fitted) when answering the door;
• keep any spare keys to the property in a safe place; and
• cancel any deliveries if you are going on holiday or into hospital.

If you have any queries about crime prevention, contact Nottinghamshire Police.
Tel: 101
Web: www.nottinghamshire.police.uk/advice/prevention

Doorstep crime
We advise that you don’t answer your door to uninvited callers, who may be selling goods or offering to carry out repairs on your property.

Advice for dealing with uninvited callers:
• if it’s someone important, they will have your contact details and will send you a letter.
• if you feel the need to speak to the caller, speak through an opened window; and
• if you are expecting a caller, check their identity – any genuine trader won’t mind you taking their card and ringing the phone number from a bill/phonebook. Don’t call the number on their card as this may be part of the scam. If they refuse to give you their card, be very suspicious.

Our Trading Standards service has a ‘Nominated Neighbour Scheme’ where you can request that one of your neighbours deals with any uninvited doorstep callers on your behalf.

For more information, phone: 0345 404 0506 or visit: www.nottinghamshire.gov.uk and search ‘nominated neighbour’.

For consumer advice, or to refer something to Trading Standards, contact the Citizens Advice consumer service for free, confidential and impartial advice.
Tel: 0345 404 0506
Textphone: 18001 0345 404 0506
Web: www.citizensadvice.org.uk

If you feel threatened or in any danger, always dial 999 and request police assistance.
Approved trader scheme
We work in partnership with Checkatrade to help consumers choose a trader they can trust and rely upon.

All traders have undergone rigorous checks. The details of approved traders can be found at: www.checkatrade.com or by calling: 0333 014 6190.

Alternatively, ask family and friends if they can recommend anyone. It is advisable to obtain three written quotes before employing a tradesperson.

Money matters
If you need support and guidance on any financial matters or claiming benefits, there are organisations that can help you; visit: www.nottshelpyourself.org.uk for a list of financial organisations that can provide support.

You can also contact us on: 0300 500 80 80 and we can signpost you to information about financial planning, Powers of Attorney and Courts of Protection.

The online benefits directory can help you find out about welfare benefits and whether you are eligible. Visit: www.nottinghamshire.gov.uk (search ‘welfare benefits’) or phone: 0300 500 80 80.

You receive benefits if you:
• have a long-term illness or disability;
• care for someone;
• are unemployed or work part-time;
• are having a baby;
• have a disabled child; or
• are over pension age.

For information about paying for care, see page 51.

Where you can get support
You may find that you struggle with some of the tasks you used to do easily – like dressing, washing or getting out and about – due to your age, disability or a long-term condition. This directory gives you an idea of the range of support that is available in Nottinghamshire to help you stay living independently at home.

There are a number of services that can help you to maintain your independence, without the need for an assessment:

Nottinghamshire Help Yourself
The first place to look for support is: www.nottshelpyourself.org.uk which lists a range of care and support providers with information about activities, events and groups in your local area all in one place. If you don’t have access to the internet, visit your local library where staff can help you find the information you need. Or you can phone Nottinghamshire County Council on: 0300 500 80 80 where our advisers can guide you through the options.

Meals at home service
County Enterprise Foods provides an award-winning service, delivering great value hot and frozen meals across Nottinghamshire. The service offers a range of over 70 meals. Dinners are nutritionally balanced and made with fresh ingredients and seasonal vegetables.

County Enterprise Foods offers:
• breakfasts, dinners and teas;
• meals for special diets;
• free safe and well checks;
• home from hospital hampers; and
• free delivery.
The delivery team go the extra mile, for example, plating your meal or bringing in the post. They provide free ‘safe and well’ checks when they visit and will call the office if you need help.

The home from hospital hampers mean when you return from a stay in hospital, you don’t need to worry about shopping. Choose from the list of competitively priced useful food items (for example tea, milk and butter) and they will be delivered to your home, along with your meal.

For more information, contact the team.
Tel: 01623 490015
Email: county.enterprisefoods@nottscc.gov.uk
Web: www.countyenterprisefoods.co.uk

Handy Persons Adaptations Service
The Handy Persons Adaptation Service provides the help and support you may need to keep safe and secure in your home, with low-cost, high-quality adaptations and small practical jobs.

The service is available to Nottinghamshire residents aged 60 or over or who have a disability. The work is carried out by professional traders who have been approved by ‘Checkatrade’ in partnership with our Trading Standards Service. The traders will carry out small jobs or minor adaptations to your home to reduce the risk of a fall or help you remain living independently. Jobs range from fitting door locks and internal grab rails to changing light bulbs and putting up shelves. Often, very small jobs such as fixing loose carpets can prevent a fall and avoid unnecessary distress.

There is a £15 fee for some works and you can have up to four hours of handy-person work. For more information about the service or to access the scheme, please contact us on: 0300 500 80 80 or email: enquiries@nottscc.gov.uk

Making life easier at home
If you are struggling with tasks such as dressing, cooking or washing, our occupational therapy videos can help. This series of short clips informs you about simple and inexpensive equipment that is available to keep you living independently at home.

Items like cooking baskets, bed levers and chair raisers can make life much easier for people who are struggling to lift, bend, stand or sit because of their age or disability. Each video shows how the equipment works and includes a link to where it can be bought. Watch the videos at: www.nottinghamshire.gov.uk/equipment

nottshelpyourself.org.uk

Find health and social care support and information

0300 500 80 80
minicom: 01623 434993

For support in Nottinghamshire, visit: www.nottshelpyourself.org.uk or call: 0300 500 80 80
Section 2: Helping you when you need it

You may need some help over the short term to regain your independence if you have a fall or operation or are just struggling to cope. We will work with you, but will look at some short-term approaches that might only involve a few weeks of support until you feel confident that you can continue with fewer or no formal interventions.

Some examples of short-term services are listed here.

**Connect service**

If you have had a bereavement, are becoming frailer as you grow older or your health is deteriorating because of a long-term condition, you may find that you are struggling with daily life or feeling lonely. The Connect service can help you by finding information about local services, activities and opportunities. If needed, Connect staff can work with you around money issues, housing problems, health management and other things. This short-term support will be tailored to your needs and will focus on achieving what you want in a way that suits you.

If you, or someone you know, might benefit from the advice and support of Connect, phone:

- **Ashfield, Mansfield, Newark and Sherwood**
  Tel: 01623 488217

- **Bassetlaw**
  Tel: 0115 844 3541

- **Broxtowe, Gedling and Rushcliffe**
  Tel: 0115 939 5406

**Brighter Futures (younger adults)**

Brighter Futures supports younger adults across Nottinghamshire to maintain or achieve independence, build positive connections and improve their wellbeing.

The service can help with things like finding accommodation, accessing specialist services, financial issues, claiming benefits and finding local courses or activities.

Brighter Futures offers a personalised service, based on what help you need and working together to agree how to achieve your goals. It is for people who have a learning disability, autistic spectrum disorder or acquired brain injury and need help with housing-related support, improving health and wellbeing, building networks of support or getting involved in their community. Where possible, Brighter Futures aims to support people so they do not require formal social care support.

For more information, or to make a referral, contact:

- **Ashfield**
  Outram Street Centre, Outram Street, Sutton-in-Ashfield NG17 4AX
  Tel: 01623 675418
  Email: ashfieldnass@frameworkha.org

- **Bassetlaw**
  2 Queen Street, Worksop S80 2AN
  Tel: 0115 850 4014
  Email: bassetlawnass@frameworkha.org

- **Mansfield**
  The Heath Community Centre, Fritchley Court, Oak Tree Lane Estate, Mansfield NG18 3QE
  Tel: 01623 675402
  Email: mansfieldnass@frameworkha.org

- **Newark and Sherwood**
  The Exchange, 38 Water Lane, Newark NG24 1HA
  Tel: 0115 850 4155
  Email: newarknass@frameworkha.org

**www.myfamilyourneeds.co.uk**

For parents and carers of children with additional needs.
Support to find work

If you are aged 16 or over, have a diagnosed learning disability, Autism or Asperger’s, live in Nottinghamshire and are looking for paid employment, our i-Work team can help you by:

• getting to know you, your skills, interests and support needs;

• carrying out job searches and marketing specifically for you;

• supporting you with travel training, application forms and interviews;

• meeting with the employer and learning the job role ourselves;

• supporting you in your work, providing ongoing one-to-one support;

• encouraging natural support to form and grow within the workplace;

• offering training and support; and

• being available to you, your employer and colleagues to provide support and advice.

Find out more at: www.nottinghamshire.gov.uk/iwork

Short-term support in your own home (reablement)

If you are struggling with everyday tasks at home (for example getting dressed or washed), or if you have had an accident or illness, our reablement team may be able to help you to regain skills and confidence so you can live as independently as possible. Reablement is a period of free short-term support and our team of staff can help you by:

• suggesting different ways of doing things;

• offering small items of equipment to make tasks easier; and

• telling you about other kinds of help you could get and different ways you can pay for it.

For more information, visit: www.nottinghamshire.gov.uk/adultsocialcare or phone: 0300 500 80 80.
**Notts Enabling Service**

This service aims to prevent or delay the need for long-term support by working with you to increase your independence and helping you find useful resources in your community to support your social care needs.

If you are an adult with a learning or physical disability, Promoting Independence Workers (PIWs) can help you to develop, maintain and improve your daily living skills through a short-term programme.

Support could include help to:

- develop or learn new skills at home, for example domestic tasks and preparing food;
- prepare for and connect with opportunities for voluntary/paid work;
- use technology to aid communication or self-care;
- find places to go and to travel independently;
- build links to support you to meet people and make connections to promote wellbeing; and
- keep safe – support with building confidence and skills.

If you are an older adult, we can work with you to find resources in your community to help support your social care needs, for example identifying activities you can get involved in or services you can use. Where there are few local resources, the co-production team can help you and other people create your own groups and activities dependent on your interests.

If you think you need support from the service, contact: **0300 500 80 80**.

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**Home First**

The Home First Response Service (HFRS) is a short-term rapid response service which can help get you home from hospital quickly and/or support you at home if you have a short-term crisis. It is mainly for people over the age of 65 but can be for younger adults if required.

The free service can provide short-term support for up to one week and will:

- help you to recuperate from your illness or short-term crisis;
- support you to regain skills and rebuild your confidence;
- help you live as independently as possible; and
- help you if you are struggling with everyday tasks at home, for example getting dressed, getting around your home or making a drink.

While you are receiving this service, you may have an assessment to see whether you need ongoing services.

If you are in hospital, you can access the service through the Hospital Social Care Team or, if you are at home, you can contact us on: **0300 500 80 80**.

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**Telecare and Assistive Technology**

Assistive Technology enables help to be requested in an emergency and may be useful if you feel vulnerable in your home. Sensors around the home can automatically detect falls, fires, flooding, extreme temperatures, bed wetting and epileptic seizures, and can also tell if you have left your home at night-time, which can be useful for people with dementia.

If the sensors are triggered, an alert is either sent to a carer in your home or (via a special box attached to your phone line) to trained operators at a 24-hour monitoring centre. Staff at the monitoring centre will try to contact you immediately to find out more about your situation, and, if necessary, can arrange a suitable response, such as calling an ambulance or asking a friend or relative to pop round to check that you are OK.
If you have issues with memory, other Assistive Technology can prompt you to carry out daily tasks, such as taking your medication.

If you have dementia, it is sometimes difficult for other people to know how well you are managing at home. As part of your assessment for ongoing support, we may use activity sensors around the home to detect your movements (there are no cameras).

Information from the activity monitors can help professionals and families to better understand how your dementia is affecting your independence and ensures that the most appropriate care is provided to help you stay in your own home.

For more information, visit: www.nottshelpyourself.org.uk or call: 0300 500 80 80.

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**Assessment beds**

If you have been in hospital and are now medically fit to leave, you may still need some support before you can return home. Assessment beds offer you short-term support, usually in one of our care and support centres or housing with care schemes. During your stay, you will receive help with dressing, washing and any other tasks you might be finding difficult. As your strength improves, we will gradually reduce the level of support until you are ready to return home. If you are unable to return home, we will work with you to consider other options, such as moving to housing with care or residential care.

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**Intermediate care**

Similar to assessment beds, intermediate care supports you following illness or an operation. This short-term service is provided jointly with health. A multi-disciplinary team, including therapy, nursing and social care staff, will work with you to help you rehabilitate.

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**Short breaks for adults with learning disabilities**

A planned short break is a break from the routine of caring. It is planned in advance and is not the result of an emergency or crisis. Some examples of services that provide a short break are:

- residential and nursing homes;
- dedicated short break units;
- the Shared Lives short break scheme (see page 38); and
- sitting services provided by home care agencies.

To find out if your carer is eligible for a short break, you must have a Care and Support Assessment. Your carer will also need to have a carer’s assessment. The results of these assessments will show the impact that caring is having on your carer’s health, wellbeing and quality of life.

Visit: www.nottinghamshire.gov.uk/adultsocialcare or phone: 0300 500 80 80 to find out more about the assessment process.

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**Short breaks units**

We offer residential short breaks for adults aged 18-65 who have a moderate to severe learning disability and are living with parents or carers. Our professional team of staff are skilled at working with people with complex behavioural issues or health needs. We can provide one-to-one support with all areas of care, including personal care, social activities, eating and drinking, moving and handling and mobility. We also offer health services, including PEG feeding, blood monitoring and administration of oxygen and rescue medication for epilepsy.

We have three units across Nottinghamshire, which meet high standards and are open 24 hours, 365 days a year.

People who are eligible for our short breaks can book into any of the three units, depending on availability. Phone: 0300 500 80 80.
Looking after someone

You are a carer if you provide unpaid support to a family member, neighbour or friend. They may need support because they are ill, frail, disabled, or have a mental health or substance misuse issue.

The support provided could include washing and dressing, shopping and food preparation, helping with laundry or housework, keeping someone company, helping someone take medication, emotional support, helping to manage difficult behaviour, or making sure someone is safe.

You are still a carer if you don’t live with the person you care for, are not the only person providing care for someone, are caring for more than one person or are not related to the person you care for.

Being a carer may affect your health, work, social life, finances, education, or family and personal life. It is important that you know what help is available to help you balance your caring life with a life of your own.

There are various local and national organisations that provide support to carers, and Nottinghamshire County Council and health services may be able to provide additional support.

Nottinghamshire Carers Hub

Carers Trust East Midlands provides timely, personalised information and support via the Nottinghamshire Carers Hub to make caring for a loved one easier. The scheme is funded by Nottinghamshire County Council and the local NHS.

The Nottinghamshire Carers Hub can provide support in various ways, for example free access to:

- information advice and guidance;
- signposting to other organisations;
- access to carers’ groups and drop-ins;
- free health and wellbeing memberships;
- access to carers’ breaks;
- free training and caring support;
- ‘Carers Smart’ benefits and discounts;
- carers’ grants; and
- peer support.

For more information, contact the Nottinghamshire Carers Hub.
Tel: 0115 824 8824
Email: hub@carerstrustem.org
Web: www.carerstrustem.org/hub
Facebook: CTEastMidlands
Twitter: @CarersTrustEM

Carers’ information, advice and support

We can provide you with information about services available to support you with your caring role, via our Customer Service Centre. Advisers at the Customer Service Centre can also arrange for an assessment for the person you are caring for, or for you as a carer.

For more information, contact the Customer Service Centre on: 0300 500 80 80 Monday to Friday, 8.00am to 6.00pm, or email: enquiries@nottscc.gov.uk

Carers’ emergency card

The carers’ emergency card is a free card which you carry with you and which identifies you as a carer in an emergency. It will alert anyone who finds it that you are a carer and that someone you care for may need assistance.

In the event of an emergency, a 24-hour system is put in place to ensure that the person you care for is looked after by people that you have chosen. To apply for an emergency card, contact us on: 0300 500 80 80, or complete the online application form at: www.nottinghamshire.gov.uk/care/adult-social-care/carers/caring-emergencies

Crisis prevention scheme

This scheme provides care at home for the person you look after if you can’t due to an unforeseen crisis. It is available to carers (aged over 18) who are caring for an adult who lives in Nottinghamshire (excluding Nottingham City residents).

Situations where the scheme could provide support include if you:

- are admitted to hospital;
• need to attend an unplanned medical appointment;
• have a family emergency, including if another family member becomes seriously ill;
• are attending the funeral of a close relative or friend; or
• have a significant risk to your employment on a particular occasion.

Care and support will be provided until alternative arrangements can be made for the person you usually care for or you are able to return to caring. There is no charge for the service.

To arrange for this service, phone your local crisis prevention provider (search: www.nottshelpyourself.org.uk for ‘crisis prevention’) and ask for the Crisis Prevention Service.

Contact us on: 0300 500 80 80 or email: enquiries@nottscc.gov.uk

Carers’ assessment
If your caring role is affecting your health or wellbeing, you may want to ask for a carer’s assessment. The assessment is about you, not the person you care for. It focuses on your health, work, social life, finances, education, or family and personal life. The assessment can be offered in a number of ways, including a self-assessment online (which is followed up by a telephone call from a social care worker), a telephone assessment with a social care worker, or face-to-face at a social care clinic or in your own home.

To request a carers’ assessment contact us on: 0300 500 80 80 or visit: www.nottinghamshire.gov.uk/adultsocialcare

If you need some help for the person you care for, or you want a regular break from caring, the person that you are caring for may also need an assessment.

Carer’s personal budget
If you have a carer’s assessment, this may determine whether you are eligible for additional support such as a carer’s personal budget. This is a payment to support you in your caring role or to help you look after your own health and wellbeing.

Short breaks for carers
The NHS in Nottinghamshire funds short breaks for carers by paying for care for the person who is cared for. This enables the carer to take a short break from caring.

You will need to have a carer’s assessment to see if you meet the criteria for an NHS short break. The breaks usually take the form of one-off residential or home-based services and are arranged through the NHS Carers’ Breaks administration team.

For more information about short breaks, contact us on: 0300 500 80 80 or email: enquiries@nottscc.gov.uk

Resource for those supporting children with additional needs
My Family, Our Needs is an online resource providing impartial information for parents, carers and practitioners supporting children from birth to 25 years with additional needs. As well as guidance, policy and signposting, there is a lifestyle section for parents covering topics such as health and wellbeing, work, family and relationships. Visit: www.myfamilyourneeds.co.uk

For care and support services in Nottinghamshire: www.nottshelpyourself.org.uk 0300 500 80 80
Section 3: Helping you to be independent over the longer term

Support plan

After working with you to try some short-term options (see pages 14 to 19), you may find that you need a longer-term solution. By understanding what you want to achieve and setting short-term goals to help you get to where you want to be, the right balance can be achieved between support for as long as is needed and increasing your abilities and independence over time.

We can work with you to develop a support plan which will set the goals you want to achieve to improve your independence and wellbeing.

We follow national, government-set regulations when deciding who is eligible to receive community care support funded by the Council. The regulations are there to ensure that all councils make decisions about who gets help in a similar way.

If you are eligible for support, we will:

• encourage you to find solutions, if possible, by providing you with information and advice;
• consider, with you, how people around you can help (for example, family members, friends and local organisations);
• provide help for only as long as it is needed to enable you to become, and stay, as independent as possible in your home; and
• meet your needs in the most cost-effective way.

Please contact us on: 0300 500 80 80 for information and advice on Care and Support Assessments.

Will I have to pay towards my care?

Most people will have to pay something towards the cost of any care or support they receive. This is so we can concentrate our limited resources on preventing people’s needs from escalating and to provide support to as many people as possible.

A member of staff will talk to you about your financial circumstances to decide how much you will need to pay towards your services. If you have eligible needs, you will be allocated a personal budget – the amount it will cost to meet your needs. Depending on your finances and eligibility, the Council may contribute towards your personal budget.

How would a personal budget be paid to me?

There are three ways to receive any Council contribution towards your personal budget:

1. Direct payment – this is a cash payment we give you (if you are eligible) so that you can buy the support you need yourself. A direct payment gives you the most flexibility and control over your support. You also have more responsibility for arranging your support.

2. Mixed personal budget – you can receive part of your personal budget as a direct payment and arrange some of your support yourself and ask us to arrange the rest with a managed personal budget.

3. Managed personal budget – we will arrange the services that meet your support needs for you. A managed personal budget is less flexible than a direct payment but you have less responsibility for arranging your support.

Arranging services on your behalf

If you pay for all of your own care, and you want us to help arrange community-based services on your behalf, there is a charge of £10.26 per four-week period for this ‘brokerage’ service. It may include things like:
• ringing round providers to discuss your requirements;
• taking you to visit a provider;
• negotiating rates with providers;
• arranging taster sessions;
• quality monitoring of providers and services; and
• management of payments and resolving queries.

If you are receiving Nottinghamshire County Council-run day care or respite, or your support costs less than £84.40 per four-week period, you will not be subject to the charge.

Power of Attorney

A lasting power of attorney (LPA) is a legal document that lets you (the ‘donor’) appoint one or more people (known as ‘attorneys’) to help you make decisions or to make decisions on your behalf. This gives you more control over what happens to you if you have an accident or an illness and can’t make your own decisions.

There are several reasons why you might need someone to make decisions for you, or for them to act on your behalf. It could be temporary, for example, if you are in hospital and need help with everyday things such as making sure bills are paid, or you may need to make more long-term plans if, for example, you have been diagnosed with dementia or have been in a serious accident.

You can arrange an LPA by going to: www.gov.uk/power-of-attorney

The current cost for doing this online is £82 which could save you money compared to using a solicitor.

Claiming benefits

You could receive benefits if you:

• have a long-term illness or disability;
• care for someone; and/or
• are over pension age.

If you are looking for advice on your potential benefits entitlement, you can self-refer to our Benefits Team via the Customer Service Centre on: 0300 500 80 80.

