



# Nottinghamshire County Council

## Care and Support Services Directory 2018/19



**The comprehensive guide to choosing and paying for care and support**  
Support at home • Somewhere to live • Useful contacts

# Home.

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- Convalescence support and much more...



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**01636 550480:** Newark & Sherwood area

**[www.homeinstead.co.uk/eastnottingham](http://www.homeinstead.co.uk/eastnottingham)**

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 All the listings in this publication of care homes, care homes with nursing and home care providers are supplied by the Care Quality Commission (CQC) and neither Nottinghamshire County Council nor Care Choices can be held liable for any errors or omissions. The information contained in this Directory was correct at the time of going to print. The inclusion of advertisements in this Directory does not act as an endorsement or recommendation by Nottinghamshire County Council.

To obtain extra copies of this Directory, free of charge, call **Nottinghamshire County Council** 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. 



# 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.

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## **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.

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## **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.

If you have the potential to be more independent, we will support you to help make this happen and achieve your personal goals.

We will have conversations with you, your carers and family about your aims for the future and your expectations about ongoing formal social care. This includes how we can work together and share responsibility with them and other providers in meeting your needs.

If you contribute towards the cost of your care, we will ensure you are only paying for what is required. We will also work with you so you are informed about any benefits you are entitled to.

We will use our professional knowledge and experience to determine when it is the right and safe time to conclude support. We can do this by helping you to set your ambitions for what your life could be like in the future and to identify realistic steps to achieve this.



# 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](http://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](http://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](http://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.

You can get this support from **Smokefree Life Nottinghamshire**.

Tel: **0115 772 2515** or **0800 246 5343**

Text: 'QUIT' to **66777**

Email: [info@smokefreelifenottinghamshire.co.uk](mailto:info@smokefreelifenottinghamshire.co.uk)

Web: [www.smokefreelifenottinghamshire.co.uk](http://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](http://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](http://www.nhs.uk)



## Staying warm

Cold homes can have a significant impact on your health. Visit: [www.ageuk.org.uk](http://www.ageuk.org.uk) or: [www.nhs.uk](http://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](http://www.nottinghamshire.gov.uk/falls)



For care and support services in Nottinghamshire:

[www.nottshelpyourself.org.uk](http://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](http://www.nottshelpyourself.org.uk)**

**Alzheimer's Society** also has information about services and support groups, visit:

**[www.alzheimers.org.uk](http://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.

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](http://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing)**

We work with our partners to provide a range of support for people with a mental health issue to help them live as independently as possible. We work together with people experiencing mental health difficulties to find new ways to meet their needs. This is known as co-production – a way of working together to make sure the services available are suitable for the people who need them.

Co-production can help people to make new friends and socialise; join a group or club; share skills and experiences or develop a project in their area. Find out more at: **[www.nottinghamshire.gov.uk/care/adult-social-care/mental-health-wellbeing/co-production](http://www.nottinghamshire.gov.uk/care/adult-social-care/mental-health-wellbeing/co-production)**

### 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 scheme at:

**[www.inspireculture.org.uk/reading-information/reading/reading-well-books-prescription](http://www.inspireculture.org.uk/reading-information/reading/reading-well-books-prescription)** or pop in to your local library.

### 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](http://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**

## **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**. →

## **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

Nottinghamshire  
County Council



## → 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](http://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**



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**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.

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## 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.

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## 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@nottsc.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 handyperson work. For more information about the service or to access the scheme, please contact us on: **0300 500 80 80** or email: **enquiries@nottsc.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](http://www.nottinghamshire.gov.uk/equipment)**

**[nottshelpyourself.org.uk](http://nottshelpyourself.org.uk)**

***Find health and  
social care support  
and information***



**Nottinghamshire  
County Council**

**0300 500 80 80**

minicom: 01623 434993



# 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](http://www.myfamilyourneeds.co.uk)

For parents and carers of children with additional needs.

## South Notts

Val Roberts House, 25 Gregory Boulevard,  
Nottingham NG7 6NX

Tel: **0115 970 9581**

Email: **southnottsnass@frameworkha.org**

You can contact us yourself or get someone else (such as a family member, friend or GP) to do this for you.

Tel: **0300 500 80 80**

Email: **enquiries@nottsc.gov.uk**

## 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](http://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](http://www.nottinghamshire.gov.uk/adultsocialcare)**

or phone: **0300 500 80 80**.



For care and support services in Nottinghamshire:

**[www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk)**

**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.nottinghamshire.gov.uk/adultsocialcare](http://www.nottinghamshire.gov.uk/adultsocialcare)**  
or phone: **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](http://www.nottinghamshire.gov.uk/adultsocialcare)** or phone: **0300 500 80 80** to find out more about the assessment process.