Longer-term services

Following an assessment of your needs, there are several options that could help you. We will ensure that your support is appropriate to your needs and will keep your progress under review.

Services include:

• Support at home:
  - Personal assistants: page 23.
• Shared Lives: page 38.
• Housing options for younger adults: page 39.
• Housing with care: page 38.
• Residential care: page 39.
SEARCH FOR CARE IN YOUR AREA

With so many providers to choose from where do you start?

- Find care providers quickly and easily
- Search by location and care need
- Information on care quality
- Links to inspection reports
- Additional information, photos and web links
- Brochure requests
Support at home

Personal Assistants
If you need help with everyday tasks such as getting washed and dressed, getting out and about, preparing and cooking food or healthcare support, a Personal Assistant (PA) may be able to help you with your care and support.

Employing your own PA can increase the choice you have in deciding how your support needs are met, who cares for you and what tasks they do. However, you will have responsibilities as an employer, including having Employers’ Liability Insurance, carrying out ‘Right to Work’ checks and managing the recruitment and payroll responsibilities or registering with the Council’s Accredited Direct Payment Support Service if you don’t wish to do this yourself.

We have a register of PAs who have had Disclosure and Barring Service (formerly CRB) checks and have received training. Find out more about employing a PA and view our register at: www.nottinghamshire.gov.uk/personal-assistants

Home care
If you are an older person or have a physical disability, learning disability or mental health needs, you may be eligible for home care support.

Home care staff can help you to meet your personal goals and live a more independent life. Home care staff could support you with things such as getting up so you are ready for your day, or helping you to get out and about so you can continue to be part of your local community. They may also help with some practical tasks like laundry, shopping and some meal preparation. The aim of support in your home is to increase or maintain your independence so that you can remain living at home for as long as possible. The amount of support you require may reduce over time as you regain your ability to do things for yourself; we will work with you to review the level of support you need.

Home care services can be provided by:
- independent agencies;
- voluntary agencies; or
- individuals.

Home care can be paid for using a direct payment, if you have one, see page 20 for more information.

Home care staff must be specially trained in areas such as manual handling, first aid and food hygiene. They will also need to have had background checks with the Disclosure and Barring Service (DBS), previously known as Criminal Records Bureau checks.

Some agencies offer a night sitting or even a live-in service and some are also registered as nurses agencies, meaning they can provide registered nurses if needed. All home care organisations that provide personal care must register with, and be inspected by, the Care Quality Commission (CQC), which ensures that quality standards are met by the service and that staff are appropriately trained to do their job.

Phone: 0300 500 80 80 for more information about home care and the assessment process. Listings of home care agencies in Nottinghamshire begin on page 26, or visit: www.nottinghamshire.gov.uk/adultsocialcare

For care and support services in Nottinghamshire:
www.nottshelpyourself.org.uk
0300 500 80 80

For support in Nottinghamshire, visit: www.nottshelpyourself.org.uk or call: 0300 500 80 80
Personalised home care & support

- Help with washing & dressing
- Shopping & meal preparation
- Prompting with medication
- Support with daily routines
- Overnight support and live-in care
- Respite services
- Socialising and leisure activities
- Accessing the community

Broxtowe & Erewash - 0115 943 6064
broxtoweanderewash@caremark.co.uk

Gedling & Rushcliffe - 0115 837 5230
gedlingandrushcliffe@caremark.co.uk

Mansfield - 01623 404 550
mansfield@caremark.co.uk

Tell us what you think

Complete our short questionnaire
www.carechoices.co.uk/reader-survey
# Home care agency checklist

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<th>Agency 1</th>
<th>Agency 2</th>
<th>Agency 3</th>
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<tr>
<th>Fees per week</th>
<th>Quality rating*</th>
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We suggest that you have paper with you when speaking with home care agencies so you can make notes. You can download and print this checklist at: [www.carechoices.co.uk/checklists](http://www.carechoices.co.uk/checklists)

## About the agency

<table>
<thead>
<tr>
<th>Question</th>
<th>Agency 1</th>
<th>Agency 2</th>
<th>Agency 3</th>
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<tbody>
<tr>
<td>How long has the agency been operating?</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
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<tr>
<td>How long are staff allocated per visit?</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>Can you contact the agency in an emergency or outside office hours?</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
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<tr>
<td>Does the agency have experience with your specific needs?</td>
<td>✔️</td>
<td>✔️</td>
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## Staff

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<th>Question</th>
<th>Agency 1</th>
<th>Agency 2</th>
<th>Agency 3</th>
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<tbody>
<tr>
<td>Are you likely to be visited by different staff each day?</td>
<td>✔️</td>
<td>✔️</td>
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<tr>
<td>Are all staff checked with the Disclosure and Barring Service?</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
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<tr>
<td>Will you be notified in advance if your care worker is on holiday or sick?</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
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<tr>
<td>Are staff matched to you specifically, based on your needs and preferences?</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>Can you meet your care worker(s) before they start?</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
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<tr>
<td>Does the agency have both male and female staff?</td>
<td>✔️</td>
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## Accommodating your needs

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<th>Question</th>
<th>Agency 1</th>
<th>Agency 2</th>
<th>Agency 3</th>
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</thead>
<tbody>
<tr>
<td>Can the agency accommodate your needs if they increase? Ask about the process for this.</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
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<tr>
<td>Does the agency have a training scheme in place?</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
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<tr>
<td>Are all staff trained to a certain level?</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
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<tr>
<td>Are staff able to help with administering medication if required?</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
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<tr>
<td>Is there a way for staff to communicate with each other about the support they provide when they visit you? How?</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
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## Regulation

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<th>Question</th>
<th>Agency 1</th>
<th>Agency 2</th>
<th>Agency 3</th>
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</thead>
<tbody>
<tr>
<td>Will your support plan be reviewed at regular intervals?</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>Can you see the agency’s contract terms?</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>Can you lodge a complaint easily?</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>Are complaints dealt with quickly?</td>
<td>✔️</td>
<td>✔️</td>
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<tr>
<td>Can you see a copy of the agency’s CQC registration certificate and quality rating?</td>
<td>✔️</td>
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## Notes

*See page 56.*
Home care providers

All domiciliary agencies listed below are registered by the regulatory body, the Care Quality Commission (CQC). Nottinghamshire County Council currently has contracts with four providers, these are indicated below. However, the Council is going through a tender process and will announce its new providers in July 2018. For more information, visit: www.nottinghamshire.gov.uk/care/adult-social-care/help-living-at-home/home-care/contracts

Local authority contracted domiciliary agencies

Ashfield and Mansfield
MEARS GROUP PLC
(NOTTINGHAM COMMUNITY CARE SERVICES)
Sutton-in-Ashfield
Tel: 0333 999 7628

Bassetlaw and Newark
COMFORT CALL LTD
Newark
Tel: 01636 858675
Bassetlaw
Tel: 01909 768196

Broxtowe
DIRECT HEALTH
Nottingham
Tel: 0115 896 4005

Gedling and Rushcliffe
AGINCARE UK
Nottingham
Tel: 0115 920 4948

Use our home care agency checklist on page 25 for ideas of questions to ask.
**Other registered domiciliary services**

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<th>Service</th>
<th>User Bands</th>
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<td>Older people (65+)</td>
<td>OP</td>
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<td>0115 808 2169</td>
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<td>Physical disability</td>
<td>PD</td>
<td>Sutton-in-Ashfield</td>
<td>07434 884161</td>
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<td>Learning disability, autism</td>
<td>LDA</td>
<td>Sutton-in-Ashfield</td>
<td>07486 682199</td>
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<td>Mental health</td>
<td>MH</td>
<td>Nottingham</td>
<td>0115 697 9808</td>
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<td>SI</td>
<td>Nottingham</td>
<td>0115 859 6074</td>
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<td>Nottingham</td>
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<tr>
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<td>AD</td>
<td>Mansfield</td>
<td>01623 821534</td>
<td>Dementia, Physical disability, Learning disability, autism, Mental health, Sensory impairment, Younger adults</td>
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<td>SI</td>
<td>Nottingham</td>
<td>0115 982 7121</td>
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<td>Nottingham</td>
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<td>YA</td>
<td>Nottingham</td>
<td>0115 928 6862</td>
<td>Dementia, Physical disability, Learning disability, autism, Mental health, Sensory impairment, People who misuse alcohol or drugs</td>
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<tr>
<td>People who misuse alcohol or drugs</td>
<td>AD</td>
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</table>
We provide Support At Home

Belvoir Home Care is an independent care provider. We provide a flexible service supporting people in their own home. We support people with Dementia, Alzheimer’s Disease, Physical Disabilities, age related concerns and those who need End of Life Care.

- Companionship,
- Light Housekeeping,
- Meal Preparation,
- Personal Care,
- Transportation,
- Sit in Service, and
- Night Care.

Call: 01949 829307  claire@belvoirhomecare.co.uk  www.belvoirhomecare.co.uk

CARE VISITS AT HOME

Good Old Fashioned Service

We offer everything from:

- personal care
- getting up and helping to bed
- assisting with medication
- cleaning or social visits

Support for older people, adults with learning disabilities, physical disabilities and/or mental health issues.

For many people the questions about care don’t arise until, suddenly, there is a need.

Call us on:

01159 333 114 Rushcliffe & Melton office
01636 673920 Newark & Sherwood and Bassetlaw office

www.bluebirdcare.co.uk

• Short-Term Live In Care
• Domestic Care
• Social Care
• Live In care/Companion Services
• Compassionate Palliative Care
• Respite Care
• Holiday Care Help
• Care Packages available from 30 minutes, 24/7, 365 days a year.

07985 333959 or 0115 860 2258

At First Class Care we treat everyone as an individual, and put together a bespoke care package tailored to their needs. We know how important it is to stay within your own home, and we are here to help you achieve this. First Class Care realise how important it is to receive one-to-one care that is right for you.

Our services include:

- Residential Assessments
- Short-Term Live In Care
- Domestic Care
- Social Care
- Live In care/Companion Services
- Compassionate Palliative Care
- Respite Care
- Holiday Care Help
- Care Packages available from 30 minutes, 24/7, 365 days a year.

Contact Our Caring Support Team on Tel: 07985 333959 or 0115 860 2258

www.firstclass-care.co.uk  mandy@firstclass-care.co.uk

Do you need a helping hand?

If you are looking for an alternative to residential care or extra support for those everyday tasks that are becoming difficult for you or a loved one – then we’re here to help in Nottinghamshire from 30 minutes per week to full-time live-in care.

Our care teams have been providing award-winning quality home care since 1989 and can help with: personal care, housekeeping, help getting around or even to provide a break to an existing family member or care-giver.

Looking for care?  0808 274 2935

For more information  www.helpinghands.co.uk

For support in Nottinghamshire, visit: www.nottshelpyourself.org.uk or call: 0300 500 80 80
Other registered domiciliary services continued

BELVOIR HOME CARE
Nottingham
Tel: 01949 829307

BESPOKE HEALTH & SOCIAL CARE
Nottingham
Tel: 07718 424390

BESTWAYS HEALTHCARE HEADQUARTERS
Nottingham
Tel: 0115 964 8305

BETHEL HEALTHCARE SERVICES LTD
Nottingham
Tel: 07821 433174

BLUEBIRD CARE (NEWARK AND SHERWOOD)
Newark
Tel: 01636 673920

BLUEBIRD CARE (RUSHCLIFFE AND MELTON)
Nottingham
Tel: 0115 933 3114

BREAK BARRIERS NOTTINGHAM LTD
Nottingham
Tel: 0115 900 3188

CALVERTON SUPREME HOME CARE
Nottingham
Tel: 0115 912 0196

CAREMARK (BROXTOWE & EREWASH)
Nottingham
Tel: 0115 943 6064

CAREMARK (GEDLING & RUSHCLIFFE)
Nottingham
Tel: 0115 837 5230

CAREMARK (MANSFIELD)
Mansfield
Tel: 01623 404550

CATHERINE TAM AGENCY
Nottingham
Tel: 0115 968 3888

CCA TRAINING LTD
Nottingham
Tel: 07730 473961

CCT COMMUNITY ENABLEMENT TEAM
Mansfield
Tel: 07528 261591

CEDARS CARE LTD
Nottingham
Tel: 07941 446011

CHARLESWORTH 247 LTD
Worksop
Tel: 01909 476722

CHOICE SUPPORT NOTTINGHAM
Nottingham
Tel: 0115 978 9557

CHOOSE 2 CARE
Nottingham
Tel: 0115 935 2008

CJAJ ANGELS SUPPORTING LIVING LTD
Nottingham
Tel: 07500 202328

COMFORT CALL (NEWARK)
Newark
Tel: 01636 679467

COMFORT CALL (WESTMORELAND HOUSE)
Doncaster
Tel: 01302 746791

COMFORT CALL (WORKSOP)
Worksop
Tel: 01909 470685

COMFORT CALL NOTTINGHAM
Nottingham
Tel: 0115 975 1441

COMMUNITY INTEGRATED CARE
– NOTTINGHAM REGIONAL OFFICE
New Basford
Tel: 0115 870 0316

For support in Nottinghamshire, visit: www.nottshelpyourself.org.uk or call: 0300 500 80 80
MAGNOLIA DOMICILIARY CARE

Unit 27, Lenton Business Centre, Lenton Boulevard, Nottingham, NG7 2BY
Tel: 01159 785240/07340 331488

Our flexible services can be tailored to meet the needs of people who are in receipt of Direct Payments, Personal Budgets or privately funded support. We provide services for people with learning and physical disabilities, the elderly and people with mental health problems who wish to live independently within their own homes.

Services we offer include:
- Personal care
- Assisting with finances
- Enabling independent living
- Shopping
- Enabling social opportunities
- Maintaining a tenancy

Regulated by the Care Quality Commission

Country Cousins is a trading name for Saga Healthcare. Lines open Mon to Fri, 8am–6pm.

Call us on 0800 092 3207
or visit country-cousins.co.uk

Country Cousins is a trading name for Saga Healthcare. Lines open Mon to Fri, 8am–6pm.

Call us on 0800 092 3207
or visit country-cousins.co.uk
### COMPASSION CARE LTD
Nottingham
Tel: 0115 989 2610

### COMPASSIONATE CARE TEAM LTD
Retford
Tel: 01777 711129

### CONCORD HOUSE
Nottingham
Tel: 07722 403616

### CONTRACT CARE AGENCY LTD
Nottingham
Tel: 0115 981 1058

### CORNER HOUSE RESIDENTIAL CARE HOME
Mansfield
Tel: 01623 657117

### CROSSOVER CARE LTD
Nottingham
Tel: 07445 851691

### CROSSROADS CARE EAST MIDLANDS – NOTTINGHAM OFFICE
Nottingham
Tel: 0115 962 8920

### CROSSROADS CARE NORTH NOTTINGHAMSHIRE
Mansfield
Tel: 01623 658535

### DAVID LANE, 6
Nottingham
Tel: 0115 964 8303

### DCK CARE LTD
Nottingham
Tel: 0115 989 9122

### DICE HEALTHCARE LTD
Mansfield
Tel: 01623 880133

### DIGNITY – INNOVA HOUSE
Mansfield
Tel: 01623 626252

### DIRECT HEALTH (NORTH NOTTS)
Mansfield
Tel: 01623 707773

### DIRECT HEALTH (NOTTINGHAM)
Nottingham
Tel: 0115 896 4005

### DIRECT HEALTH (NOTTINGHAM CITY)
Nottingham
Tel: 0115 896 4007

### DISABLED CHILDREN’S SUPPORT SERVICES
Mansfield
Tel: 01623 433433

### DIVERSE HOME CARE LTD
Nottingham
Tel: 0115 962 0998

### DKM HEALTHCARE LTD
Nottingham
Tel: 07758 649066

### DOVE CARING LTD
Nottingham
Tel: 0115 964 8243

### DUNCAN MACMILLAN HOUSE (TRUST HEADQUARTERS)
Nottingham
Tel: 0115 969 1300

### EBS INSTANT CARE
Nottingham
Tel: 0115 984 1961

### EDEN SUPPORTED LIVING LTD – MANSFIELD REGIONAL OFFICE
Mansfield Woodhouse
Tel: 01623 651987

### EDEN SUPPORTED LIVING LTD – NEWARK REGIONAL OFFICE
Newark
Tel: 01636 611363

### EDEN SUPPORTED LIVING LTD – NOTTINGHAM REGIONAL OFFICE
Nottingham
Tel: 0115 960 3264

---

**Service User Bands**

- **OP** Older people (65+)
- **D** Dementia
- **PD** Physical disability
- **LDA** Learning disability, autism
- **SI** Sensory impairment
- **YA** Younger adults
- **AD** People who misuse alcohol or drugs

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For support in Nottinghamshire, visit: [www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk) or call: 0300 500 80 80
Mayfair Medics specialises in providing personalised care to individuals with a wide range of care needs in the comfort of their home. Whether you or your loved one need assistance for a few hours, days, weeks or months due to aging, illness, recovery, rehabilitation or giving the main carer a break, our experienced carers will provide care based on your needs and deliver a service that you can trust and rely on 24 hours, 7 days a week.

T: 02035071825 E: info@mayfairmedics.com
www.mayfairmedics.co.uk

Nottz Care
Quality Care at your doorstep

We provide a full range of Services to all age ranges at home, from 18 years to the elderly.
We help with everyday activities to enable people to carry on living successfully at home. The visits can be as short as 30 minutes or as long as you wish – we are flexible to your needs.

Call us today to see how we can assist
01159 648 277 - 07490977422 or email info@nottzcare.co.uk
or visit our website: www.nottzcare.co.uk

For information on home care and how it could help you, see page 23.

Leen Valley Home Care

Let us take care of you. Our dedicated, caring staff will help assist with your needs. Anything from bed care to simply joining you for a cup of tea to keep you company.

Assistance can include such things as:
- Bathing
- Incontinence Care
- Light Housekeeping
- Meals
- Grocery shopping
- Medication
- Hairdresser / Optician / Chiropodist visits
- Appointments

3 Nottingham Road, Hucknall, Nottingham NG15 7QN
(t) 0115 964 0400 (e) info@leenvalleycare.co.uk
To find out more visit (w) www.leenvalleycare.co.uk

For a FREE No-Obligation Care Assessment
Freephone 0800 772 0770
www.lloydscaresetup.com

Bhandal Care Group
Homes for the Elderly

Affordable, Compassionate, Quality, Tailored Home Care

Lloyds Care Group can provide your loved ones with a wide range of suitable care, including:
- Live-in Care
- Personal Care
- Social Care
- Domestic Services
- Dementia Care
- Palliative Care
- Physical Disabilities Care
- Learning Disabilities Care
- Meal Preparation
- Plus much more...