### 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@nottsc.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@nottsc.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@nottsc.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**



**www.myfamilyourneeds.co.uk**

For parents and carers of children with additional needs.



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](http://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.
  - Home care: page 23.
- Shared Lives: page 38.

- Housing options for younger adults: page 39.
- Housing with care: page 38.
- Residential care: page 39.







[www.carechoices.co.uk](http://www.carechoices.co.uk)

# 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](http://www.carechoices.co.uk)

## 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](http://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](http://www.nottinghamshire.gov.uk/adultsocialcare)**



For care and support services in Nottinghamshire:

**[www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk)**

**0300 500 80 80**



The mark of excellent care



## 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](http://www.carechoices.co.uk/reader-survey)



**Agency 1** .....

**Agency 2** .....

**Agency 3** .....

Fees per week	Quality rating*
£	
£	
£	

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

- How long has the agency been operating?
- How long are staff allocated per visit?
- Can you contact the agency in an emergency or outside office hours?
- Does the agency have experience with your specific needs?

## Staff

- Are you likely to be visited by different staff each day?
- Are all staff checked with the Disclosure and Barring Service?
- Will you be notified in advance if your care worker is on holiday or sick?
- Are staff matched to you specifically, based on your needs and preferences?
- Can you meet your care worker(s) before they start?
- Does the agency have both male and female staff?

## Accommodating your needs

- Can the agency accommodate your needs if they increase? Ask about the process for this.
- Does the agency have a training scheme in place?
- Are all staff trained to a certain level?
- Are staff able to help with administering medication if required?
- Is there a way for staff to communicate with each other about the support they provide when they visit you? How?

## Regulation

- Will your support plan be reviewed at regular intervals?
- Can you see the agency's contract terms?
- Can you lodge a complaint easily?
- Are complaints dealt with quickly?
- Can you see a copy of the agency's CQC registration certificate and quality rating?

## Notes

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\*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](http://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

OP YA

### Bassetlaw and Newark

#### COMFORT CALL LTD

Newark

Tel: 01636 858675

OP D PD LDA MH SI YA AD

Bassetlaw

Tel: 01909 768196

OP D PD LDA MH SI YA AD

### Broxtowe

#### DIRECT HEALTH

Nottingham

Tel: 0115 896 4005

OP D PD LDA MH SI YA AD

### Gedling and Rushcliffe

#### AGINCARE UK

Nottingham

Tel: 0115 920 4948

OP PD SI YA

Use our home care agency checklist on page 25 for ideas of questions to ask.

### Supporting Independence

Providing a **home support service** with a difference. We offer a culturally appropriate and **flexible** care service tailored to individual needs.

Our diverse team of well trained support workers can assist you with:

- ✓ **Personal Care** - Help with washing, bathing, dressing etc.
- ✓ **Social Care** - Assisting with outdoor activities such as doctor/hospital appointments, shopping etc.
- ✓ **Domestic Care** - Assist with cleaning, laundry, Ironing etc.
- ✓ **Meal & Dietary Care** - Food preparation in your own home, assistance with feeding etc.

To discuss our full services and your personal requirements call us on:

**0115 9705832**

or email [acecare@live.co.uk](mailto:acecare@live.co.uk)



[www.acecare4u.co.uk](http://www.acecare4u.co.uk)



### Age Gracefully Home Care Provider

- Domestic Support • Personal Care • Respite Care
- Outings and Socialising • Specialist Support
- Palliative Care • Dementia Care • Physical Mobility
- Hospital discharge and re-enablement

Call us on: 0115 929 8633



### Assisted Home Living

Assisted Home Living introduces support workers enabling people who would perhaps have had to move into a nursing or residential home to remain in the comfort of their own homes.

**"Independent living with bespoke care needs"**

Phone: **01302 215572** or **07545 525 626**

Email: [Sarah@assistedhomeliving.co.uk](mailto:Sarah@assistedhomeliving.co.uk)

61 Mirabelle Way Harworth DN11 8SQ

### A.C.C.E.S.S 2016 Ltd

We tailor services to your personal needs: personal care, medication, companionship, meals, shopping, outings, exercise and domestic duties.

All care is person-centred and reviewed to suit changing needs.

Domiciliary care service regulated by the CQC



Attentive  
Compassionate  
Care  
Enabling  
Sensitive  
Support

Call the Team on:

**07434 884161**

E: [accessltd2016@gmail.com](mailto:accessltd2016@gmail.com)

[www.access2016ltd.co.uk](http://www.access2016ltd.co.uk)

Based in Sutton in Ashfield

*We Care About You!*

## Other registered domiciliary services

Advertisers are highlighted

### 24HR CARE SERVICES LTD

Nottingham

Tel: 0115 808 2169

OP D PD LDA MH SI YA

### A-2-E

Mansfield

Tel: 01623 821534

OP PD MH SI YA

### A.C.C.E.S.S 2016 LTD

Sutton-in-Ashfield

Tel: 07434 884161

Advert page 26  
OP D PD MH SI YA

### ABSOLUTE DIGNITY CARE LTD

Sutton-in-Ashfield

Tel: 07486 682199

OP D PD LDA MH SI

### ABSOLUTE HOME CARE NOTTINGHAM LTD

Nottingham

Tel: 0115 697 9808

OP D YA

### ACCESS 2 CARE NOTTINGHAM LTD

Nottingham

Tel: 0115 859 6074

OP D PD SI YA

### ACE CARE 4 U LTD

Nottingham

Tel: 0115 970 5832

Advert page 26  
OP D PD MH YA

### AGE GRACEFULLY LTD

Nottingham

Tel: 0115 929 8633

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OP D PD MH SI YA AD

### AGINCARE UK

#### – HILTON GRANGE EXTRA CARE SCHEME

Nottingham

Tel: 0115 928 6862

OP D PD SI YA

#### AGINCARE UK – NOTTS COUNTY

Nottingham

Tel: 0115 920 4948

OP D PD LDA MH SI YA AD

### AGINCARE UK

#### – ST ANDREWS HOUSE EXTRA CARE SCHEME

Nottingham

Tel: 0115 928 6862

OP D PD MH SI YA

#### AGINCARE UK – WOODVALE EXTRA CARE SCHEME

Nottingham

Tel: 0115 928 6862

OP PD SI YA

### AKA CASE MANAGEMENT LTD

Nottingham

Tel: 0115 711 7070

OP PD SI YA

### ALLIED HEALTHCARE NOTTINGHAM

Nottingham

Tel: 0115 975 0885

OP D PD LDA MH SI YA AD

### AMG NURSING AND CARE SERVICES – NOTTINGHAM

Nottingham

Tel: 0115 982 7121

OP D PD LDA MH SI YA

### ANDERSON CARE

Nottingham

Tel: 07849 446443

OP D PD MH SI YA

### APT CARE LTD

Nottingham

Tel: 0115 837 5115

OP D PD LDA MH SI YA AD

### ARCHANGEL HOME CARE

Nottingham

Tel: 0115 989 5460

OP D PD LDA MH SI YA AD

### ARK HOME HEALTHCARE NOTTINGHAM

Nottingham

Tel: 0115 896 4387

D PD LDA MH SI AD

### ASSISTED HOME LIVING

Doncaster

Tel: 01302 215572

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OP D PD YA

### AXIS RECRUITMENT LTD

Nottingham

Tel: 0115 841 4505

OP D PD LDA MH SI YA AD

### BALM OF GILEAD

Nottingham

Tel: 0115 808 6755

OP D YA

### BE CARED FOR LTD

Nottingham

Tel: 01949 358010

OP D

### BEAUMOND HOUSE

Newark

Tel: 01636 610556

OP YA

**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



## 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](http://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](http://www.bluebirdcare.co.uk)



**"We Take Good Care Of You In Your Own Home!"**

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](http://www.firstclass-care.co.uk)  
[mandy@firstclass-care.co.uk](mailto:mandy@firstclass-care.co.uk)