For support in Nottinghamshire, visit: www.nottshelpyourself.org.uk or call: 0300 500 80 80
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**ENABLE SUPPORT**
Nottingham
Tel: 07764 486075

**EXEMPLAR HOMECARE LTD**
Mansfield
Tel: 01623 287988

**EXTRA HELP CARE LTD**
Nottingham
Tel: 0115 9782755

**FIRS RESIDENTIAL CARE HOME, THE**
Nottingham
Tel: 0115 966 5055

**FIRST CARE DCA**
Worksop
Tel: 01909 479222

**FIRST CLASS CARE LTD**
Nottingham
Tel: 07985 333959

**FITZROY SUPPORT AT HOME – NOTTINGHAMSHIRE**
Newark
Tel: 0115 784 1840

**FOREVER INDEPENDENT**
Nottingham
Tel: 0115 837 6656

**FOSSE HEALTHCARE – NOTTINGHAMSHIRE**
Mansfield
Tel: 01623 749731

**FREE SPIRIT SUPPORT SERVICE**
Retford
Tel: 01777 712601

**FUTURE HOME CARE LTD – NOTTINGHAMSHIRE**
Nottingham
Tel: 0115 753 0970

**GC HOME CARE**
Nottingham
Tel: 0115 840 4624

**GRACIOUS HEALTH SOLUTIONS LTD**
Nottingham
Tel: 0115 935 2068

**HATZFELD HOMECARE SERVICES**
Newark
Tel: 01636 70077

**HELPING HANDS WEST BRIDGFORD**
Nottingham
Tel: 0808 274 2935

**HIDMAT CARE LTD**
Nottingham
Tel: 0115 929 8308

**HOME INSTEAD SENIOR CARE**
Nottingham
Tel: 0115 922 6116

**HOME INSTEAD SENIOR CARE**
Nottingham
Tel: 0115 911 3370

**HOME INSTEAD SENIOR CARE**
Retford
Tel: 01777 712629

**HOMECARE PLUS**
Nottingham
Tel: 0115 911 3370

**HUMAN SUPPORT GROUP LTD – NOTTINGHAM**
Nottingham
Tel: 0115 936 1739

**ICARE NOTTINGHAM LTD**
Nottingham
Tel: 07790 386765

**IN OUT AND ABOUT COMMUNITY SUPPORT OFFICE**
Nottingham
Tel: 01949 837227

**INDEPENDENT LIVING SERVICES (EM) LTD**
Nottingham
Tel: 01623 237090

For support in Nottinghamshire, visit: [www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk) or call: 0300 500 80 80
### Other registered domiciliary services continued

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<td>Learning disability, autism People who misuse alcohol or drugs</td>
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**Interserve Healthcare – Nottingham**
- Nottingham
- Tel: 01623 727660
- **Service** OP PD LDA MH SI AD

**J & K Keycare**
- Nottingham
- Tel: 07771 357911
- **Service** OP D PD SI YA

**Jade Healthcare Services**
- Nottingham
- Tel: 0115 964 8317
- **Service** OP D PD LDA YA

**Jepps Care Ltd – The Diamond Centre**
- Nottingham
- Tel: 01623 700389
- **Service** OP D PD LDA MH SI AD

**Jigsaw Homecare Ltd**
- Mansfield
- Tel: 01623 662200
- **Service** OP D PD LDA MH SI YA

**Joy2Care**
- Nottingham
- Tel: 0115 987 1263
- **Service** OP D PD SI YA

**Jrh Support – Head Office**
- Nottingham
- Tel: 0115 985 6000
- **Service** OP D PD LDA MH SI AD

**Kare Plus Mansfield**
- Mansfield
- Tel: 01623 272722
- **Service** OP D PD LDA MH YA

**Karvonettes**
- Mansfield
- Tel: 01623 432388
- **Service** Advert page 30 OP D PD MH SI YA

**Kcl Care Ltd**
- Nottingham
- Tel: 0115 837 7576
- **Service** OP D PD LDA MH SI YA

**Knights Home Care Services Ltd**
- Doncaster
- Tel: 01427 891483
- **Service** OP D LDA MH SI YA

**Krystal Care Ltd**
- Nottingham
- Tel: 0115 978 4589
- **Service** OP D PD SI

**Leada Homecare**
- Worksop
- Tel: 01909 512550
- **Service** OP D PD MH SI

**Leen Valley Home Care**
- Hucknall
- **Service** OP D PD

**Leivers Court Residential Care Home For Older People**
- Nottingham
- Tel: 0115 920 9501
- **Service** OP D PD LDA SI

**Leymar Healthcare**
- Sutton-in-Ashfield
- Tel: 01623 360193
- **Service** OP D PD MH SI YA

**Lifeways Community Care Ltd (Nottingham)**
- Nottingham
- Tel: 0115 753 0970
- **Service** OP D PD LDA MH SI YA

**Lmt Support Care**
- Nottingham
- Tel: 07786 376648
- **Service** OP D PD LDA MH YA

**Local Care Group Ltd, The**
- Newark
- Tel: 01636 676359
- **Service** OP D PD LDA MH SI YA AD

**Magnolia Domiciliary Care Ltd**
- Nottingham
- Tel: 0115 978 5240
- **Service** Advert page 30 LDA

**Mears Care Mansfield**
- Mansfield
- Tel: 0333 999 7628
- **Service** OP D PD LDA MH SI

**Mencap – Central Notts Services**
- Worksop
- Tel: 0808 808 1111
- **Service** LDA

**Mencap – Mansfield Domiciliary Care Agency**
- Worksop
- Tel: 01909 712255
- **Service** OP D PD LDA SI YA

**Mencap – Newark Domiciliary Care Agency**
- Newark
- Tel: 01636 614027
- **Service** OP D PD LDA MH SI YA

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For support in Nottinghamshire, visit: [www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk) or call: 0300 500 80 80
### Other registered domiciliary services (continued)

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<td>YA</td>
<td>Younger adults</td>
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#### Advertisers

- **MENCAP – NORTH NOTTS SERVICES**
  - Worksop
  - Tel: 01909 712255
- **MENCAP PORTLAND AND OXBOROUGH SERVICES**
  - Nottingham
  - Tel: 0115 847 9434
- **MIDDLETON BOULEVARD, 127A**
  - Nottingham
  - Tel: 0203 507 1825
- **MIDLANDS HOME CARE LTD**
  - Nottingham
  - Tel: 0115 880 0300
- **MISSIONTIMES CARE SERVICES LTD – BILBOROUGH**
  - Nottingham
  - Tel: 0115 929 6992
- **MUMS HELPING HANDS LTD**
  - Nottingham
  - Tel: 0115 942 0028
- **NATIONWIDE CARE SERVICES LTD (NOTTINGHAM)**
  - Nottingham
  - Tel: 0115 960 7900
- **NOTTINGHAM ASSURED HOME CARE LTD**
  - Nottingham
  - Tel: 07974 685094
- **NOTTINGHAM HOME CARE**
  - Nottingham
  - Tel: 0115 876 3222
- **NOTTINGHAM MENCAP SHORT BREAKS SERVICE**
  - Nottingham
  - Tel: 0115 920 4433
- **NOTTINGHAM SUPPORTED LIVING (DCA)**
  - Nottingham
  - Tel: 07843 265390
- **NOTTS HOME CARE LTD**
  - Newark
  - Tel: 01623 862491
- **NOTTZ CARE LTD – NOTTINGHAMSHIRE**
  - Nottingham
  - Tel: 0115 964 8277
- **NURTURECARE LTD**
  - Nottingham
  - Tel: 0115 838 1190
- **OLD VICARAGE, THE**
  - Doncaster
  - Tel: 01302 745707
- **OLIVE**
  - Mansfield
  - Tel: 0116 296 2987
- **OLIVE CARE**
  - Nottingham
  - Tel: 0115 923 3585
- **PATHWAY CARE SOLUTIONS HEAD OFFICE**
  - Nottingham
  - Tel: 0115 947 3142
- **PERCURRA**
  - Nottingham
  - Tel: 0844 544 7780
- **PERSONALISED SUPPORT TEAM – NORTH NOTTINGHAMSHIRE**
  - Worksop
  - Tel: 0115 844 3540
- **PERSONALISED SUPPORT TEAM – NOTTINGHAM**
  - Nottingham
  - Tel: 0115 944 3540
- **PREMIER CARE**
  - Mansfield
  - Tel: 01623 810100
- **PURE OFFICES**
  - Nottingham
  - Tel: 01623 726177

For support in Nottinghamshire, visit: www.nottshelpyourself.org.uk or call: 0300 500 80 80
QUALITY LIFE UK
Loughborough
Tel: 01509 767879

RADCLIFFE HOME HELP SERVICES
Nottingham
Tel: 0115 933 5433

RADIS COMMUNITY CARE (MOORFIELD COURT)
Southwell
Tel: 01636 814325

RADIS COMMUNITY CARE (NOTTINGHAM)
Nottingham
Tel: 0115 943 0604

RAINBOW CARE SERVICES LTD
– 2A KEMPSON STREET
Nottingham
Tel: 0115 921 2555

REACH CARE
Southwell
Tel: 01636 919946

REACH HOUSING & ENABLEMENT SERVICES LTD
Sutton-in-Ashfield
Tel: 01623 559299

REAL LIVES COMMUNITY INTEREST COMPANY
Nottingham
Tel: 07772 127691

RED CROSS CRISIS INTERVENTION
COMMUNITY SUPPORT
Nottingham
Tel: 0115 852 8000

REDCLIFFE HOUSE
Mansfield
Tel: 01623 635599

RESPECTFUL CARE – MANSFIELD & ASHFIELD
Mansfield
Tel: 01623 665011

RESPECTFUL CARE – NOTTINGHAM NORTH
Nottingham
Tel: 0115 920 4317

RESPECTFUL CARE – NOTTINGHAM SOUTH
Nottingham
Tel: 0115 778 8566

RICHMANN HOUSE RESIDENTIAL HOME LTD
Nottingham
Tel: 0115 914 2609

RIGHT AT HOME (NOTTINGHAM SOUTH)
Nottingham
Tel: 0115 880 0911

SERVICE TREE LTD, THE
Nottingham
Tel: 0115 914 7383

SEVACARE – NOTTINGHAM
Nottingham
Tel: 0115 924 4682

SHERWOOD PRIME CARE LTD
Worksop
Tel: 01909 512127

SILVER SERVICE CARERS LTD
Newark
Tel: 07906 115755

SJW – THE WRIGHT CARE
Worksop
Tel: 01909 512163

SOCIAL CARE SOLUTIONS LTD
(NOTTINGHAM AND DERBY OFFICE)
Nottingham
Tel: 0115 753 0971

SOLO SUPPORT SERVICES
Nottingham
Tel: 0115 815 7010

SPRINGS OF JOY CARE SOLUTION (SOJ) C.I.C
Nottingham
Tel: 07830 735352

START SERVICE
– BROXTOWE, GEDLING & RUSHCLIFFE LOCALITY
Nottingham
Tel: 0115 804 1149

Other registered domiciliary services continued

SERVICE TREE LTD, THE
Nottingham
Tel: 0115 914 7383

SILVER SERVICE CARERS LTD
Newark
Tel: 07906 115755

SJW – THE WRIGHT CARE
Worksop
Tel: 01909 512163

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Nottingham
Tel: 0115 804 1149

36 For support in Nottinghamshire, visit: www.nottshelpyourself.org.uk or call: 0300 500 80 80
### Other registered domiciliary services continued

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<tr>
<th>Service</th>
<th>OP</th>
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<th>PD</th>
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<th>Learning disability, autism</th>
<th>SI</th>
<th>Sensory impairment</th>
<th>YA</th>
<th>Younger adults</th>
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<th>People who misuse alcohol or drugs</th>
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</table>

For care and support services in Nottinghamshire:
www.nottshelpyourself.org.uk
0300 500 80 80
Shared Lives

Shared Lives is a housing scheme aiming to help people experience ordinary life with real relationships. Support is mainly provided within, or connected to, a Shared Lives carer’s own home. Carers are trained to support older people, people with physical disabilities, learning disabilities or mental health needs.

It is a regulated service for people who:

- need support to live in the community;
- are over 18; and
- are eligible for social care services.

Shared Lives can be delivered as:

- sharing or living in a Shared Lives carer’s home and getting support with everyday life;
- daytime support – regular support sessions in the carer’s home and out in the community; or
- outreach support – in your own home and the carer provides help where needed so you can live independently.

If Shared Lives is suitable for your needs following an assessment, we will try to match you with a carer. This means you get a chance to find out about the carer and they can find out about you to make sure everyone is happy before any support starts.

You will have to pay towards your living costs if you live with a carer or stay with them in their home.

Call: 0300 500 80 80 or visit: www.nottinghamshire.gov.uk/sharedlives to find out more.

Housing with care

Housing with care is accommodation where you can live as independently as possible, with the reassurance that care staff are on-site 24-hours a day, seven days a week.

Housing with care, which is also known as ‘extra care’, is an extension to traditional supported housing and each scheme is different.

It offers:

**Privacy, independence and security** – you have the freedom to live your life how you wish, in your own home with your own front door; you can come and go as you please.

**Control and choice** – you keep complete control over your finances. Depending on the accommodation on offer within each scheme, you can rent, buy or part own your home.

**Support and flexibility** – support is on hand to help you with everyday care and support tasks. The support provided is tailored to your own situation and changes according to your needs.

**Stability** – if your needs increase, you don’t have to move to get more support, as the care offered by the on-site care team can change according to your needs.

**Sense of community** – communal areas allow you to easily socialise with other residents and join in group activities.

There are now 13 housing with care schemes in Nottinghamshire:

- Westmorland House in Harworth
- Abbey Grove in Worksop
- Vale View in Newark
- Moorfield Court in Southwell
• Hilton Grange in Edwalton
• Cricketers Court in West Bridgford
• Spring Meadows in Cotgrave
• St Andrews in Mapperley
• Bilsthorpe Bungalows in Bilsthorpe
• Poppy Fields in Mansfield
• Darlison Court in Hucknall
• Gladstone House in Newark
• Town View in Mansfield

In addition to the existing schemes, as part of our commitment to improving choice and support for older adults, we continue to develop further housing with care schemes to increase the number of available places across the county.

Housing options for younger adults

We aim to help people maintain their independence. If you are eligible for social care services, we can help you consider which housing and support option might best meet your needs.

You may wish to continue living in your own home and we may be able to help you do this. We could arrange for someone to visit you and help you develop or maintain your independent living skills or we could assess your home for possible adaptations.

Alternatively, one of our supported living schemes may meet your needs. This offers a level of independence and the chance to meet other people in similar situations. People with high levels of needs can live in supported living with appropriate support in place. Staff will be available at agreed times and will work with you to help you.

People living in supported living usually have their own tenancy and have access to a range of welfare benefits. There are schemes in every district of the county.

In exceptional cases, you may need to consider residential care on either a short- or long-term basis.

Paying for care is discussed on page 51.

Residential care

Before you think about residential care, please take time to look at the other options that are available to help you stay living independently at home. You may find that equipment, an adaptation to your home or support with washing and dressing means that you can stay in your own home for longer.
Purpose built 42 bedded nursing home situated in Kirkby in Ashfield providing 24 hour specialist nursing care including behaviours’ that may challenge. Dementia Quality Mark includes Gold Standard End of Life Care. Registered for residential and nursing care.

- Specialist single sex units, male (18 beds) and female (10 beds).
- Intense care for individuals that require a more bespoke care provision
- 14 bedded unit that accommodates dementia and physical care needs
- Care team specialise in managing behaviours in a positive and proactive manner
- Dementia Quality Seal of Approval from the local authority

OTHER SPECIALIST FEATURES;

- Short distance from both local town centres
- Easy access to bus and train routes (bus stop outside the home)
- Conservatories attached to the home for family visits and reminiscence bar features
- Smoking room on site for individuals that wish to use the room
- Secure enclosed gardens for resident uses
- Hair dressing salon on site
- Regular visits from pet therapy services
- Two Activities co-ordinators providing engaging person centered activities
- Regular day trips organised for residents and families
- We have an attending clergy service for all resident religious and spiritual needs
- Excellent relationships with visiting professionals and GPs

Feel free to pop in for a cup of tea and a chat, you’re always welcome.

Telephone: 01623 622322 Fax: 01623 621200
Email: manager@newgatelodge.com
Newgate Lane, Mansfield, Nottinghamshire NG18 2LG

Beautiful, purpose built 55 bedded care home within walking distance of Mansfield Town Centre. The home is beautifully decorated in a welcoming environment with all rooms being ensuite to offer a safe and homely environment with ample space.

- Professional, experienced and dedicated staff team specialising in dementia and residential care
- 32 bed dementia therapy unit specialising in therapeutic care
- Respite and day care available
- Residential 23 bed social care unit on ground floor

OTHER SPECIALIST FEATURES;

- Conservatory lounges providing homely environment
- 2 Passenger lifts giving easy access to both floors
- 4 dining rooms with home cooking
- Residents smoking room
- Activities co-ordinator providing person centered activities
- Seasonal outings, outdoor activities & Monthly entertainers
- Fluffy Animal Therapy with our pet rabbits ‘Bubble & Squeak’
- Gentle seated exercise sessions
- Reminiscence lounge, visitors Lounge & Tuck shop
- Secure private courtyard with fountain
- Hairdressing salon on site
- Multi-faith room with monthly visits from local clergy

Telephone: 01623 752288 Fax: 01623 237375
Email: info@lowmoorcare.com
Lowmoor Road, Kirkby-in-Ashfield, Nottinghamshire NG17 7JE
First, visit: www.nottshelpyourself.org.uk or phone: 0300 500 80 80 for details about a range of services which can help you.

There are also other options when you can no longer stay at home, such as Shared Lives or housing with care (see page 38).

If you are considering residential care, you will need to have an assessment, which will determine the level of your needs and whether you are eligible for support from us.

This is strongly advised, even if you are funding the cost of your own care. Firstly, it will ensure that you have taken full advantage of our expertise—we can provide information and advice and possibly suggest alternative ways to meet your needs. Secondly, if you move into a care home while you are funding your own care, and your assets fall below the self-funder threshold of £23,250, you need to be aware that the Council will not automatically fund the full cost of the care home you are living in. In this situation, we will undertake a Care and Support Assessment and may not fund your care if you do not have assessed eligible needs. Or, if you have assessed eligible needs, we may only be able to contribute less than the cost of the care home you have been living in.

If you are considering residential care for yourself or a family member, please contact us on: 0300 500 80 80; we will be happy to assist.

Types of homes

Care homes (personal care only)
If you need someone to look after you 24-hours a day, but don’t need nursing care, a care home offering only personal care may be the best option. Personal care includes bathing, feeding, dressing and help with moving.

Care homes with nursing
Care homes with nursing provide the same personal care support as a care home, but with fully-trained nursing staff available 24-hours a day. If you think you may need nursing care in a home, you will need to be visited by a member of our social care team to work out what care you will need. This visit might be in your own home, or in hospital if you’ve been ill, or in a care home. It is important that you have this nursing assessment before you move into a care home with nursing, so that you do not pay more for your care than you need to.

If a care home with nursing is the best solution for you, we will give you information to help you find a home which meets your care requirements. A contribution to the nursing care part of your fees is paid by the NHS to the home directly; see page 53 for more information.

Quality in care homes
Our staff visit each care home in Nottinghamshire every year and assess a range of factors, including how effectively managed the service is, how people are protected, if they are supported by competent staff, what their experience is like and whether care is focused around the person’s needs and wishes.

Judgements on each standard are made and are used to give each older adults’ care home a quality rating, with band one being the lowest quality and band five the highest. For further information on quality bands, see page 52.

The Care Quality Commission also inspects and reports on standards in care homes, see page 56 for more information.

What happens if my relative lives outside Nottinghamshire?
If you are considering a home outside Nottinghamshire because it is nearer to your family or friends, then you may still be eligible for a financial contribution towards your placement. We will be able to give you more information about this during an assessment.
A prestigious purpose built care home offering luxurious standards of accommodation and facilities, particularly for social services funded residents as well as private residents.

We warmly welcome visitors to come and enjoy a cup of tea/coffee with our staff and residents at any time.

Distinctive features:
- Nursing, Residential and Dementia care
- CQC rated Outstanding Quality of Care. Mansfield’s only care home to achieve it
- Prestigious Gold Standards Framework Accreditation for End of Life care
- Band 5 (excellent) rating by Social Services inspectors
- Luxury ensuite bedrooms with large LED TVs
- Specially adapted showers and bathrooms
- Tranquil and safe beautiful gardens
- Town centre location (opposite Tesco Superstore)
- Highly trained staff including nurses
- Active daily proprietor involvement
- Excellent selection of home cooked meals
- Sky TV and internet available

Please call 01623 631163 for further information
E: info@mansfieldmanor.co.uk • www.mansfieldmanor.co.uk
30-32 Chesterfield Road South Mansfield Nottinghamshire NG19 7AD
## Care homes checklist

### Home 1  

<table>
<thead>
<tr>
<th>Fees per week</th>
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<tr>
<td>£</td>
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### Home 3  

<table>
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</tr>
</tbody>
</table>

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We suggest that you take paper with you when visiting care homes so that you can make notes. You can download and print this checklist at: [www.carechoices.co.uk/checklists](http://www.carechoices.co.uk/checklists)

---

### Staff

- What is the minimum number of staff that are available at any time? [ ] [ ] [ ]
- Are staff respectful, friendly and polite? [ ] [ ] [ ]
- Do staff have formal training? [ ] [ ] [ ]
- Are the staff engaging with residents? [ ] [ ] [ ]

### Activities

- Can you get involved in activities you enjoy? [ ] [ ] [ ]
- Is there an Activities Co-ordinator? [ ] [ ] [ ]
- Does the home organise any outings? [ ] [ ] [ ]
- Are residents escorted to appointments? [ ] [ ] [ ]
- Do the residents seem entertained? [ ] [ ] [ ]
- Does the home have a varied activities schedule? [ ] [ ] [ ]

### Life in the home

- Is the home adapted to suit your needs? [ ] [ ] [ ]
- Can you bring your own furniture? [ ] [ ] [ ]
- Are there enough plug sockets in the rooms? [ ] [ ] [ ]
- Are there restrictions on going out? [ ] [ ] [ ]
- Is there public transport nearby? [ ] [ ] [ ]
- Does the home provide any transport? [ ] [ ] [ ]
- Can you make/receive calls privately? [ ] [ ] [ ]
- Can you decide when to get up and go to bed? [ ] [ ] [ ]
- Does the home allow pets? [ ] [ ] [ ]

### Personal preferences

- Is the home too hot/cold? Can you control the heating in your room? [ ] [ ] [ ]
- Is the décor to your tastes? [ ] [ ] [ ]
- Are there restricted visiting hours? [ ] [ ] [ ]
- Is there somewhere you can go to be alone? [ ] [ ] [ ]
- Does the home feel welcoming? [ ] [ ] [ ]

### Catering

- Can the home cater for any dietary requirements you may have? [ ] [ ] [ ]
- Does the menu change regularly? [ ] [ ] [ ]
- Can you eat when you like, even at night? [ ] [ ] [ ]
- Can you have food in your room? [ ] [ ] [ ]
- Is there a choice of food at mealtimes? [ ] [ ] [ ]
- Is alcohol available/allowed if you want it? [ ] [ ] [ ]
- Can visitors join you for meals? [ ] [ ] [ ]

### Fees

- Do your fees cover all of the services and activities? [ ] [ ] [ ]
- Are fees likely to change regularly? [ ] [ ] [ ]
- Is the notice period for cancellation of the contract reasonable? [ ] [ ] [ ]
- Could you have a trial period? [ ] [ ] [ ]
- Can you keep your room if you go into hospital? [ ] [ ] [ ]
- Can you handle your own money? [ ] [ ] [ ]

*See page 56.
We understand how confusing it can be choosing a care home for yourself, or a loved one. Selecting a Monarch Healthcare home gives you peace of mind in knowing you are choosing from the best.

Our dedicated team of nurses and carers are specially trained to discuss your requirements, and to advise you accordingly. You are welcome to visit for a short break, enjoy a meal in our restaurant, or join in our fun social programme.

In this new chapter of your life we will help you live it to the full, understanding how important it is for you to continue making your own choices and to feel valued.

....Care You Can Rely On

We expect hotel standards in housekeeping and catering. Trained chefs are employed to prepare appetising and nutritious meals, with menus selected in consultation with clients.

A varied social programme offers entertainment, outings and activities to cater for all interests and hobbies. We are always searching for new ideas and places to visit, and welcome your suggestions.

Most importantly, we promise to care for the person you love, as you would yourself.

For more information, or to request a brochure, please contact the home, or head office, on tel: 0115 984 4839 email: info@monarchhealthcare.co.uk
Specialist dementia care

Usually, the initial point of contact to access dementia care services is either your GP (for healthcare solutions) or us (for most other services). Your GP, as well as discussing your concerns, will be able to refer you to the Memory Assessment Service in your area. This service will be able to carry out a series of tests which will establish the nature of your condition and advise whether treatment is available.

You will also be able to access the Dementia Advice and Support Service which can give advice about dementia and local support services.

If the time comes when remaining at home is no longer possible, the benefits of moving into a care home may need to be considered. Differentiating one care home from another can be difficult but the quality and quantity of staff training is especially important, along with the turnover of staff, as continuity of relationships in this type of home is critical.

Advice on choosing care homes for people with dementia is available from Alzheimer’s Society: www.alzheimers.org.uk or Age UK: www.ageuk.org.uk and a checklist is included on page 47 to help when making your decision. We have also introduced the Dementia Quality Mark to recognise high-quality dementia care in care homes.

**Dementia Quality Mark**

The Dementia Quality Mark (DQM) was introduced to set the standard for high-quality dementia care in Nottinghamshire care homes. It is awarded to care homes that provide a high standard of care to people living with dementia.

Criteria that the homes must meet and evidence to achieve the award include: having a positive attitude towards dementia, allowing people with dementia emotional and physical freedom, ensuring daily routines are carried out, and providing meaningful activities and stimulation.

Care homes that are awarded the DQM receive an enhanced payment for residents living with dementia identified as requiring more specialist care.

More information and a list of current homes with the DQM can be found at: www.nottinghamshire.gov.uk/care/adult-social-care/somewhere-to-live/somewhere-to-live
Westfield Nursing Home
Devon Drive • Mansfield • Nottinghamshire • NG19 6SQ
Tel: 01623 427846  Fax: 01623 429874  Email: Lantraz@live.com
www.westfieldcarehome.net

“Home from home environment”
A beautifully decorated, purpose built Nursing Home with 45 beds. Delivering a high standard of Dementia, Residential Care and Nursing Care is of paramount importance to us, in a friendly, caring and safe atmosphere. We are located near the Magistrates Court, just off Westfield Lane, on Devon Drive.

- Welcoming clients for Nursing, Residential and Dementia Care
- Highly qualified, caring and dedicated staff
- Hairdressing salon, Library, in-house Chiropodist, specialist treatment available on request
- Voluminous dining room and several lounges
- Conservatory and patio area
- Private and Social Services funded clients welcome
- Spacious single rooms and 2 double bedrooms ideal for couples, some with en-suite
- Landscaped gardens
- Recreational activities programme and outings
- Nutritious and varied menu, with specialist diets catered for
- Excellent bus routes, close proximity to town centre

Visitors are welcome at any time

The Limes Nursing Home
Park Road • Mansfield Woodhouse • Nottinghamshire • NG19 8AX
Tel: 01623 632681 Fax: 01623 622644 Email: Lantraz@live.com

“Where care matters”
A luxurious purpose built Nursing Home with 40 beds, specialising in Residential, Dementia Care and Nursing Care within a safe, caring, warm environment.

- Welcoming clients for Nursing, Residential and Dementia Care
- Professionally trained and experienced, dedicated workforce
- Hairdressing salon, Library, in-house Chiropodist, specialist treatment available on request
- Spacious dining rooms
- Several luxuriously decorated lounges
- All en-suite bedrooms
- Private and Social Services funded clients welcome
- Patio area with landscaped gardens
- Recreational activities programme and outings
- Nutritious and varied menu, with specialist diets catered for
- Excellent bus routes

Visitors are welcome at any time
### Residential dementia care checklist

<table>
<thead>
<tr>
<th>Home 1</th>
<th>Home 2</th>
<th>Home 3</th>
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<tbody>
<tr>
<td>Fees per week</td>
<td>£</td>
<td>£</td>
</tr>
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<td>Quality rating</td>
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</tbody>
</table>

We suggest that you take paper with you when visiting care homes so that you can make notes. Please use this checklist in conjunction with the care homes checklist on page 43. You can download and print this checklist at: [www.carechoices.co.uk/checklists](http://www.carechoices.co.uk/checklists)

### Design
- Are there clear signs throughout the home?
- Has the home been designed or adapted for people with dementia?
- Are the home and grounds secure?
- Are there prompts outside the residents' rooms to help people identify their own?
- Is the décor familiar to your loved one?

### Health
- Can residents get help with eating and drinking?
- How often does the home review residents' medication?
- Does the home offer help if a resident needs assistance taking medication?
- Do GPs visit the home regularly?

### Staff
- Are staff trained to identify when a resident might be unwell?
- Are staff trained to spot when someone needs to go to the toilet?
- Do the staff have any dementia specific training/experience?
- Will your loved one have a member of staff specifically responsible for their care?

### Activities
- Are residents able to join in with household tasks like folding washing?
- Are there activities on each day?
- Can residents walk around outside on their own?
- Are residents sitting in front of the TV or are they active and engaged?
- Are there rummage boxes around?

### Approach to care
- Does the home follow a specific approach to dementia therapy, for example, validation therapy?
- Will the home keep you informed about changes to your loved one’s care?
- Does the home have a specific approach to end of life care?
- Does the home keep up to date with best practice in dementia care?

*See page 56.*

For support in Nottinghamshire, visit: [www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk) or call: 0300 500 80 80
Avery Healthcare invites you to the city’s premium care community, where outstanding care is delivered alongside luxurious living. The community comprises two high quality retirement and care homes, Acer Court and Alder House, (both rated Good by the CQC) which share the same values for excellence and deliver the same first class care in friendly surroundings.

Life is centred on resident well-being, which includes a comprehensive range of activities at both homes; it’s a life full of experiences within the daily calendar of events both inside the homes, in the community, and on trips out.

Both homes offer beautifully decorated en-suite rooms, quality restaurant style dining, quiet lounges and lovely landscaped gardens for relaxing in, including the delights of an aviary. They share the use of a cinema, enjoy company in the tea shop and travel together to events in the dedicated Avery minibus. There are also larger companion rooms and apartments available for couples wishing to stay together whilst in care.

An active and fulfilling life, supporting your independence, but secure in knowing support is always on hand.

**Come and see for yourself.**

**Acer Court Care Home**

Please call the Home Manager on 0115 977 7370

or see our lovely home life at

www.facebook.com/AcerCourtCareHome

**Alder House Care Home**

Please call the Home Manager on 0115 975 8110

or see our lovely home life at

www.facebook.com/AlderHouseCare
Nottinghamshire Care Association

Nottinghamshire Care Association (NCA) is a not-for-profit organisation that represents a wide range of independent care homes throughout Nottinghamshire and Nottingham City.

What do independent homes have to offer a resident?

Choice
Independent homes range from small, comfortable and homely through to five star hotel-style luxury, with a vast range in between. Our members’ homes come in all shapes, sizes and locations, and nearly every town has an independent care home. Although, in Nottinghamshire, all nursing homes are provided by the independent sector.

Uniqueness
Our members’ homes each provide their own unique service, but all enable older people to enjoy what is best for them. For example: those who felt isolated in their own home gain companionship; people who were struggling to cope alone receive 24-hour help; and others who may have felt like they were a burden can find themselves much more independent.

Caring staff
However it is our staff who make the difference: that smile on their face that makes those around them smile and feel valued; being dependable and sensitive to the needs of others also brings renewed confidence; offering help with the things that are hard to do which makes a difference to residents’ lives and results in an important and highly fulfilling role; being on hand 24/7.

High standards
Independent care homes provide care that is over and above the Care Quality Commission’s Fundamental Standards – caring about every aspect of residents’ lives including health, diet, exercise, hobbies and social activities. They aim to ensure that all residents continue to enjoy life whilst receiving the very highest standard of care.

All homes provide personal services and registered nursing homes also provide 24/7 qualified nursing care. Some homes also provide dementia care, learning disability support and other more specialist care.

Quality
Our members are passionate about providing good quality. All independent homes are registered with the Care Quality Commission (CQC) and are subject to stringent inspections by the CQC, the local councils, fire officers, the health and safety executive, environmental health officers and, for nursing homes, by the NHS-CCG. Unsurprisingly our members have a vested interest in providing a high-quality service to their residents. Independent government quality reports on every home can be found on the CQC website: www.cqc.org.uk

Good value
Accommodation and care charges vary according to the service offered and required – but all homes aim to provide good value for money. You may be surprised by how little high-standards of care cost. Although higher quality care often does cost more.

Details of the financial support available can be found elsewhere in this Directory. However specialist independent financial advice should always be considered.

Website
If you are looking for a care home in Nottinghamshire why not visit one of our members’ care homes? Our website provides some useful information to assist you in choosing an independent care home: www.nottinghamshirecare.org.uk

If you go to the ‘Looking for Care’ section of the website there is a database of all homes to search.
Activities of the NCA
The NCA represents individual companies, groups of homes, individuals and charities in the independent care home sector.

The NCA is committed to helping care providers to give the best possible service to the vulnerable people they care for – working in partnership with others to make this a reality. The NCA promotes the care sector by lobbying politicians for the benefit of residents, members and staff. We lobby for equal, fair and consistent support of residents whether they are in the independent or publicly owned care homes. The NCA works with the statutory authorities to negotiate economic levels of fees from the government and local authorities. We also work with the Care Quality Commission, the local councils and NHS to raise standards and encourage training and development of staff.

Chris Allison, Chairman
Nottinghamshire Care Association Ltd
Telephone or fax: 0115 824 2322
Email: info@nottinghamshirecare.org.uk
Web: www.nottinghamshirecare.org.uk

HIGH QUALITY, COST EFFECTIVE LEGAL ADVICE (when things go wrong...)

Based in Nottingham but with offices across England and Wales, we specialise in remedying legal problems that arise in the lives of vulnerable elderly people.

Whilst other solicitors who can help prepare wills and powers of attorney and care planning, Richard Nelson LLP specialise in fixing problems in these areas, if and when they arise.

Call us on 0115 986 3636
More information at: www.richardnelsonllp.co.uk/service/protection-vulnerable-adults/

Nottinghamshire County Council
For care and support services in Nottinghamshire:
www.nottshelpyourself.org.uk
0300 500 80 80
Section 4: Financial arrangements for care

Do I need to pay for my own care?

If you are moving into residential care and your capital, which includes your savings and your other assets, is more than £23,250, you will be expected to pay for the full cost of your care and support.

The value of your home will be included in the calculations unless your partner, a relative who is over 60 or incapacitated, or a child under 16 who you or a former partner have legal responsibility for, still lives there.

If you are receiving care in your home, the value of that home is not taken into account when assessing your capital, but you are still required to pay the full cost of your care if your capital (not including your home) is more than £23,250.

If your capital is less than £14,250, the amount you need to contribute towards your care and support costs will be assessed on your income only. If your capital falls between £14,250 and £23,250 a sliding scale operates, whereby you contribute £1 per week for each £250 you have above the lower figure, plus a contribution from your income.

If your capital is less than £23,250, or is likely to fall below that level in the near future, please contact us on: 0300 500 80 80 before you arrange your care and support. We will be able to assess your need for care and discuss with you what help is available to arrange the necessary financial support.

If you move into a care home with nursing, the NHS may contribute towards the cost of your nursing care. Your nursing care requirements will be determined by a nurse, who will visit you to carry out an assessment before you go into the home to ensure that this is the best place for you. For more information, visit: www.nhs.uk/chq/Pages/what-is-nhs-funded-nursing-care.aspx

Please note that these figures may change during the lifetime of this Directory.

Seeking financial advice on paying for care

If you are paying for your own care, then meeting the care costs from limited capital and not knowing how long care might be needed can be worrying. Despite this, many people do not seek appropriate financial advice to understand how best to meet the costs; as interest rates remain low it would be prudent to seek advice from a specialist financial adviser.

Money held on deposit can be depleted very quickly if being used to pay for care; therefore, it would be sensible to consider other forms of investments that could potentially deliver higher income to meet the fees.

Before deciding on what may be the most appropriate solution for meeting care costs, it would be sensible to talk to a specialist care fees adviser who has the relevant qualification for advising on funding long-term care. You can contact us on: 0300 500 80 80 for information about financial planning, Powers of Attorney and Courts of Protection, or get in touch with one of the organisations listed below:

Citizens Advice  
Tel: 03444 111 444  
Web: www.citizensadvice.org.uk

Which? Elderly Care  
Tel: 01992 822 800  
Web: www.which.co.uk/elderly-care

Society of Later Life Advisers (SOLLA)  
Tel: 0333 202 0454  
Email: admin@societyoflaterlifeadvisers.co.uk  
Web: www.societyoflaterlifeadvisers.co.uk
Please note:
We have supplied details of some financial advice services for your information only. The information is not exhaustive and there are more financial advisers available in the market. We have not vetted any financial advisers and are not responsible or liable for them or any advice or services they provide. We do not endorse or make any representations about any financial advisers, or any results or advice that may be obtained from using them.

Before deciding to use any financial adviser, please ensure that you conduct your own prudent checks.

Third party payments

In some cases, the home you choose will cost more than the rate we might pay them. If this is the case, you will need to ask someone, perhaps a family member, a friend or a charity, to make up the difference so you can live in the home. This is known as a ‘third party payment’ or ‘top-up’. With third party payments, it’s important that the person making the payments is confident they’ll be able to keep up their commitment.

They also need to be aware that the third party payment may change at any point in the future.

Nottinghamshire County Council – Banded Fee Rates 2018/19

Older people’s weekly care home fee rates are based on a five-band quality rating scale. Our staff currently visit each care home every year and assess a range of factors to determine how outcomes for residents are being met.

This process is used to determine a quality rating. Band 5 is the highest rating that can be achieved, but it should be noted that, due to the Council regularly reviewing the care homes, the ratings can change.

<table>
<thead>
<tr>
<th>Care home banding</th>
<th>Residential care</th>
<th>Residential care including DQM Payment*</th>
<th>Nursing care*</th>
<th>Nursing care including DQM Payment*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Band 1</td>
<td>£454</td>
<td>£467</td>
<td>£493</td>
<td>£504</td>
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<tr>
<td>Band 2</td>
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<td>Band 4</td>
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</tr>
<tr>
<td>Band 5</td>
<td>£564</td>
<td>£614</td>
<td>£624</td>
<td>£668</td>
</tr>
</tbody>
</table>

Please note – the nursing rates above are net and do not include the £158.16 nursing care contribution (see page 53).

The above fees are those that we will pay to the care home if we are contributing towards your care. However, please note that some care homes may charge more and the difference will need to be paid via a top-up or third party payment, discussed above.

*See page 45
NHS continuing healthcare

NHS continuing healthcare is a package of care arranged and funded by the NHS. It is not means-tested and, to be eligible, your main or primary need must relate to your health and meet the criteria set out by the NHS National Framework.

NHS continuing healthcare support may be provided in a variety of settings including a care home or your own home. If care is provided in a care home, NHS continuing healthcare will cover the care home fees, including the cost of accommodation, personal care and healthcare costs. If it is provided in the home, it will cover personal care and healthcare costs.

NHS funded nursing care

If you live in a care home that provides nursing care, whether as a temporary or a permanent resident, and you do not meet the eligibility criteria for NHS continuing healthcare, you may be eligible for NHS funded nursing care if you need care from a registered nurse.

This is not means-tested and can be paid directly to the home by the Clinical Commissioning Group (CCG) or paid by us on behalf of the CCG. The current rate is £158.16 a week. Contact us for up-to-date figures.

People who receive nursing care are still likely to need to make a financial contribution towards their residential care.

Contact us on: 0300 500 80 80 to find out more about claiming financial support.

Paying for your own care in a care home

Even if you are paying for your own care (if you have assets of over £23,250), we would still advise you to contact us for a Care and Support Assessment. This means that we can make you aware of all the options available. If you do not have an assessment and your assets are, or fall below £23,250, we may not be able to support you until after you have had an assessment and we can determine that you are receiving the appropriate level of care for your needs.

Please contact us on: 0300 500 80 80 for a Care and Support Assessment.

Depending on the type of care and support that you are eligible for, you may be entitled to the following financial support.

Benefits and Pension Credit

If you’re aged 65 or over and you need someone to help care for you, you may be eligible for Attendance Allowance (AA) or Personal Independence Payment (PIP) – non-means-tested, non-taxable benefits from the Department for Work and Pensions.

Up-to-date figures of what will be paid to you if you are eligible can be found at: www.gov.uk

AA helpline
Tel: 0345 605 6055
Textphone: 0345 604 5312
Monday to Friday, 8.00am to 6.00pm

General helpline
Tel: 0345 850 3322
Textphone: 0345 601 6677
Monday to Friday, 8.00am to 6.00pm

You may also be entitled to Pension Credit. Visit: www.gov.uk/pension-credit for more information.

Twelve-week property disregard

If your former home is included in your financial assessment but your other capital is less than £23,250 and your income doesn’t cover your care home fees, we may help with the cost during the first twelve weeks of permanent care, providing we agree that this type of care is needed.

This is known as ‘twelve-week property disregard funding’. During this time, you will still be charged a
contribution towards the cost of your care, but not the full cost.

**Deferred payment agreements**

Once the twelve-week property disregard period has ended, you may be able to have a deferred payment agreement if you are eligible, which means that some of your care costs are set against the value of your home, to be paid when the home is sold. There may be administrative and interest charges for this. We strongly recommend seeking independent financial advice if you are considering this option.

**Council Tax exemption**

If your property is left empty when you move into a care home, you should receive full exemption from Council Tax until your property is sold.

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**Section 5: Essential information**

**Safeguarding adults at risk of abuse and/or neglect**

An adult at risk is a person aged 18 years or over who can’t protect themselves from abuse or from being exploited.

This may be because they have:

- a mental health condition or learning disability;
- a physical impairment;
- a sensory impairment;
- some form of illness; or
- are old and frail.

**What is safeguarding?**

Safeguarding means protecting an adult’s right to live in safety, free from abuse and neglect. It is about people and organisations working together to prevent and stop both the risks and experience of abuse or neglect, whilst making sure that the adult’s wellbeing is promoted, including consideration of their views, wishes, feelings and beliefs in deciding on any action.

The aim of adult safeguarding is to:

- stop abuse or neglect wherever possible;
- prevent harm and reduce the risk of abuse or neglect to adults with care and support needs;
- safeguard adults in a way that supports them to make choices and control how they live, focusing on outcomes that are important to them;
- concentrate on improving life for the adults concerned;
- raise public awareness so that communities, alongside professionals, play their part in preventing, identifying and responding to abuse and neglect; and
- provide accessible information and support to help people understand the different types of abuse, how to stay safe and how to raise a concern about the safety or wellbeing of an adult, and address what has caused the abuse or neglect.

Forms of abuse could be physical, sexual, psychological, discriminatory or financial. It could also be self-neglect or organisational abuse, where the abuse is a result of the way a service or organisation is run. Abuse might also be linked to modern slavery or domestic abuse.

It can happen anywhere – in someone’s own home, in a care home, a hospital, in a workplace, at a day centre or educational establishment, in supported housing or in the street.
What to do if you think someone is at risk
We are committed to ensuring that adults who use services are protected from abuse and neglect and to responding promptly when abuse is suspected. All agencies that provide services to adults have a zero-tolerance approach towards abuse and neglect.

Contact us on: 0300 500 80 80 to report a safeguarding incident or for further help and advice. Your concerns will be taken seriously and will receive prompt attention.

If there is danger to life, a risk of injury, or a crime is taking place and immediate action is needed, call the police on: 999.
For more information, visit: www.nottshelpyourself.org.uk/adultsocialcare

End of life care

Although the subject of dying is often painful to contemplate, it is essential that you and your relatives discuss your wishes as you near the end of your life. Good planning for all your needs should mean that you can (if you choose) remain in your home or care home in your last days and not be admitted to hospital.

When choosing a service, such as home care or residential care, you should consider its end of life care philosophy and policies. Enabling people to die in comfort and with dignity is a core part of providing care, and the way care professionals approach the process will be incredibly important for you, your family and carers.

The service should have an open approach to end of life care. It should initiate conversation with you and your family and work with your GP to ensure your needs and wishes are discussed and planned for. An end of life care plan should also be drawn up, as it is vital to establish your preferences and choices.

You could use the Notts Advance Care Plan document to help with outlining your wishes. This document is designed to help you prepare for the future and gives you an opportunity to think about, talk about and write down your preferences and priorities for care at the end of life. Search for the Advance Care Planning document on the EPaCCS website to find a copy that you can fill in, visit: www.epaccs.com

It is also important to know that all health and social care staff must be trained in communication regarding end of life care and will be trained in assessing the needs of individuals and carers.

Registering a death

If a loved one has passed away, it may feel like many things need to be arranged. Our registration team can help you through this process.

One of the first things you will need to do is make an appointment to register the death. You can do this online at: www.nottinghamshire.gov.uk/registrars or call: 0300 500 80 80.

Registering the death will provide you with the documents needed to arrange the funeral and to deal with the deceased’s estate. A death should be registered within five days, unless the Coroner is involved. We can also pass the information onto other relevant agencies on your behalf after you have registered a death, so that you do not have to contact so many organisations.

For more information about end of life care, and for links to other useful organisations, visit: www.nottshelpyourself.org.uk

For support in Nottinghamshire, visit: www.nottshelpyourself.org.uk or call: 0300 500 80 80
Comments, compliments and complaints

All organisations need to know how they are performing. They are happy to receive your feedback on their service whether it is a compliment or complaint. Tell them what you think – your comments can be used constructively to improve the service.

You should feel able to complain about any aspect of your care that affects your happiness or comfort. This could be about the way you are treated by staff or the quality of the food. You can also make comments and suggestions about possible improvements to your surroundings and the services provided.

Making a complaint should not be made difficult for you. Providers are required to have a simple and easy to use complaints procedure that they will be happy to give you. If you are concerned about the care that you, a friend or a relative is receiving, it makes sense to speak to the manager before you take any further action. The problem may be resolved quite easily once they are made aware of it. However, if you need to make a formal complaint, you should initially contact the registered owners of the service. They have a duty to respond to any complaints made.

If we have arranged and funded your care and you wish to make a complaint to us, phone: 0300 500 80 80, email: enquiries@nottscc.gov.uk or visit: www.nottinghamshire.gov.uk/contact-and-complaints/complaints/make-a-complaint-comment-or-compliment

If you believe there has been a breach of regulations, you may also wish to contact the Care Quality Commission.
Tel: 03000 616161
Email: enquiries@cqc.org.uk
Web: www.cqc.org.uk

If you have arranged and funded your care without the Council’s involvement and you are unhappy with the response to your complaint by the service provider, you can contact the Local Government and Social Care Ombudsman (LGO) for advice. The LGO looks into complaints about councils and some other organisations including adult social care providers (such as care homes and home care providers).

The Local Government and Social Care Ombudsman
Tel: 0300 061 0614 • Web: www.lgo.org.uk

Inspecting and regulating care services

Health and social care services must be registered to show that they meet a set of standards.

The Care Quality Commission (CQC) is the independent regulator of health and social care in England. It registers care providers and inspects and rates services. When things go wrong, the CQC can also take action to protect people who use services. After an inspection of a care home or home care agency, the CQC publishes a report of what it found. The report looks at how well the service meets the CQC’s five key questions: Is the service safe? Effective? Caring? Responsive to people’s needs? Well-led?

Each care home and home care agency will get an overall rating of outstanding, good, requires improvement or inadequate. It will also get ratings for each key question. The ratings mean you can easily see where a service is performing well, and where it needs to improve.

It’s always a good idea to check inspection reports and ratings when choosing a care service. You can
find reports and ratings on the CQC’s website (www.cqc.org.uk). Care providers must also display their latest rating at their premises and on their website.

You can also tell the CQC about your experiences of care – good or bad. It can use your information to see where it should inspect next, and what to look out for when it does. If you want to share your experience of care, visit: www.cqc.org.uk/share

Finding care options in your area

This Directory offers a telephone and website service allowing you to search by postcode or region for care homes, care homes with nursing and home care providers that meet your requirements across the country. Your search can be sent to you by post or email, or discussed with you over the telephone. If you are searching online, the results can be saved and emailed to others. You can also view an electronic version of this Directory on the site and have it read to you by using the ‘Browsealoud’ function.

Whatever your care needs, this Directory and the Care Choices telephone and website service will be able to point you in the best direction, however you would like care information presented.

Please call: 0800 389 2077 or visit: www.carechoices.co.uk

Useful contacts

For details about services, providers and groups to help you, visit: www.nottshelpyourself.org.uk or phone Nottinghamshire County Council on: 0300 500 80 80.

Age UK
Working for all older people in Nottinghamshire.
Tel: 0115 844 0011 • Email: info@ageuknotts.org.uk
Web: www.ageuk.org.uk/notts

Alzheimer’s Society (Nottinghamshire Branch)
Offer advice and support to people with dementia and their carers.
Tel: 0115 934 3800
Email: nottingham@alzheimers.org.uk
Web: www.alzheimers.org.uk

Carers Federation, The
Provides a wide range of services and useful information for carers.
Tel: 0115 962 9310
Email: info@carersfederation.co.uk
Web: www.carersfederation.co.uk

Citizen’s Advice
Nottingham and District Citizen’s Advice Bureau.
34-36 Carrington Street, Nottingham NG1 7FG
Tel: 0300 330 5457
Web: citizensadvicenotintingham.org.uk

Disability Nottinghamshire
Free, impartial and confidential advice and information on any aspect of disability (both general disability advice and specific welfare and benefits advice).
Tel: 01623 625891
Email: advice@disabilitynottinghamshire.org.uk
Web: www.disabilitynottinghamshire.org.uk

Inspire Nottingham
A small, local charity based in Nottingham and provides services and support for people with learning disabilities to enable them to develop their potential for living full and independent lives.
Tel: 0115 847 5757
Email: enquiries@inspire-nottingham.org.uk
Web: www.inspire-nottingham.org.uk

For support in Nottinghamshire, visit: www.nottshelpyourself.org.uk or call: 0300 500 80 80
Nottinghamshire Help Yourself
Directory of social care and support services in Nottinghamshire.
Web: www.nottshelpyourself.org.uk

Nottingham Mencap
An independent local voluntary and community charity, dedicated to people with a learning disability or difficulty and their families and carers, living in Nottingham and Nottinghamshire.
Harpenden House, 203 Edwards Lane, Sherwood, Nottingham NG5 3JA
Tel: 0115 920 9524 • Email: info@n-mencap.org
Web: www.nottinghammencap.org.uk

Nottinghamshire Care Association
Represents the majority of care homes/care homes with nursing throughout Nottinghamshire.
Tel: 0115 824 2322
Email: info@nottinghamshirecare.org.uk
Web: www.nottinghamshirecare.org.uk

Nottinghamshire County Council
County Hall, West Bridgford, Nottingham NG2 7QP
Customer Service Centre:
Tel: 0300 500 80 80
Email: enquiries@nottscc.gov.uk
Web: www.nottinghamshire.gov.uk

The Care Quality Commission (CQC)
Tel: 03000 616161
Email: enquiries@cqc.org.uk
Web: www.cqc.org.uk

Health contacts
Healthwatch
Represents the views of local people of the health and social care services they receive.
Tel: 0115 956 5313
Web: www.healthwatchnottinghamshire.co.uk

Hospitals
Ashfield Community Hospital
Tel: 01623 784723

Bassetlaw Hospital
Tel: 01909 500990

Kings Mill Hospital
Tel: 01623 622515

Mansfield Community Hospital
Tel: 01623 785050

Newark Hospital
Tel: 01623 681681

Nottingham City Hospital
Tel: 0115 969 1169

Nottinghamshire Healthcare
Tel: 0115 969 1300

Queens Medical Centre
Tel: 0115 924 9924

SEARCH FOR CARE IN YOUR AREA
With so many providers to choose from, where do you start?
• Find care providers quickly and easily • Search by location and care need
• Information on care quality • Links to inspection reports
• Additional information, photos and web links • Brochure requests

www.carechoices.co.uk
ASHA Healthcare has over 30 years of experience in delivering care and providing support to vulnerable adults. Our ethos centres around ensuring that every one of our clients is enabled to live an independent lifestyle within our Homes whilst maintaining their health, safety and wellbeing. We actively encourage family and friends to play an active role in helping us to provide a bespoke service.

ASHA Healthcare is always keen to integrate the local community and looks to organise a number of events to encourage local residents to visit our Homes.

Facilities & Services
- Nursing and residential care
- Supporting those living with Dementia
- Day care
- Respite care
- Physiotherapy
- Own GP if required
- Own furniture if required
- Lift and wheelchair access
- Gardens for residents

For more information please contact us:
Tel: 0115 972 9465
Email: info@ashahealthcare.co.uk
Visit: www.ashahealthcare.co.uk
Luxury Residential and Dementia Care Home

Sutton-in-Ashfield

Exceptional Care in Outstanding Surroundings

“I have been overwhelmed at the kindness my mother has received since going into this home... The home and staff are amazing here and personal care has been carried out with dignity.”

Margaret H. Daughter of resident

£795 per week

Our simple, All-Inclusive Guarantee means everything is included and you will not be charged for any extras.

We are proud to pay our staff higher than average salaries and provide more staff for each resident than most care homes.

**All-Inclusive Guarantee**

- 24 hour care
- Cinema
- Hair and beauty
- Newspapers
- Chiroprodist
- Assisted medical visits
- Private dining
- Dry cleaning
- Activities, 7 days a week
- Chauffeur driven car
- Home outings
- All meals, snacks & drinks
- Home outings

Respite stays also available

Please call **01623 440 325** or visit [www.oakdalecaregroup.com](http://www.oakdalecaregroup.com)

Kingfisher Way | Sutton-in-Ashfield | NG17 4BR.

Price correct at time of going to print.
A single line of text is provided here.
Exceptional Care for Loved Ones

Ashmere Nottinghamshire Ltd
Priestsic Road, Sutton in Ashfield NG17 2AH
T: 01623 441130
E: enquiries@ashmerenotts.co.uk
www.ashmerenotts.co.uk

SUTTON COURT • SUTTON LODGE • SUTTON MANOR

Our three Residential Care Homes in Nottinghamshire make up the Ashmere Care Centre which features:
- Single and double en-suite bedrooms with emergency call buttons
- Indoor hydrotherapy pool and jacuzzi
- Full time activity co-ordinators
- Social services and privately funded residents
- Lunch club, day care, short term and long term care
- Specialist dementia unit • Private visitors lounge
- Plenty of visitor parking • Front, rear and courtyard gardens

Why Choose Ashmere Notts?
We have won numerous awards which demonstrate our top quality homes and staff. However, we never rest on our laurels and as such, we are constantly looking for ways to improve. We work alongside our residents and their families to ensure a unified approach in aspiring to have the best care homes in Nottinghamshire.

Ashmere Notts Ltd
Priestsic Road, Sutton in Ashfield NG17 2AH
T: 01623 441130
E: enquiries@ashmerenotts.co.uk
www.ashmerenotts.co.uk
Ashfield care homes continued

HEATHCOTES (MOORGREEN)
Lancaster Road, Hucknall, Nottingham NG15 6WG
Tel: 0115 963 2374

HEATHCOTES (TAYLOR VIEW AND GILBERT LODGE)
220 Watnall Road, Hucknall, Nottingham NG15 6EY
Tel: 0115 963 6379

HELMSLEY ROAD SHORT BREAKS SERVICE
29 Helmsley Road, Rainworth, Mansfield NG21 0DQ
Tel: 01623 476939

HOLLIES, THE
20 Alfreton Road, Sutton-in-Ashfield NG17 1FW
Tel: 01623 512850

HUCKNALL HOPE LEA PROJECT
11-13 Annesley Road, Hucknall, Nottingham NG15 7AD
Tel: 0115 953 8385

INA LODGE
4 De Morgan Close, Underwood, Nottingham NG16 5EU
Tel: 0115 860 2258

KINGFISHER COURT
Kingfisher Way, off Coxmoor Road, Sutton-in-Ashfield NG17 4BR
Tel: 01623 440325

LARWOOD HOUSE
1 Edison Street, Kirkby-in-Ashfield, Nottingham NG17 9EP
Tel: 01623 752936

LEEN VALLEY CARE HOME
3 Nottingham Road, Hucknall NG15 7QN
Tel: 0115 964 0400

LIMES CARE HOME, THE
Park Road, Mansfield Woodhouse, Mansfield NG19 8AX
Tel: 01623 632681

LOXLEY LODGE CARE HOME
School Street, Kirkby-in-Ashfield, Nottingham NG17 7BT
Tel: 01623 757475

MANOR HOUSE CARE HOME
Brook Street, Sutton-in-Ashfield NG17 1ES
Tel: 01623 554552

ORCHARD CARE HOME, THE
10 Papplewick Lane, Hucknall, Nottingham NG15 7TE
Tel: 0115 952 7102

ORCHARD STREET, 2-8
Hucknall, Nottingham NG15 7JX
Tel: 0115 968 0525

QUINTON HOUSE
2 The Hill, Kirkby-in-Ashfield, Nottingham NG17 8JR
Tel: 01623 72321

RICHMOND LODGE
Off 35a Road, Kirkby-in-Ashfield, Nottingham NG17 7PR
Tel: 01623 750620

ROYAL MENCAP SOCIETY – BRIERLEY BUNGALOW
Ashfield Court, Stoneyford Road, Sutton-in-Ashfield NG17 2DR
Tel: 01623 512666

ROYAL MENCAP SOCIETY – NEWSTEAD BUNGALOW
Ashfield Court, Stoneyford Road, Sutton-in-Ashfield NG17 2DR
Tel: 01623 552392

ROYAL MENCAP SOCIETY – SILVERHILL BUNGALOW
Ashfield Court, Stoneyford Road, Sutton-in-Ashfield NG17 2DR
Tel: 01623 512666

ROYAL MENCAP SOCIETY – TEVERSALL BUNGALOW
Ashfield Court, Stoneyford Road, Sutton-in-Ashfield NG17 2DR
Tel: 01623 512666

SHORTWOOD HOUSE
145 Beardall Street, Hucknall, Nottingham NG15 7HA
Tel: 0115 952 0950

SUTTON COURT
Priestsic Road, Sutton-in-Ashfield NG17 2AH
Tel: 01623 441130

For support in Nottinghamshire, visit: www.nottshelpyourself.org.uk or call: 0300 500 80 80
New Home Opening
Summer 2018

Our new home, Buddleia House in Hucknall, is due to open late Summer 2018 following a major refurbishment. Buddleia House will specialise in a wide range of person-centred care and offer a homely, welcoming feel to support the care and well-being of its residents.

Our state-of-the-art facilities will include:

- spacious communal lounges
- large and accessible landscaped garden
- reminiscence lounge, library and snug bar
- variety of single, en-suite bedrooms
- hairdressing salon
- night-time acoustic monitoring system
- electronic care planning
- WiFi throughout the home.

If you’re interested in finding out more, then we’d love to hear from you:

info@milfordcare.co.uk
01773 599349
www.milfordcare.co.uk

Croft Avenue, Hucknall
NG15 7JD
Our state-of-the-art facilities will include:

- Person-centred care and offer a homely, welcoming atmosphere, with a strong emphasis on caring for one another like family. It offers a variety of single, en-suite bedrooms.
- Reminiscence lounge, library and snug bar.
- Large and accessible landscaped garden.
- Spacious communal lounges.
- Electronic care planning.
- Night-time acoustic monitoring system.
- Hairdressing salon.
- Wifi throughout the home.

Nursing, residential and dementia care.

New Home Opening Summer 2018 following a major refurbishment.

Hazelgrove House, Farley’s Lane, Hucknall NG15 6DY
Tel: 01623 441130
hazelgrove@milfordcare.co.uk
Bassetlaw care homes

BARNBY COURT CARE HOME
Barnby Moor, Retford DN22 8QS
Tel: 01777 705902 Band 4 OP D YA

BEECH HOUSE CARE HOME
294 Carlton Road, Worksop S81 7LL
Tel: 01909 472149 Band 5 Advert page 68 OP D

BEECHES
Retford Road, South Leverton, Retford DN22 0BY
Tel: 01427 807630 OP LDA SI YA

BRACKEN VILLA
6 Bracken Lane, Retford, Nottingham DN22 7EU
Tel: 01777 719720 LDA YA

BRAILSFORD HOUSE
1 Main Street, Harworth, Doncaster DN11 8LE
Tel: 01302 742156 Band 3 OP D

BRANTHAITHE CARE HOME
34 Welham Road, Retford DN22 6TN
Tel: 01777 706720 Band 5 OP D MH

BREAGHA HOUSE
40 Main Street, Hayton, Retford DN22 9LL
Tel: 01777 705713 LDA YA

CARLTON ROAD
181-183 Carlton Road, Worksop S81 7AD
Tel: 01909 473831 LDA

FARTHINGS RESIDENTIAL CARE HOME
Old London Road, Retford DN22 8ED
Tel: 01777 838219 Band 5 OP

GLENESK CARE HOME
Glensk, The Crescent, off Queen Street, Retford DN22 7BX
Tel: 01777 702339 Band 1 Advert page 68 OP D YA

HOLLES STREET SHORT BREAKS SERVICE
Holles Street, Worksop S80 2LJ
Tel: 01909 535220 LDA

HOLLIES RESIDENTIAL HOME, THE
19-23 London Road, Retford DN22 6AT
Tel: 01777 707750 Band 4 OP D

JAMES HINCE COURT RESIDENTIAL CARE HOME
FOR OLDER PEOPLE
Windsor Gardens, Carlton-in-Lindrick S81 9BL
Tel: 01909 733821 Band 4 OP D PD

LANGWITH LODGE CARE HOME
The Park, Nether Langwith, Mansfield NG20 9ES
Tel: 01623 742204 Band 3 Advert page 67 OP D

NEWTON HOUSE CARE HOME
Shireoaks Road, Shireoaks, Worksop S81 8LX
Tel: 01909 482960 Band 3 OP D

OLD RED LION, THE
Town Street, Treswell, Retford DN22 0EJ
Tel: 01777 248877 LDA SI YA

OLD VICARAGE, THE
Whitehouse Road, Bircotes, Doncaster DN11 8EQ
Tel: 01302 745707 OP

OLD VICARAGE, THE
Newcastle Avenue, Worksop S80 1NJ
Tel: 01909 475521 Band 3 OP D YA

ORCHARD END
88 Welham Road, Retford DN22 6UG
Tel: 01777 701102 LDA YA

REDBANK HOUSE
Town Street, South Leverton, Retford DN22 0BT
Tel: 01427 880716 LDA YA

RIVERS
Blyth Road, Oldcotes, Worksop S81 8HU
Tel: 01909 731429 LDA MH YA

ROSE FARM CARE HOME
Main Street, Styrrup, Doncaster DN11 8NB
Tel: 01302 744664 Band 2 Advert page 68 OP D

Service:
OP Older people (65+)
D Dementia
PD Physical disability
LDA Learning disability, autism
MH Mental health
SI Sensory impairment
YA Younger adults
AD People who misuse alcohol or drugs

For support in Nottinghamshire, visit: www.nottshelpyourself.org.uk or call: 0300 500 80 80

Advertisers are highlighted
At Langwith Lodge Residential Home, we endeavour to give your loved one the care that they deserve.

Come and visit us at the home, and see for yourself.

Our home is your home.

Langwith Lodge Residential Home, The Park, Nether Langwith, Mansfield, Nottingham, NG20 9ES
www.yourhealthgroup.co.uk

Please call for further details.
01623 742204
It is our intention to create a ‘home’ in every sense of the word with care provided by an experienced team of loving people.

- Highly experienced staff
- All bedrooms are decorated to the highest standards & some en-suite facilities
- 24 hour care
- Residential and Specialist Dementia Care
Bassetlaw care homes continued

ROSEKEYS
Gringley on the Hill, Gainsborough Road, Gringley, Doncaster DN10 4RJ
Tel: 01777 816923

SOUTHMOOR LODGE CARE HOME
South Moor Road, Walkeringham, Doncaster DN10 4LD
Tel: 01427 891204 Band 4

ST MICHAEL’S VIEW RESIDENTIAL CARE HOME FOR OLDER PEOPLE
Hallcroft Road, Retford DN22 7NE
Tel: 01777 702218 Band 4

ST SAVIOURS CARE HOME
5 Lidget Lane, Retford DN22 6QW
Tel: 01777 703040 Band 5

TIGH FRUIN
40a Main Street, Hayton, Retford DN22 9LL
Tel: 01777 705713

WESTWOOD
Talbot Road, Worksop S80 2PG
Tel: 01909 533690 Band 5

WHITEGATES
Sparken Hill, Worksop S80 1AP
Tel: 01909 478746

Bassetlaw care homes with nursing

ASHLEY CARE CENTRE
Sunnyside, Worksop S81 7LN
Tel: 01909 500541 Band 5

BLYTH COUNTRY HOUSE CARE HOME
Spital House, Spital Road, Blyth Worksop S81 8DU
Tel: 01909 591219 Band 4

CHERRY HOLT CARE HOME
28 Welham Road, Retford DN22 6TN
Tel: 01777 710347 Band 5

CLUMBER COURT CARE CENTRE
Bolham Lane, Retford DN22 6SU
Tel: 01777 700823 Band 4

FOREST HILL
Forest Hill Park, Worksop S81 0NZ
Tel: 01909 521249 Band 5 Advert page 68

FORESTHILL COUNTRY HOUSE CARE HOME
Gateford Hill, Gateford, Worksop S81 8AF
Tel: 01909 475402 Band 5 Advert page 96

GATEFORD HILL CARE HOME
Gateford Hill, Gateford, Worksop S81 8AF
Tel: 01909 475402 Band 5 Advert page 96

GREENACRES GRANGE
Greenacres Park, Wingfield Avenue, Worksop S81 0SB
Tel: 01909 517737 Band 2

JUBILEE COURT NURSING HOME
Gateford Road, Worksop S81 7BH
Tel: 01909 530233 Band 5

LOUD HALL
Town Street, Lound, Retford DN22 8RS
Tel: 01777 818082 Band 3

ROSE MEADOW
119 Station Road, Misterton, Doncaster DN10 4DG
Tel: 01427 891190 Band 3

VICTORIA CARE HOME
Memorial Avenue, Worksop S80 2BJ
Tel: 01909 476416 Band 4

WESTVILLA NURSING HOME
Westfield Road, Retford DN22 7BT
Tel: 01777 701636 Band 5

WESTWOOD
Talbot Road, Worksop S80 2PG
Tel: 01909 533690 Band 5

If you are considering a care home with nursing, see the checklist on page 43.

Service
 Older people (65+)
 Dementia
 Physical disability
 Learning disability, autism
 Mental health
 Sensory impairment
 Younger adults
 People who misuse alcohol or drugs

For support in Nottinghamshire, visit: www.nottshelpyourself.org.uk or call: 0300 500 80 80
Welcome to our homes...

Our care homes have built up excellent reputations within their local communities with the vast majority of our new residents coming through recommendations from others. This has been established through our commitment to the on-going provision of dedicated quality care delivered within a high quality, yet homely environment.

We welcome visitors into our homes and encourage family members and friends to get involved in their loved-one's care and become part of the care home's life. Those looking for a care home are welcome to visit at any time, an appointment is not always necessary.

- You are reading this because you are thinking about finding a care home for a loved one or even yourself
- You’re trying to ensure you are making the right decision to find the best possible care for your family member
- Are you unsure what funding you are entitled to, how to work through all the paperwork?

It can be a very challenging process - We will help and advise you. Let our management team offer professional support and guidance from people who genuinely care.

Contact us now...

Residential Homes

**Ashton Court**
56 Three Tuns Rd, Eastwood, Nottingham NG16 3EJ
T: 01773 712017
E: ashtoncourt@my-care.co.uk

**Manorfields**
47 Farley Rd, Derby
DE23 6BW
T 01332 346248
E manorfields@my-care.co.uk

**Normanton Lodge**
75 Mansfield Rd, South Normanton, Alfreton DE55 2EF
T 01773 811453
E info@my-care.co.uk

**Peacemills**
132 Perry Road, Sherwood, Nottingham NG5 3AH
T: 0115 9602 539
E: peacemills@btconnect.com

**Edward House**
175 Nottingham Road, Eastwood NG16 3GS
T: 01773 531591
E: edwardhouse@my-care.co.uk

**Moriah House**
Deep Furrow Avenue, Carlton, Nottingham NG4 1RS
T: 0115 9110 078
E: moriahhouse@my-care.co.uk

**Orchard House**
46 Easthorpe Street, Ruddington, Nottingham NG11 6LA
T: 0115 9217 610
E: orchardhouse@my-care.co.uk

**St. Peters**
15 Vicarage Lane, Ruddington, Nottingham NG11 6HB
T: 0115 9844 608
E: stpeters@my-care.co.uk

**Manorfields**
47 Farley Rd, Derby
DE23 6BW
T 01332 346248
E manorfields@my-care.co.uk

**Normanton Lodge**
75 Mansfield Rd, South Normanton, Alfreton DE55 2EF
T 01773 811453
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T: 0115 9110 078
E: moriahhouse@my-care.co.uk

**Orchard House**
46 Easthorpe Street, Ruddington, Nottingham NG11 6LA
T: 0115 9217 610
E: orchardhouse@my-care.co.uk

**St. Peters**
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E: stpeters@my-care.co.uk

www.my-care.co.uk
## Broxtowe care homes

### ACER COURT CARE HOME
172 Nottingham Road, Nuthall NG8 6AX  
Tel: 0115 977 7370  
Band 5  Advert page 48  
OP D PD LDA YA

### ALDER HOUSE CARE HOME
172a Nottingham Road, Nuthall, Nottingham NG8 6AX  
Tel: 0115 975 8110  
Band 5  Advert page 48  
OP D PD MH SI YA

### ASHTON COURT RESIDENTIAL HOME
56 Three Tuns Road, Eastwood, Nottingham NG16 3EJ  
Band 4  Advert page 70  
OP D PD MH

### BRAMWELL
Chillwell Lane, Bramcote, Nottingham NG9 3DU  
Tel: 0115 967 7571  
Band 5  OP D PD SI

### CHETWYND HOUSE
Slade Road, Chilwell, Nottingham NG9 4GS  
Tel: 0115 697 9767  
Band 5  OP D

### CHURCH STREET CARE HOME
84 Church Street, Eastwood NG16 3HS  
Tel: 01773 765494  
LDA

### EASTWOOD HOUSE
24 Church Street, Eastwood, Nottingham NG16 3HS  
Tel: 01773 712003  
Band 2  OP D

### EDWARD HOUSE
175 Nottingham Road, Eastwood NG16 3GS  
Tel: 01773 531591  
Band 5  Advert page 70  
OP D

### FALCON HOUSE CARE HOME
2 Middle Street, Beeston, Nottingham NG9 1FX  
Tel: 0115 922 8151  
Band 4  OP D

### HEGARTY CARE
201 University Boulevard, Beeston, Nottingham NG9 2Gj  
Tel: 0115 808 5898  
OP D PD LDA MH SI YA

### HERONS, THE
Calverton Close, Toton, Nottingham NG9 6GY  
Tel: 0115 946 0007  
Band 5  OP

### LAWRENCE MEWS
132 Church Street, Eastwood, Nottingham NG16 3HT  
Tel: 01773 760849  
PD LDA MH YA

### LITTLE ACRES
5 Spencer Drive, Nuthall, Nottingham NG16 1DQ  
Tel: 0115 938 2236  
LDA YA

### MEADOW LODGE
21-23 Meadow Road, Beeston, Nottingham NG9 1JP  
Tel: 0115 922 8406  
Band 3  OP D

### QUEENSWOOD
Cliffgrove Avenue, Beeston, Nottingham NG9 4DP  
Tel: 0115 922 1037  
Band 5  OP

### ROOKERY CARE HOME, THE
130 Church Street, Eastwood, Nottingham NG16 3HT  
Tel: 01773 713176  
Band 2  OP D PD YA

### RYLAND RESIDENTIAL HOME
9-11 Meadow Road, Beeston, Nottingham NG9 1JN  
Tel: 0115 943 6247  
Band 5  OP

### SPRING BANK FARM
52 Cordy Lane, Brinsley, Nottingham NG16 5BY  
Tel: 01773 765766  
LDA YA

### UNIVERSITY CARE
17 Derby Road, Beeston, Nottingham NG9 2TA  
Tel: 0115 875 8568  
Advert below  D PD LDA MH SI YA

### UNIVERSITY CARE 2
53 Derby Road, Beeston, Nottingham NG9 2TB  
Tel: 0115 877 2665  
Advert below  MH YA

---

*For support in Nottinghamshire, visit: www.nottshelpyourself.org.uk or call: 0300 500 80 80*
Orchard Care Homes in Your Area

Rooms available for long or short term stays

Clipstone Hall and Lodge Residential & Dementia Care Home
Mansfield Road, Clipstone, Nottinghamshire
NG21 9FL
Telephone: 01623 636 350

The Grange Care Home
Field Drive, Shirebrook, Mansfield, Nottinghamshire
NG20 8BS
Telephone: 01623 747 070

For more information call 01423 859 859
or visit www.orchardcarehomes.com
www.facebook.com/orchardcarehome

Orchard at the heart of the community

Working in partnership with...
### Broxtowe care homes with nursing

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<th>Service</th>
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<td>OP</td>
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<td>Physical disability</td>
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<td>Learning disability, autism</td>
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<td>MH</td>
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<td>Sensory impairment</td>
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<tr>
<td>YA</td>
<td>Younger adults</td>
</tr>
<tr>
<td>AD</td>
<td>People who misuse alcohol or drugs</td>
</tr>
</tbody>
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#### ALEXANDRA HOUSE – EASTWOOD
Wroughton Court, Nottingham Road, Eastwood NG16 3GP
Tel: 0115 925 9014 [Band 2 Advert page 95] OP

#### BEESTON LODGE NURSING HOME
15-17 Meadow Road, Beeston, Nottingham NG9 1JP
Tel: 0115 925 9014 [Band 1] OP D PD

#### BRAMCOTE HILLS CARE HOME
36 Sandringham Drive, Bramcote, Nottingham NG9 3EJ
Tel: 0115 922 1414 [Band 5 Advert page 70] OP D MH

#### BROADGATE CARE HOME
108-114 Broadgate, Beeston, Nottingham NG9 2GG
Tel: 0115 925 0022 [Band 3] OP D

#### DEVONSHIRE AVENUE, 1
Beeston, Nottingham NG9 1BS
Tel: 0115 925 5422 PD LDA SI YA

#### GABLES NURSING HOME, THE
169-171 Attenborough Lane, Beeston, Nottingham NG9 6AB
Tel: 0115 925 5674 [Band 1] OP D

#### GILTBROOK CARE HOME
472 Nottingham Road, Giltbrook, Nottingham NG16 2GE
Tel: 0115 938 3535 [Band 2] OP D PD

#### GRANGE NURSING HOME, THE
9 Elm Avenue, Beeston, Nottingham NG9 6BH
Tel: 0115 925 3758 [Band 2] OP D

#### LANDERMEADS CARE HOME
265 High Road, Chilwell, Beeston, Nottingham NG9 5DD
Tel: 0115 968 3888 [Band 5] OP D PD LDA MH YA

#### MOORLANDS CARE HOME
104 Church Lane, Brinsley NG16 5AB
Tel: 0115 925 3758 [Band 2] OP D PD

#### SILVERWOOD (NOTTINGHAM)
472 Nottingham Road, Giltbrook, Nottingham NG16 2GE
Tel: 0115 938 3535 [Band 2] OP D PD LDA YA

See the checklist on page 43 for questions to ask when looking at care homes.

---

**Woodleigh Christian Care Home**
Nursing, Residential & Dementia Care
Norfolk Drive, Mansfield, Nottingham NG19 7AG

- Family owned homes dedicated to providing the best.
- Full time Chaplain leading pastoral care team.
- Residential, dementia, nursing, respite and day care for the over 50’s.
- Set in mature gardens with premium and ensuite accommodation: Wi-Fi and TVs throughout.
- Home cooked locally sourced food.

**Baily House Care Home**
Residential & Dementia Care
Botany Avenue, Mansfield, Nottingham NG18 5QN

- Call in any time or contact the Home Managers

---

For support in Nottinghamshire, visit: [www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk) or call: 0300 500 80 80
CARLTON CARE HOME

We aim provide outstanding 24-hour care by fully qualified staff. We communicate with residents, relatives and significant others to deliver high quality personalised care for our residents. We maintain independence where practical, give support when needed and offer endless loving care to all of our residents. We comfort residents, relatives and significant others throughout their journey within our homely environment. Carlton Care Home is registered with the CQC for Nursing, Residential, Respite and Palliative Care.

To arrange a visit or make an enquiry 0115 961 9959
Email us at enquiries@carltoncarehome.co.uk

398 Carlton Hill, Carlton, Notts NG4 1JA

www.carltoncarehome.co.uk

LEEN VALLEY CARE HOME

Leen Valley is passionate about delivering personalised care to every resident and establish a trusting relationship with you and your family. With over 15 years’ experience, we aim to create a new sense of happiness in your life.

Now providing HOMECARE.
For further details please contact the Home Manager or visit our website

3 Nottingham Road, Hucknall, Nottingham NG15 7QN
(t) 0115 964 0400 (e) info@leenvalleycare.co.uk
To find out more visit (w) www.leenvalleycare.co.uk

What we can offer:
* Long or short term stay
* Dementia care
* Social care
* Daily Activities
* Weekly Hairdressing
* Entertainment
* Respite
* Homecare
* Day Care
* Fresh home cooked food
* Support for Palliative care

www.millingtonsprings.uk

Millington Springs is a home where we Care for Life. At Millington Springs, our objective is simple: to provide the highest quality of individualised care, in the best possible surroundings, with the active involvement of our residents and their representatives. Millington Springs is registered with the CQC and provides Nursing, Residential, Respite and Palliative Care.

To arrange a visit or make an enquiry 01773 863557
Email us at enquiries@millingtonsprings.uk

160 Portland Road, Selston, Nottingham NG16 6AN
Gedling care homes

BRAYWOOD GARDENS
Millbrook Drive, Carlton, Nottingham NG4 3SR
Tel: 0115 938 1300 Band 5 OP D PD SI

BRIDLE LODGE
80 Bridle Road, Burton Joyce, Nottingham NG14 5FS
Tel: 0115 931 3851 LDA YA

CAMELLIA HOUSE
109 Main Street, Calverton, Nottingham NG14 6FG
Tel: 0115 845 8876 Band 5 OP

CARE @ RAINBOW’S END
Bosworth Farm, Main Street, Shelford, Nottingham NG12 1EE
Tel: 0115 933 2878 LDA YA

COPPICE LODGE
117 Coppice Road, Arnold, Nottingham NG5 7GS
Tel: 0115 920 5906 Band 5 Advert page 76 OP D

EDEN LODGE RESIDENTIAL CARE HOME
Park Road, Bestwood Village, Nottingham NG6 8TQ
Tel: 0115 977 0700 Band 3 OP D PD MH SI

GEDLING VILLAGE CARE HOME
73 Arnold Lane, Gedling, Nottingham NG4 4HA
Tel: 0115 987 7330 Band 5 OP D PD YA

HAWTHORNE NURSING HOME
School Walk, Bestwood Village, Nottingham NG6 8UU
Tel: 0115 977 0331 Band 1 OP D YA

IVY LEAF
29 Gedling Road, Gedling, Nottingham NG4 3EX
Tel: 0115 961 6785 Band 3 OP D PD MH SI

LEIVERS COURT RESIDENTIAL CARE HOME
FOR OLDER PEOPLE
Douro Drive, off Kilbourne Road, Arnold, Nottingham NG5 8AX
Tel: 0115 920 9501 Band 4 OP D PD LDA SI

LORETO COTTAGE
Mapperley Plains, Nottingham NG3 5RT
Tel: 0115 926 9357 LDA

MANOR RESIDENTIAL HOME (ARNOLD) LTD
28 Church Street, Arnold, Nottingham NG5 8FB
Tel: 0115 953 5577 Band 5 OP

MILLBECK HOUSE
Oakdale Road, Arnold, Nottingham NG5 8BX
Tel: 0115 956 9790 Band 4 Advert page 88 OP

NOTTINGHAM CARE VILLAGE
168 Spring Lane, Lambley, Nottingham NG4 4PE
Tel: 0115 920 9328 Band 2 OP

ORLA HOUSE
317 Mapperley Plains, Nottingham NG3 5RG
Tel: 0115 920 3754 LDA

OXCLOSE LANE CARE HOME
154-156 Oxclose Lane, Arnold, Nottingham NG5 6FF
Tel: 0115 920 6814 LDA

SHERWOOD HOUSE RESIDENTIAL CARE HOME
Main Street, Linby, Nottingham NG15 8AE
Tel: 0115 964 2721 Band 5 LDA YA

SHEEPWALK HOUSE
39 Sheepwalk Lane, Ravenshead, Nottingham NG15 9FD
Tel: 01623 797074 LDA YA

SPINNIES, THE
Linby Lane, Linby, Nottingham NG15 8AF
Tel: 0115 963 1844 LDA YA

SYCAMORE HOUSE
700 Mansfield Road, Sherwood, Nottingham NG5 3FW
Tel: 0115 956 5205 Advert page 88 OP D

VINES, THE
315 Westdale Lane, Mapperley, Nottingham NG3 6EW
Tel: 0115 960 6038 OP PD LDA MH SI YA

WESTWOLDS
4 Park Avenue, Burton Joyce, Nottingham NG14 5AF
Tel: 0115 931 3659 Band 3 OP D

WILLOW BROOK CARE HOME
112 Burton Road, Carlton, Nottingham NG4 3BG
Tel: 0115 961 3399 Band 4 OP PD

WOODBORPE VIEW CARE HOME
53 Woodthorpe Drive, Woodthorpe, Nottingham NG5 4GY
Tel: 0115 962 4556 Band 1 OP

Service
Older people (65+)
Dementia
Physical disability
Learning disability, autism
Mental health
Sensory impairment
Younger adults
People who misuse alcohol or drugs

For support in Nottinghamshire, visit: www.nottshelpyourself.org.uk or call: 0300 500 80 80 75
Of all the care homes we looked at Coppice Lodge was by far the best.

Son-in-law of Resident at Coppice Lodge carehome.co.uk

Coppice Lodge makes a real difference to the lives of our residents. Offering 24-hour all inclusive residential and dementia care, Coppice Lodge’s caring and highly trained staff cherish our residents, assisting them to remain independent and ensuring they enjoy an active lifestyle.

A home is more than just bricks and mortar - it is a place you feel safe, well cared for and relaxed.

Passing by? Pop in for a cuppa ...
At Stoke House we offer full time residential and nursing care to older people who find managing in their own homes increasingly difficult. We have a dedicated activity team whose focus is to ensure that all residents lives have meaning and purpose, from helping out in our tuck shop to caring for our pets. We have strong links with the local community and we arrange regular trips to surrounding areas of interest.

To ensure that the care we provide matches the individual needs and preferences, we encourage people living with us and their loved ones to be actively involved in creating comprehensive care plans, with dignity and respect at the centre of what we do.

We have recently been awarded Nottingham Post Carer’s award where our activities co-ordinator won Care Home Worker of the Year and we were also a Runner Up for Care Home of the Year.

For more information please call us on 0115 940 0635 or email us at admin@stokehouse.com www.stokehouse.com

24-26 Stoke Lane, Gedling, Nottingham, Nottinghamshire, NG4 2QP
Expert care when it matters most

Albemarle Hall  Tel: 0115 960 7339
4 Albemarle Road, Woodthorpe, Nottingham NG5 4FE
- Choice of single/companion room
- Small and large lounge
- Large dining room with high cuisine standards
- Extra wide corridors
- Parker bath with shower and assisted baths
- New large conservatory which is enjoyed by all the residents
- TV in every bedroom / Modern nurse call system
- Doctor, Chiropodist and Optician available
- Hairdressing and dental treatment
- Secluded garden and patio
- Laundry facilities and passenger lift
- Specialised diets catered for
- Registered for Nursing and Dementia
- 25 beds with 10 en-suite

Albemarle Court Nursing Home  Tel: 0115 960 4516
738 Mansfield Road, Woodthorpe, Nottingham NG5 3FY
- The Purpose built home offers 31 single bedrooms all en-suite of which 13 have shower rooms
- Modern security facilities in place
- Extra wide corridors
- One lounge and a large dining room
- One parker bath and assisted baths
- Regular visits by Doctor
- TV / Telephone point in every bedroom
- Modern nurse call system
- Dentist, chiropodist & optician available
- Modern and person lift
- Hairdressing
- Registered for Nursing and Dementia

Clarendon Court Care Home  Tel: 0115 969 1681
13-15 Clumber Avenue, Sherwood Rise, Nottingham NG5 1AG
- Registered for Residential care including Dementia Care
- Spacious lounges with kitchenette and dining areas for residents’ comfort
- Complete laundry service provided
- Modern nurse call system
- Up to date passenger lift for freedom of movement between floors
- 54 spacious bedrooms with en-suite facilities in each room
- Fully trained staff on duty 24 hours a day
- Home cooked meals catering for all dietary needs
- Regular visits from GP, district nurses, chiropody, dentist, optician and hairdresser

Parker House  Tel: 0115 960 8862
6 Albemarle Road, Woodthorpe, Nottingham NG5 4FE
- Registered for dementia, palliative and respite care
- Fully trained registered nurse on duty 24 hours a day
- Up to date lifting and handling equipment
- Home cooked meals catering for special dietary requirements
- Large dining area for residents’ comfort during meal time
- Large lounge area and conservatory to relax and enjoy
- Social activities provided
- Complete laundry services provided
- Passenger lift for freedom of movement between floors
- Regular visits from GP, chiropodist, dentist, dietician, hairdresser and optician
- 21 single rooms with 8 en-suite, plus 2 doubles
- Registered for Nursing and Dementia (25 beds)
Gedling care homes with nursing

ALBEMARLE COURT (NOTTINGHAM) LTD
– T/A ALBERMARLE COURT NURSING HOME
738 Mansfield Road, Woodthorpe,
Nottingham NG5 3FY Advert page 78
Tel: 0115 960 4516 Band 5 OP D PD MH SI

ALBEMARLE HALL NURSING HOME
4 Albemarle Road, Woodthorpe,
Nottingham NG5 4FE Advert page 78
Tel: 0115 960 7339 Band 2 OP D PD MH SI YA

BEECHES CARE HOME (NOTTINGHAM)
55 Furlong Street, Arnold,
Nottingham NG5 7A
Tel: 0115 926 2838 Band 4 OP PD YA

CARLTON CARE HOME
398 Carlton Hill, Carlton,
Nottingham NG4 1JA
Tel: 0115 961 9959 Band 3 Advert page 74 OP YA

CHARNWOOD
24 Station Road, Carlton, Nottingham NG4 3AX
Tel: 0115 940 4441 Band 2 OP PD YA

ELMBANK CARE HOME
35 Robinson Road, Mapperley, Nottingham NG3 6BB
Tel: 0115 962 1262 Band 4 Advert below OP D PD LDA

ERNEHALE LODGE CARE HOME
82a Furlong Street, Arnold, Nottingham NG5 7BP
Tel: 0115 967 0322 Band 3 OP D PD YA

HAWTHORNE NURSING HOME
School Walk, Bestwood Village,
Nottingham NG6 8UU
Tel: 0115 977 0331 Band 1 OP D YA

MORIAH HOUSE
Deep Furrow Avenue, Carlton,
Nottingham NG4 1RS
Tel: 0115 911 0078 Band 3 Advert page 70 OP D PD

OAKLEIGH LODGE
4 Oakleigh Avenue, Nottingham NG3 6GA
Tel: 0115 960 2383 PD LDA SI YA

PARKER HOUSE NURSING HOME
6 Albemarle Road, Woodthorpe,
Nottingham NG5 4FE
Tel: 0115 960 8862 Band 4 Advert page 78 OP D

SPRINGWATER LODGE CARE HOME
10 Smithy View, Calverton,
Nottingham NG14 6FA
Tel: 0115 965 5527 Band 4 OP D PD YA

STOKE HOUSE CARE HOME
24-26 Stoke Lane, Gedling,
Nottingham NG4 2QP
Tel: 0115 940 0635 Band 3 Advert page 77 OP D

WOODTHORPE MANOR NURSING HOME
1 Egerton Road, Woodthorpe,
Nottingham NG5 4FF
Tel: 0115 920 6021 Band 4 OP

Advert page 78

Tell us what you think
www.carechoices.co.uk/reader-survey

For further information please contact the Manager Isabel Mantle.
Tel: 0115 962 1262 Fax: 0115 952 3726
Email: isabel.mantle@redwoodcare.co.uk

For support in Nottinghamshire, visit: www.nottshelpyourself.org.uk or call: 0300 500 80 80
Ashlands
Residential Care Home for the Elderly

Ashlands is a family run Care Home where excellence of care is the standard. With half an acre of pretty gardens backing on to woodlands, our residents have the space for quiet reflection while being close to local amenities. The two South facing sitting rooms and large sunroom all have full length windows and, along with the dining room, all overlook the rear garden.

Our Services Include:

- Our care manager has several years care experience and leads a team of highly trained staff
- Capacity for 30 residents, both for old age and dementia
- The majority of our rooms have en-suite WC facilities
- Long and short stay, respite and day care available
- Full-time activities co-ordinator, music, entertainment and regular outings
- Hair dressing, Chiropody and motivation therapy
- Award winning gardens giving a safe and quiet area to relax
- In-house cooks producing a varied range of freshly made meals, with special diets catered for
- Second floor accessed by lift, with wheelchair access throughout
- TV and phone available for every room
- All rooms have Nurse call points and are decorated and furnished to a high standard
- Close to local shops and public transport
- Registered with the CQC and Nottinghamshire County Council

We welcome visits at any time to come and meet the staff and residents and have a tour of the grounds and facilities.

Tel: 01623 792711 • www.ashlandsresidentialhome.co.uk

152 Southwell Road, East Rainworth, Mansfield, Nottinghamshire, NG21 0EH
Mansfield care homes

ASHLANDS CARE HOME
152 Southwell Road, East Rainworth, Mansfield NG21 0EH
Tel: 01623 792711 Band 1 Advert page 80

BAILY HOUSE
Botany Avenue, Mansfield NG18 5QN Advert pages 73 & 84
Tel: 01623 620719 Band 5

BEECHES, THE
59 High Street, Mansfield Woodhouse, Mansfield NG19 8BB
Tel: 01623 421032 Band 2 Advert below

BEECHDENE CARE HOME
29-30 Woodhouse Road, Mansfield NG18 2AY
Tel: 01623 649351

CHURCH STREET, 19-23
Market Warsop, Mansfield NG20 0AU
Tel: 01623 840000

CLIPSTONE HALL AND LODGE
Mansfield Road, Clipstone Village, Mansfield NG21 9FL
Tel: 01623 636350 Band 5 Advert page 72

CORNER HOUSE RESIDENTIAL CARE HOME
1-3-5 St Margaret Street, Mansfield NG18 2RE
Tel: 01623 657117

DAHLIA HOUSE
38 Chesterfield Road South, Mansfield NG19 7AD
Tel: 01623 655100

DOVECOTE RESIDENTIAL CARE HOME, THE
69 Bagshaw Street, Pleasley, Mansfield NG19 7SA
Tel: 01623 480445

DOVETAIL HOUSE
The Park, Mansfield NG18 2AT
Tel: 01623 420690

ELIZABETH HOUSE RESIDENTIAL CARE HOME
2 Church Hill Avenue, Mansfield Woodhouse, Mansfield NG19 9JU
Tel: 01623 657368 Band 1 Advert below

ELM
Forest Avenue, Mansfield NG18 4BX
Tel: 01623 626252

FERNLEAF RESIDENTIAL HOME
26 Chesterfield Road South, Mansfield NG19 7AD
Tel: 01623 655455 Band 5

HATZFELD HOUSE
10b Mansfield Road, Bliworth, Mansfield NG21 0PN
Tel: 01623 464541 Band 5

HAYWOOD OAKS CARE HOME
Kirby Close, Bliworth, Mansfield NG21 0TT
Tel: 01623 795085 Band 3 Advert page 84

HEATHCOTES (MANSFIELD)
11 Lindhurst Lane, Mansfield NG18 4JE
Tel: 01623 424833

INDIGO
2 Forest Avenue, Mansfield NG18 4BX
Tel: 01623 626252

The Beeches
Extended Listed period building providing en-suite rooms for 25 residents.
- Providing long term care, respite care, and day care for older people, and people with a dementia.
- Supportive and friendly staff.
- Varied menu with home cooked food.
- Flexible visiting hours and activities co-ordinator.
Please feel free to call in.

59 High Street • Mansfield Woodhouse • Mansfield • NG19 8BB
Tel: 01623 421032 Fax: 01623 421234
Email: the.beecbes@live.co.uk Web: www.thebeechesmansfield.co.uk

Service User Bands OP Older people (65+) D Dementia PD Physical disability LDA Learning disability, autism
MH Mental health SI Sensory impairment YA Younger adults AD People who misuse alcohol or drugs
Magnolia House Residential Care Home is a family owned and run luxurious purpose-built 60 bedded care home which offers deluxe accommodation ensuring our residents experience a real home from home. What’s more, our team of welcoming staff are trained to the highest standards. We pride ourselves on providing the best elderly care available and all of our staff reflect this.

For more information please call us on 01623 811580 or email us at magnoliahouse@haighhealthcare.com

www.magnolia-care.com

• 100% en-suite facilities including showers
• Freeview TV, telephone & internet facilities
• Dining room & TV lounge with quiet lounge
• Delightful, landscaped gardens
• Family run home
• Homely environment
• Professional residential care
• Activities, trips out & entertainment
• Highly trained & caring staff
• Well thought-out menus
• Family & visitors are made most welcome

“Magnolia House is a fantastic, high quality care home with brilliant hard working, caring staff who are always there to help.”

Abbie Kissane (Nurse)
INNOVA HOUSE – CBIR
Forest Avenue, Mansfield NG18 4BX
Tel: 01623 626252
PD LDA MH

LILAC
24 Greasley Court, Mansfield NG18 4ND
Tel: 01623 626252
OP D PD LDA MH SI YA

MAGNOLIA HOUSE RESIDENTIAL CARE HOME
Chesterfield Road North, Pleasley, Mansfield NG19 7RA
Tel: 01623 811580 Band 2 Advert page 82
OP D

MAUN VIEW
261 Chesterfield Road South, Mansfield NG19 7EL
Tel: 01623 423125 Band 5
OP D PD SI

MONTAGUE STREET CARE HOME
28-30 Montague Street, Mansfield NG18 2PN
Tel: 01623 651368
LDA

NEWGATE LODGE CARE HOME
Newgate Lane, Mansfield NG18 2LG
Tel: 01623 622322 Band 4 Advert page 40
OP D

OAKAPPLE CARE HOME
Debdale Bungalow, Debdale Lane, Mansfield NG19 7EZ
Tel: 01623 622588 Band 2
D

OAKDENE
Stacey Road, Mansfield NG19 7JJ
Tel: 01623 655123
MH YA AD

OAKLANDS, THE
Oakfield Lane, Warsop, Mansfield NG20 0JE
Tel: 01623 842080
LDA

PINES
203 Park Hall Road, Mansfield Woodhouse NG19 8QX
Tel: 01623 633152
LDA YA

REDCLIFFE HOUSE
Redcliffe Road, Mansfield NG18 2QN
Tel: 01623 635599
LDA YA

ROWAN – INNOVA HOUSE CLD
93 Windsor Road, Mansfield NG18 4BX
Tel: 01623 626252
PD LDA MH

SOUTHWELL ROAD, 304
304-306 Southwell Road East, Rainworth, Mansfield NG21 0EB
Tel: 01623 793929
OP LDA YA

THISTLE HILL HALL
Debdale Lane, Mansfield Woodhouse, Mansfield NG19 7EZ
Tel: 01623 655100
MH

WESTFIELD CARE HOME
Devon Drive, Mansfield NG19 6SQ Advert page 46
Tel: 01623 427846
OP D PD SI YA

WILLOW TREE HOUSE
3 Sutton Road, Mansfield NG18 5ET
Tel: 01623 471300 Band 3 Advert page 70 OP D PD YA

WOODHOUSE ROAD CARE HOME
31 Woodhouse Road, Mansfield NG18 2AY
Tel: 01623 651398
LDA

WOODLANDS CARE HOME, THE
Woodlands Way, Spion Kop, Warsop, Mansfield NG20 0FN
Tel: 01623 845258
OP D PD MH SI

WOODLANDS – INNOVA HOUSE CLD
78-86 Forest Road, Mansfield NG18 4BU
Tel: 01623 626252
LDA

For support in Nottinghamshire, visit: www.nottshelpyourself.org.uk or call: 0300 500 80 80
Baily House Care Home

Residential & Dementia Care
Botany Avenue, Mansfield, Nottingham NG18 3QN

t: 01623 620719
c: care@bailyhouse.co.uk
w: bailyhouse.co.uk

Woodleigh Christian Care Home

Nursing, Residential & Dementia Care
Norfolk Drive, Mansfield, Nottingham NG19 7AG

t: 01623 420459
c: care@wooleighcare.co.uk
w: woodleighcare.co.uk

Call in any time or contact the Home Managers

T: 01623 795 085 • www.haywood-oaks.co.uk
## Mansfield care homes with nursing

### ASHDALE CARE HOME
42 The Park, off Park Avenue, Mansfield NG18 2AT
Tel: 01623 631838 **Band 5**
OP PD

### BERRY HILL CARE HOME
Berry Hill Lane, Mansfield NG18 4JR
Tel: 01623 421211 **Band 3**
OP D

### CHURCHFIELD CARE CENTRE
Churchfield Drive, Rainworth, Mansfield NG21 0Bj
Tel: 01623 490109 **Band 3**
OP D YA

### FOREST CARE CENTRE
Southwell Road West, Mansfield NG18 4XX **Advert page 68**
Tel: 01623 541694
OP D PD YA

### LIMES NURSING HOME, THE
Park Road, Mansfield Woodhouse, Mansfield NG19 8AX
Tel: 01623 632681 **Band 3** **Advert page 46**
OP D

### MANSFIELD MANOR CARE HOME
30-32 Chesterfield Road South, Mansfield NG19 7AD
Tel: 01623 631163 **Band 5** **Advert page 42**
OP D

### MAUN VIEW
261 Chesterfield Road South, Mansfield Notinghamshire NG19 7EL
Tel: 01623 423125 **Band 5**
OP D PD SI

### NIGHTINGALE CARE HOME
Fourth Avenue, Edwinstowe, Mansfield NG21 9PA
Tel: 01623 824480 **Band 2**
OP D PD MH SI YA

### PARKSIDE NURSING HOME
Olive Grove, Forest Town, Mansfield NG19 0AR
Tel: 01623 655341 **Band 4** **Advert page 44**
OP D

### PORTLAND COLLEGE
Nottingham Road, Mansfield NG18 4TJ
Tel: 01623 499111
PD LDA YA

### RED OAKS CARE COMMUNITY
116 Clipstone Road West, Forest Town, Mansfield NG19 OHL
Tel: 01623 644195 **Band 2**
OP D YA

### SYCAMORE, THE AND THE POPLARS
High Street, Warsop, Mansfield NG20 0AA
Tel: 01623 846446 **Band 3**
OP D YA

### THISTLE HILL HALL
Debdale Lane, Mansfield Woodhouse, Mansfield NG19 7EZ
Tel: 01623 655100
MH

### WESTFIELD CARE HOME
Devon Drive, Mansfield NG19 6SQ **Advert page 46**
Tel: 01623 427846 **Band 4**
OP D PD MH SI YA

### WOODLANDS CARE HOME, THE
Woodlands Way, Spion Kop, Warsop, Mansfield NG20 0FN
Tel: 01623 845258
OP D PD MH SI

### WOODLEIGH CHRISTIAN CARE HOME
Norfolk Drive, Mansfield, Nottingham NG19 7AG **Advert pages 73 & 84**
Tel: 01623 420459 **Band 5**
OP D YA

### For care and support services in Nottinghamshire:
www.nottshelpyourself.org.uk
0300 500 80 80

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**Service**
- OP Older people (65+)
- D Dementia
- PD Physical disability
- LDA Learning disability, autism
- MH Mental health
- SI Sensory impairment
- YA Younger adults
- AD People who misuse alcohol or drugs
Newark care homes

APPLEWOOD HOUSE & APARTMENTS
Kirklington Road, Bilthorpe, Newark NG22 8TT
Tel: 01623 871752  OP PD LDA MH SI YA

BARLEY VIEW
Kirklington Road, Bilthorpe, Newark NG22 8TT
Tel: 01623 871752  OP PD LDA MH SI YA

BIRCHES
Eton Avenue, Newark NG24 4JD
Tel: 01636 550576  LDA YA

BISHOPS COURT RESIDENTIAL CARE HOME FOR OLDER PEOPLE
Tuxford Road, Boughton, Newark NG22 9HY
Tel: 01623 862043  Band 4  OP D PD

BOWBRIDGE COURT
Bowbridge Road, Newark-on-Trent NG24 4DF
Tel: 01636 614821  Band 1  OP D

BROOKLYN CARE HOMES LTD
Lodge Farm, Wheatgrass Hill, Upton, Newark NG23 5TJ
Tel: 01636 815553  OP PD LDA MH SI YA AD

CEDARS (MANSFIELD), THE
67 Mansfield Road, Bliworth, Mansfield NG21 0RB
Tel: 01623 491033  LDA YA

CHESTNUT GRANGE
Main Street, Weston, Newark NG23 6ST
Tel: 01636 821438  OP LDA YA

CHRISTIE DEVELOPMENT CENTRE
Mansfield Road, Bliworth, Mansfield NG21 0LR
Tel: 01623 798889  PD LDA MH YA

COPPER BEECHES
138 High Street, Collingham, Newark NG23 7NH
Tel: 01636 892789  Band 3  OP D PD YA

ELSTON HOUSE
Top Street, Elston, Newark NG23 5NP
Tel: 01636 525384  LDA

FARM FIELD VIEW
Kirklington Road, Bilthorpe, Newark NG22 8TT
Tel: 01623 871752  OP PD LDA MH SI YA

FRIARY FIELDS CARE HOME
21 Friary Road, Newark NG24 1LE
Tel: 01636 706105  Band 3  Advert page 87  OP D

GREENFIELDS CLOSE
Newark Road, Coddington, Newark NG24 2QQ
Tel: 01636 677981  LDA

HAZELFORD RESIDENTIAL CARE HOME
Boat Lane, Bleasby, Nottingham NG14 7FT
Tel: 01636 830207  Band 4  Advert below  OP D

MILLBANK
109 Mill Gate, Newark NG24 4UA
Tel: 01636 703625  Band 4  OP D PD SI

NIGHTINGALE CARE HOME
Fourth Avenue, Edwinstowe, Mansfield NG21 9PA
Tel: 01636 824480  Band 2  OP D PD MH SI YA

OLD ORCHARD, THE
242 Beacon Hill Road, Newark NG24 2JP
Tel: 01636 700227  LDA YA

Hazelford Care Home - Quality Residential & Dementia Care in Beautiful Surroundings

Overlooking the River Trent, Hazelford provides a warm and friendly home for loved ones. Offering stimulating and gentle support from our friendly team of staff.

- Permanent, Respite or Day Care
- Highly & qualified trained staff
- 35 private bedrooms with en-suite facilities
- Stunning period building and grounds

T: 01636 830207  •  E: hazelford@btconnect.com  •  Boat Lane, Bleasby, Nottingham NG14 7FT  •  www.hazelfordcarehome.co.uk

Service  OP Older people (65+)
User Bands  MH Mental health  SI Sensory impairment  YA Younger adults  AD People who misuse alcohol or drugs

For support in Nottinghamshire, visit: www.nottshelpyourself.org.uk or call: 0300 500 80 80
Newark care homes continued

OLD VICARAGE, THE
Wellow Road, Old Ollerton, Mansfield NG22 9AD
Tel: 01623 824689

RED ROOFS RESIDENTIAL CARE HOME
35a Grange Road, Newark NG24 4LH
Tel: 01636 707298 Band 5

ROYAL MENCAP SOCIETY – 97B BARNBY GATE
Newark NG24 1QZ
Tel: 01636 676198

SOUTH COLLINGHAM HALL
Newark Road, Collingham, Newark NG23 7LE
Tel: 01636 892308 Band 1

SOUTHWELL COURT CARE HOME
Racecourse Road, Southwell NG25 0TX
Tel: 01636 815599 Band 5

ST MARYS
The Old Vicarage, Main Street, Blidworth, Mansfield NG21 QOH
Tel: 01623 795231 Band 1

STERNHILL PADDOCK
Back Lane, Eakring, Newark NG22 0DJ
Tel: 01623 411410

STRAWBERRY FIELDS CARE HOME
Strawberry Hall Lane, Newark NG24 2EP
Tel: 01636 700770 Band 2

TIGH CRANNTAIL
1 King Johns Court, Main Road, Kings Clipstone, Mansfield NG21 9BT
Tel: 01522 868279

TROC CARE HOME, THE
256 Beacon Hill Road, Newark NG24 2JP
Tel: 01636 671342 Band 3

TUXFORD MANOR CARE HOME
143 Lincoln Road, Tuxford, Newark NG22 0JQ
Tel: 01777 872555 Band 4

VICTORIA COTTAGE RESIDENTIAL HOME
13-15 Station Road, Lowdham, Nottingham NG14 7DU
Tel: 0115 966 3375 Band 1

WINTHORPE HALL CARE HOME
74 Gainsborough Road, Winthorpe, Newark NG24 2NR
Tel: 01636 701826 Band 5

WOODLAND GROVE
Kirklington Road, Bilstonorpe, Newark NG22 8TT
Tel: 01623 871752

WOODS COURT RESIDENTIAL CARE HOME FOR OLDER PEOPLE
Walker Close, off Hatton Gardens, Newark NG24 4BP
Tel: 01636 673548

TROCS - THE TREEN VALLEY SERVICES
21 Friary Road, Newark NG24 1LE

- Dementia Care Specialists
- Private rooms with en-suite facilities
- Warm and friendly atmosphere
- Town centre location
- Set in landscaped, mature gardens
- Well-trained and friendly staff available 24 hours per day
- Visiting Dentist, Chiropodist & Optician
- Person-centred approach to care & Cognitive Stimulation Therapy offered
- Regular entertainment & activities

Tel: 01636 706105 Web: www.friaryfields.co.uk

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Newark care homes with nursing

BOUGHTON MANOR
Church Road, Boughton,
Newark NG22 9JX
Tel: 01623 860436 Band 5 OP D MH

BYARS NURSING HOME, THE
Caythorpe Road, Caythorpe, Nottingham NG14 7EB
Tel: 0115 966 3981 Band 5 Advert page 87 OP D PD SI

HIGHLANDS CARE HOME
Station Road, Edingley, Newark NG22 8BX
Tel: 01623 882441 Band 5 OP

LANCASTER GRANGE
Cross Lane, Fernwood,
Newark NG24 3NH Advert page 68
Tel: 01636 880755 Band 5 OP D PD YA

OAKS AND LITTLE OAKS, THE
172 London Road, Balderton, Newark NG24 3JF
Tel: 01636 605365 Band 3 OP

PATHFINDERS NEUROLOGICAL CARE CENTRE
Darwin Drive, New Ollerton,
Newark NG22 9GW
Tel: 01623 836639 OP PD LDA SI YA

RED ROSE NURSING HOME
32 Brockton Avenue, Farndon,
Newark NG24 4TH
Tel: 01636 673017 Band 3 OP D MH

SHERWOOD GRANGE CARE CENTRE
Mansfield Road, Edwinstowe,
Mansfield NG21 9HF
Tel: 01623 824601 Band 1 OP PD YA

TUXFORD MANOR CARE HOME
143 Lincoln Road, Tuxford,
Newark NG22 0JQ
Tel: 01777 872555 Band 4 OP D PD MH YA

Providing exceptional care for older people in Nottingham for over 25 years

We offer high quality residential, nursing and dementia care

- Highly trained professional staff
- 24 hour person-centred care
- Home-prepared meals
- A calendar of social events
- Established links to the local community

Contact us to arrange a visit

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Nottingham NG5 8BX
Tel: 0115 956 9790

Sycamore House & Kenyon Lodge
700 Mansfield Road, Sherwood,
Nottingham NG5 3FW
Tel: 0115 956 5205

The Firs Nursing Home
700 Mansfield Road, Sherwood,
Nottingham NG5 3FS
Tel: 0115 953 1123

We’re proud to have been part of the Imagine project, an innovative programme introducing the arts to older people in order to enrich their lives and improve wellbeing

Find out more at imaginearts.org.uk

www.abbeyfield.com
Nottingham City care homes

ACORN HOUSE
1 Oak Street, Nottingham NG5 2AT
Tel: 0115 960 5981

ALEXANDRA LODGE CARE HOME
2 Lucknow Drive, Mapperley Park, Nottingham NG3 5EU
Tel: 0115 962 6580

ARNOLD ROAD, 514
Bestwood, Nottingham NG5 5HN
Tel: 0115 960 8091

ASCOT HOUSE – NOTTINGHAM
30-40 Percival Road, Sherwood, Nottingham NG5 2EY
Tel: 0115 960 6506

ASHLEIGH HOUSE
18-20 Devon Drive, Sherwood, Nottingham NG5 2EN
Tel: 0115 969 1165

BEECHDALE HOUSE CARE HOME
Beechdale Road, Aspley, Nottingham NG8 3EZ
Tel: 0115 929 2792

BEECHWOOD
60 Burlington Road, Sherwood, Nottingham NG5 2GS
Tel: 0115 924 5893

BELVOIR LODGE
243 Edwards Lane, Nottingham NG5 6EQ
Tel: 0115 967 9287

BUNGALOW, THE
15 Langtry Grove, Nottingham NG7 7AX
Tel: 07738 987555

BURLINGTON VILLA
15 Burlington Villa, Sherwood, Nottingham NG5 2GR
Tel: 0115 960 2738

CARRINGTON HOUSE CARE HOME
25 Mayo Road, Nottingham NG5 1BL
Tel: 0115 962 1100

CHERRY TREES RESOURCE CENTRE
Chippenham Road, Bestwood Park Estate, Nottingham NG5 5TA
Tel: 0115 915 9193

CLAREMONT ROAD, 4
Nottingham NG5 1BH
Tel: 0115 960 4618

CLARENDON COURT CARE HOME
13-15 Clumber Avenue, Sherwood Rise, Nottingham NG5 1AG
Tel: 0115 969 1681 Advert page 78 OP PD SI YA

CLIFTON MANOR RESIDENTIAL HOME
Rivergreen, Clifton, Nottingham NG11 8AW
Tel: 0115 984 5859 Advert page 44 OP D

COCKINGTON HOUSE
38 Cockington Road, Nottingham NG8 4BZ
Tel: 0115 928 8013 LDA YA

CONIFERS REST HOME, THE
11-15 Bakerdale Road, Bakersfield, Nottingham NG3 7Gj
Tel: 0115 911 0024 OP D

CORNER HOUSE, THE
36 Mapperley Hall Drive, Mapperley Park, Nottingham NG3 5EW
Tel: 0115 962 1673 OP D PD

DEVONSHIRE MANOR
2 Devonshire Road, Sherwood, Nottingham NG5 2EW
Tel: 0115 962 2538 PD LDA MH YA AD

EDENHURST CARE HOME
11 Denmark Grove, Alexandra Park, Nottingham NG3 4JG
Tel: 0115 960 6595 Advert page 90 OP D

FAIRVIEW
Sutherland Road, Nottingham NG3 7AP
Tel: 0115 976 4652 LDA YA

FAIRWAY VIEW
Swale Close, Bulwell, Nottingham NG6 9LZ
Tel: 0115 975 8778 OP D

FOREST LODGE REST HOME
20 Forest Road East, Arboretum, Nottingham NG1 4HH
Tel: 0115 978 0617 OP D MH

Service
OP Older people (65+)
D Dementia
PD Physical disability
LDA Learning disability, autism
User Bands
MH Mental health
SI Sensory impairment
YA Younger adults
AD People who misuse alcohol or drugs

For support in Nottinghamshire, visit: www.nottshelpyourself.org.uk or call: 0300 500 80 80
Tell us what you think

What have you found useful and what could we do better? Let us know.

www.carechoices.co.uk/reader-survey
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<th>Service</th>
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**Nottingham City care homes continued**

**GREGORY COURT**  
Noel Street, Hyson Green, Nottingham NG7 6AJ  
Tel: 0115 979 0750

**GREGORY HOUSE II**  
391-393 Mansfield Road, Carrington,  
Nottingham NG5 2DG  
Tel: 0115 969 2320

**HALL PARK CARE HOME**  
Squires Avenue, Bulwell, Nottingham NG6 8GH  
Tel: 0115 975 8750

**HAVEN LODGE**  
2 Alexandra Street, Sherwood Rise,  
Nottingham NG5 1AY  
Tel: 0115 962 1675

**HAWTHORN LODGE CARE HOME**  
Beckhampton Road, Bestwood Park,  
Nottingham NG5 5LF  
Tel: 0115 967 6735

**HEATHCOTES (ARNOLD)**  
Redhill Farm, Bestwood Lodge Drive, Arnold,  
Nottingham NG5 8NE  
Tel: 0115 967 9619

**HEATHCOTES (BASFORD)**  
55a Hadbury Road, Nottingham NG5 1JZ  
Tel: 0115 970 4850

**HEATHCOTES (BLENHEIM)**  
Blenheim Mount, St Anns Hill,  
Nottingham NG3 4LA  
Tel: 0115 960 6446

**HEATHCOTES (CARRINGTON PARK)**  
2 Clinton Avenue, Nottingham NG5 1AW  
Tel: 0115 962 4949

**HEATHCOTES (MAPPERLEY LODGE)**  
24 Ebers Road, Mapperley Park,  
Nottingham NG3 5DY  
Tel: 0115 960 3675

**HEATHCOTES (WOODBOROUGH)**  
2 Corporation Oaks, Nottingham NG3 4JY  
Tel: 0115 960 8188

**HEGARTY CARE**  
201 University Boulevard, Beeston,  
Nottingham NG9 2GJ  
Tel: 0115 808 5898

**HERONS, THE**  
6 Nettlecliff Walk, Nottingham NG5 9BD  
Tel: 0115 837 5426

**KINGFISHER COURT CARE CENTRE**  
Sturgeon Avenue, Clifton, Nottingham NG11 8HE  
Tel: 0115 940 5031  
Advert page 44

**KINGSBURY HOUSE LTD**  
103-105 Mansfield Street, Sherwood,  
Nottingham NG5 4BH  
Tel: 01623 798656

**LANGDALE COURT CARE HOME**  
1 Colville Street, Nottingham NG1 4HQ  
Tel: 0115 947 2167

**LANGDALE HOUSE CARE HOME**  
Grove Avenue, Southey Street,  
Nottingham NG7 4BP  
Tel: 0115 978 3822

**LEVINA HOUSE**  
17 Victoria Embankment, Nottingham NG2 2JY  
Tel: 0115 986 1555

**LIME LODGE**  
575 Nuthall Road, Nottingham NG8 6AD  
Tel: 0115 875 8349

**LIMES, THE**  
6 Lime Tree Avenue, Aspley, Nottingham NG8 6AB  
Tel: 0115 875 8349

**LINBY DRIVE**  
14 Linby Drive, Strelley, Nottingham NG8 6QH  
Tel: 0115 976 4652

**LINWOOD HOUSE**  
1 Mount Hooton Road, Nottingham NG7 4AY  
Tel: 0115 978 6736

**LYNTON HOUSE**  
Sutherland Road, Nottingham NG3 7AP  
Tel: 0115 976 4652

**HEGARTY CARE**  
201 University Boulevard, Beeston,  
Nottingham NG9 2GJ  
Tel: 0115 808 5898

For support in Nottinghamshire, visit: www.nottshelpyourself.org.uk or call: 0300 500 80 80
**Clifton View Care Home**
67 Widecombe Lane, Clifton, Nottingham NG11 9GH

- Purpose built 40 bed home comprising of 38 single and 1 double room all with either en-suite bathroom or shower
- Adjacent to the popular Wollaton Park
- Dementia and residential care
- Lounge and dining area
- Large garden
- Parker bath and three assisted showers

---

**Wollaton Park Care Home**
2A Lambourne Drive, Wollaton, Nottingham NG8 1GR

- Purpose built 76 bed Care Home offering:
  - Specialist residential and Dementia Care
  - Long or short term stays and day care available
  - Spacious bedrooms with en-suite shower rooms
  - 3 large lounges with kitchenettes
  - Large wet rooms, hoist assisted or Parker baths available
  - Freshly cooked meals that truly promote choice
  - 5 star in food hygiene

**Wollaton View Care Home**
21 Lambourne Drive, Wollaton, Nottingham NG8 1GR

- Purpose built 40 bed home comprising of 38 single and 1 double room all with either en-suite bathroom or shower
- Adjacent to the popular Wollaton Park
- Dementia and residential care
- Lounge and dining area
- Large garden
- Parker bath and three assisted showers

---

**Connect House Care Home**
8A Riber Crescent, Nottingham NG5 1LP

- 56 large bedrooms with all en-suite facilities
- Connect House is a reablement facility as well as long term care
- We cater for nursing and residential long term care
- 2 acres of delightful garden
- Reval Caprice HI LO bath
- Modern nurse call system and TV points in all rooms with wireless internet

---

**Wilford View Care Home**
Brookthorpe Way, Nottingham NG11 7FB

- Beautifully designed new 82 bed Care home in the parish of Wilford, Nottingham

---

**Specialising in RESIDENTIAL and DEMENTIA care**

‘Where care comes first’

0115 984 2021 • info@cliftonviewcarehome.com • www.cliftonviewcarehome.com

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0115 928 9119 • info@wollatonviewcarehome.com • www.wollatonviewcarehome.com

0115 928 9119 • info@wollatonviewcarehome.com • www.wollatonviewcarehome.com

0115 924 5467 • info@connecthousecarehome.com • www.connecthousecarehome.com

OPENING IN SUMMER 2019
Wollaton View Care Home

- Large garden
- Dementia and residential care
- Adjacent to the popular Wollaton Park
- Purpose built 40 bed home comprising
  - Modern nurse call system and
  - Reval Caprice HI LO bath

- We cater for nursing and

CTC House is also

56 large bedrooms with all

Clifton View Care Home

- 21 Lambourne Drive, Wollaton, Nottingham NG8 1GR

- 0115 928 9119 • info@wollatonviewcarehome.com • www.wollatonviewcarehome.com

- Specialising in RESIDENTIAL and DEMENTIA care
- Beautifully designed new 82 bed Care home in the parish of Wilford, Nottingham
  - Good access link to transport
  - Dentist, optician and chiropodist
  - Regular doctor visits

- Available
- Wireless internet
- TV points in all bedrooms and

Wilford View Care Home

- 2A Lambourne Drive, Wollaton, Nottingham NG8 1GR

- 0115 984 2021 • info@cliftonviewcarehome.com • www.cliftonviewcarehome.com

- 5 star in food hygiene
- Modern lift
- Twice weekly hairdresser visits
- TV / telephone point in every

- Available
- Twice weekly hairdresser visits

Parker baths available

- Specialist residential and Dementia offering:

Palmwood Court, 14-17

= The Woodlands, Highbury Road, Nottingham NG6 9BZ

= Tel: 0115 975 3987

= OP D PD LDA MH YA

PARK VIEW NURSING HOME

= 13 Gedling Grove, Radford, Nottingham NG7 4DU

= Tel: 0115 979 0776

= OP D PD LDA MH YA

PEACEMILLS CARE HOME

= 132 Perry Road, Sherwood, Nottingham NG5 3AH

= Tel: 0115 960 2539 Advert page 70 OP D PD LDA MH YA

SEELY HIRST HOUSE

= 62-68 Mapperley Road, Mapperley NG3 5AS

= Tel: 0115 960 6610 Advert page 90 OP D PD LDA MH YA

SPRINGFIELD CARE HOME

= Lawton Drive, Bulwell, Nottingham NG6 8BL

= Tel: 0115 927 9111

= OP D

SPRINGFIELD LODGE CARE HOME

= 45 Watcombe Circus, Carrington, Nottingham NG5 2DU

= Tel: 0115 962 0745

= OP D MH
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<td><strong>ST ANDREW’S HEALTHCARE</strong></td>
<td>401 Bestwood Road, Bestwood Village, Nottingham NG6 8SS</td>
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<td><strong>ST AUGUSTINE’S COURT CARE HOME</strong></td>
<td>105-113 The Wells Road, Nottingham NG3 3AP</td>
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<tr>
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<tr>
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**For support in Nottinghamshire, visit:** [www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk) or call: 0300 500 80 80
Call to arrange a visit, all homes Tel: 0115 979 1234

Full details at: www.eastgatecare.co.uk
e-mail: enquiries@eastgatecare.co.uk
As recommended on carehome.co.uk

Eastgate Care - an established local company providing care for over 27 years

Dementia, Nursing, Convalescence, Respite, Personal & Residential care

Single spacious en-suite rooms tastefully decorated

Flat screen TV & Wifi access

Fully qualified Nursing Staff & 24 hour specialist nurse call systems

Links with local GP, chiropodist, optician, dentist, hairdresser, minister

Dedicated Activities Co-ordinators & regularly organised trips and outings

Comfortable welcoming lounges with fabulous canal-side or garden views

“Thank You, To all the carers, I am and will remain grateful for all your efforts, to keep Mum comfortable and content. Her days were peaceful and that was my constant wish. Thank you for all the demanding physical care you gave her and for the affection you showed her, the hugs and kisses she received which will warm my heart every time I think of you.”

My sincere thanks, Sue.

Eastgate Care
The White Swan,
Head Office & Training Centre, Notts NG6 0GD
Email: enquiries@eastgatecare.co.uk • www.eastgatecare.co.uk

Eastgate Care - an established local company celebrating 25 years offering care

Canal Vue
(Residential with Dementia Care)
Awsworth Road, Ilkeston, Derbys DE7 8JF

Eastgate Care - an established local company providing care for over 27 years
We understand...

...that people are unique. And that everyone we care for is one of a kind.

So we treat each individual with respect and admiration; providing high-quality care and genuine reassurance in our three trusted care homes across Nottinghamshire.

Feel free to pop in to any of our homes for a tour, or call us on 0808 2081788 if you need some help or advice.

Nursing Care  Dementia Care  Residential Care  Respite Care  Day Care  Younger Adults with Physical Disabilities
ASH VILLA
159 Musters Road, West Bridgford, Nottingham NG2 7AF
Tel: 0115 981 9761  D LDA SI

BELVOIR VALE CARE HOME
Old Melton Road, Widmerpool, Nottingham NG12 5QL
Tel: 01949 222475 Band 5 Advert page 96  OP D

BROADLANDS RESIDENTIAL CARE HOME
28 Shelford Road, Radcliffe-on-Trent, Nottingham NG12 1AF
Tel: 0115 933 2727 Band 3  OP D

BROOKSIDE AVENUE, 26
East Leake, Loughborough LE12 6PA
Tel: 01509 559502  LDA MH YA

BUNGALOW, THE
159A Musters Road, West Bridgford, Nottingham NG2 7AF
Tel: 0115 982 6644  LDA YA

CHERRY TREE COTTAGE
6 Kinoulton Lane, Kinoulton, Nottingham NG12 3EQ
Tel: 01949 823951  LDA YA

CHERRY TREE LODGE
34-36 Holme Road, West Bridgford, Nottingham NG2 5AA
Tel: 0115 914 3499  LDA

CHURCH FARM AT FIELD HOUSE
11 Main Road, Radcliffe-on-Trent, Nottingham NG12 2FD
Tel: 0115 933 5811 Band 5 Advert page 96  OP

COACH HOUSE, THE
9 Radcliffe Mount, West Bridgford, Nottingham NG2 5FY
Tel: 0115 981 8901  LDA YA

DERBYSHIRE HOUSE RESIDENTIAL CARE
Station Road, East Leake, Loughborough LE12 6LQ
Tel: 01509 852531 Band 5  OP PD

FIRS RESIDENTIAL CARE HOME, THE
Old Epperstone Road, Lowdham, Nottingham NG14 7BS
Tel: 0115 966 5055 Band 5  OP D PD LDA MH SI YA

HILLSIDE FARM CARE HOME
Loughborough Road, Bunny Hill, Bunny, Nottingham NG11 6QQ
Tel: 01509 852900 Band 5  OP D

HOLME LODGE – CARE HOME PHYSICAL DISABILITIES
1 Julian Road, West Bridgford, Nottingham NG2 5AQ
Tel: 0115 982 2545  OP PD YA

JUBILEE HOUSE
18 Hound Road, West Bridgford, Nottingham NG2 6AH
Tel: 0115 981 7938  LDA YA

LEAWOOD MANOR
Hilton Crescent, West Bridgford, Nottingham NG2 6HY
Tel: 0115 923 4985 Band 5  OP D PD SI

LITTLE ACRE – THE ANNEX
Little Acres, Melton Road, Hickling Pastures, Melton Mowbray LE14 3QG
Tel: 01949 81867  PD LDA SI YA

MAC MAE
2 Crosby Road, West Bridgford, Nottingham NG2 5GH
Tel: 0115 981 5841  LDA YA

OLD ORCHARD CARE HOME, THE
123c Shelford Road, Radcliffe-on-Trent, Nottingham NG12 1AZ
Tel: 0115 933 5113  PD LDA SI YA

ORCHARD HOUSE
46 Easthorpe Street, Ruddington, Nottingham NG11 6LA
Tel: 0115 921 7610 Band 5 Advert page 70  OP D

PATRICK HOUSE
2 Patrick Road, West Bridgford, Nottingham NG2 7JY
Tel: 0115 981 8733  LDA YA

RADCLIFFE MANOR HOUSE
52 Main Road, Radcliffe-on-Trent, Nottingham NG12 2AA
Tel: 0115 911 0138 Band 5  OP

RICHMAND HOUSE RESIDENTIAL HOME LTD
88-90 Melton Road, West Bridgford, Nottingham NG2 7NF
Tel: 0115 914 2609 Band 5  OP D MH

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Service
Older people (65+)
Dementia
Physical disability
Learning disability, autism
Mental health
Sensory impairment
Younger adults
People who misuse alcohol or drugs
Rushcliffe care homes continued

ROSELEA HOUSE
73 Loughborough Road, West Bridgford, Nottingham NG2 7JX
Tel: 0115 846 2251

RUDDINGTON VIEW
Clifton Lane, Ruddington, Nottingham NG11 6AB
Tel: 074 845 513621

ST PETERS CARE HOME
15 Vicarage Lane, Ruddington, Nottingham NG11 6HB
Tel: 0115 984 4608 Band 3 Advert page 70 OP D

TUDOR GRANGE
54 Main Road, Radcliffe-on-Trent, Nottingham NG12 2BP
Tel: 0115 933 4404 Band 4 OP

WESTCLIFFE CARE HOME
78 Shelford Road, Radcliffe-on-Trent, Nottingham NG12 1AW
Tel: 0115 933 5197 Band 5 Advert adjacent OP D

WESTDALE RESIDENTIAL CARE HOME
129 Melton Road, West Bridgford, Nottingham NG2 6FG
Tel: 0115 923 3128 Band 5 Advert page 96 OP D

Rushcliffe care homes with nursing

ADBOLTON HALL
Adbolton Lane, West Bridgford, Nottingham NG2 5AS
Tel: 0115 981 0055 Band 1 OP D PD

ASLOCKTON HALL NURSING AND RESIDENTIAL HOME
New Lane, Aslockton, Nottingham NG13 9AH
Tel: 01949 850233 Band 1 OP PD

BALMORE COUNTRY HOUSE
245-247 Loughborough Road, Ruddington, Nottingham NG11 6NY
Tel: 0115 921 3006 Band 2 Advert page 70 OP D

BEAUVALE CARE HOME
Moor Lane, Bingham, Nottingham NG13 8AS
Tel: 01949 831263 Band 4 OP PD YA

CHURCH FARM AT FIELD HOUSE
11 Main Road, Radcliffe-on-Trent, Nottingham NG12 2FD
Tel: 0115 933 5811 Band 5 Advert page 96 OP

CHURCH FARM AT SKYLARKS
Skylarks, Adbolton Lane, West Bridgford, Nottingham NG2 5AS
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CHURCH FARM AT RUSTICUS
Owthorpe Road, Cotgrave, Nottingham NG12 3PU Advert page 96
Tel: 0115 989 9545 Band 1 OP D PD MH YA

CHURCH FARM NURSING HOME
Church Lane, Cotgrave, Nottingham NG12 3HR
Tel: 0115 989 4595 Band 5 Advert page 96 OP D YA

GRAND, THE
Greythorn Road, West Bridgford, Nottingham NG2 7GG
Tel: 0115 896 7712 Band 4 OP D PD MH YA

GREENWOOD LODGE
49-55 Gotham Lane, Bunny, Nottingham NG11 6QJ
Tel: 0115 984 7575 PD LDA SI

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Tell us what you think

What have you found useful and what could we do better? Let us know.

www.carechoices.co.uk/reader-survey
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Home care providers

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A.C.C.E.S.S 2016 Ltd
Absolute Dignity Care Ltd
Absolute Home Care
Nottingham Ltd
Access 2 Care Nottingham Ltd
Ace Care 4 U Ltd
Age Gracefully Ltd
Agincare UK
Agincare UK – Hilton Grange Extra
Care Scheme
Agincare UK
– Notts County
Agincare UK
– St Andrews House Extra Care
Scheme
Agincare UK – Woodvale Extra
Care Scheme
AKA Case Management Ltd
Allied Healthcare Nottingham
AMG Nursing and Care Services
– Nottingham
Anderson Care
APT Care Ltd
Archangel Home Care
ARK Home Health Care
Nottingham
Assisted Home Living
Axis Recruitment Ltd

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Balm of Gilead
Be Cared For Ltd
Beaumond House
Belvoir Home Care
Bespoke Health & Social Care
Bestways Healthcare
Headquarters
Bethel Healthcare Services Ltd
Bluebird Care
(Newark and Sherwood)
Bluebird Care
(Rushcliffe and Melton)
Break Barriers Nottingham Ltd

C
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Caremark
(Broxtowe & Erewash)
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(Gedling & Rushcliffe)
Caremark
(Mansfield)
Catherine Tam Agency
CCA Training Ltd
CCT Community Enablement
Team
Cedars Care Ltd
Charlesworth 247 Ltd
Choice Support Nottingham
Choose 2 Care
CJAJ Angels Supporting Living Ltd
Comfort Call (Newark)
Comfort Call
(Westmoreland House)
Comfort Call (Worksop)
Comfort Call Ltd
Comfort Call Nottingham
Community Integrated Care
– Nottingham Regional Office
Compassion Care Ltd
Compassionate Care Team Ltd
Concord House
Contract Care Agency Ltd
Corner House Residential
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DCK Care Ltd
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Services
Diverse Home Care Ltd
DKM Healthcare Ltd
Dove Caring Ltd
Duncan Macmillan House
(Trust Headquarters)

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Eden Supported Living Ltd
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