**Helping Hands**  
 Care and Nursing at Home

Est. 1989

## 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](http://www.helpinghands.co.uk)





**BELVOIR HOME CARE**

Nottingham **Advert page 28**  
Tel: 01949 829307 **OP D PD LDA MH SI YA**

**BESPOKE HEALTH & SOCIAL CARE**

Nottingham  
Tel: 07718 424390 **OP D PD LDA MH SI YA AD**

**BESTWAYS HEALTHCARE HEADQUARTERS**

Nottingham  
Tel: 0115 964 8305 **OP D YA**

**BETHEL HEALTHCARE SERVICES LTD**

Nottingham  
Tel: 07821 433174 **OP D PD LDA MH SI YA**

**BLUEBIRD CARE (NEWARK AND SHERWOOD)**

Newark **Advert page 28**  
Tel: 01636 673920 **OP D PD SI YA**

**BLUEBIRD CARE (RUSHCLIFFE AND MELTON)**

Nottingham **Advert page 28**  
Tel: 0115 933 3114 **OP D PD LDA SI YA**

**BREAK BARRIERS NOTTINGHAM LTD**

Nottingham  
Tel: 0115 900 3188 **OP D PD LDA MH SI YA**

**CALVERTON SUPREME HOME CARE**

Nottingham  
Tel: 0115 912 0196 **OP D PD MH SI YA**

**CAREMARK (BROXTOWE & EREWASH)**

Nottingham **Advert page 24**  
Tel: 0115 943 6064 **OP D PD LDA MH SI YA**

**CAREMARK (GEDLING & RUSHCLIFFE)**

Nottingham **Advert page 24**  
Tel: 0115 837 5230 **OP D PD LDA MH SI YA AD**

**CAREMARK (MANSFIELD)**

Mansfield **Advert page 24**  
Tel: 01623 404550 **OP D PD LDA MH SI AD**

**CATHERINE TAM AGENCY**

Nottingham  
Tel: 0115 968 3888 **PD LDA MH YA**

**CCA TRAINING LTD**

Nottingham  
Tel: 07730 473961 **OP D PD MH SI YA**

**CCT COMMUNITY ENABLEMENT TEAM**

Mansfield  
Tel: 07528 261591 **OP D PD LDA MH SI YA**

**CEDARS CARE LTD**

Nottingham  
Tel: 07941 446011 **OP D PD MH SI YA**

**CHARLESWORTH 247 LTD**

Worksop  
Tel: 01909 476722 **OP D PD MH SI YA**

**CHOICE SUPPORT NOTTINGHAM**

Nottingham  
Tel: 0115 978 9557 **LDA**

**CHOOSE 2 CARE**

Nottingham  
Tel: 0115 935 2008 **OP D PD LDA MH SI YA**

**CJAJ ANGELS SUPPORTING LIVING LTD**

Nottingham  
Tel: 07500 202328 **OP D PD SI**

**COMFORT CALL (NEWARK)**

Newark  
Tel: 01636 679467 **OP D PD LDA MH SI YA AD**

**COMFORT CALL (WESTMORELAND HOUSE)**

Doncaster  
Tel: 01302 746791 **OP D PD LDA MH SI YA**

**COMFORT CALL (WORKSOP)**

Worksop  
Tel: 01909 470685 **OP D PD LDA MH SI YA AD**

**COMFORT CALL NOTTINGHAM**

Nottingham  
Tel: 0115 975 1441 **OP D PD LDA MH SI YA AD**

**COMMUNITY INTEGRATED CARE**

**– NOTTINGHAM REGIONAL OFFICE**

New Basford  
Tel: 0115 870 0316 **OP PD LDA MH SI YA**

**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



## KarVonEtte's Ltd

Care your needs are met

- We provide our service users with person centred planning, ensuring that their needs, wishes and preferences are met.
- Available 24 hours a day, 365 days a year.
- All staff have enhanced CRB, full background check and trained to the highest standard.
- Personal Care, washing, bathing, showering etc.
- Domestic duties, Laundry, ironing.
- Food preparation, feeding, shopping etc.
- Exercising and basic care of pets.
- Escort service, sittings, waking night service and sleep over service.
- Privately funded and direct payment service users accepted.



Regulated by the  
Care Quality Commission

49 Wood Street, Mansfield, Nottinghamshire NG18 1QB  
Tel: 01623 432388 Email: yvette@karvonettes.co.uk



## Magnolia Domiciliary Care Magnolia

Unit 27, Lenton Business Centre, Lenton Boulevard,  
Nottingham, NG7 2BY

Email: support@magnoliacare.co.uk  
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.



[www.magnoliacare.co.uk](http://www.magnoliacare.co.uk)

### Services we offer include:

- Personal care
- Assisting with finances
- Enabling independent living
- Shopping
- Enabling social opportunities
- Maintaining a tenancy
- Support with vocational activities
- Community support/Attending appointments
- Respite support for families
- Getting up or going to bed service
- Domestic help/cleaning
- Household tasks, DIY and garden maintenance

Regulated by the Care Quality Commission

## Hidmat Care Limited Home Care Agency

**Care Offered:**

- Dementia
- Domestic Services
- Elderly Care
- Personal Hygiene Care
- Physical Disability
- Sensory Impairment

**Giving you the best care at home.**

**Call us on 0115 929 8308**

## EXTRA HELP CARE

*"Putting citizens at the centre of everything we do"*

We are a domiciliary Care Provider and we offer support with:

- Personal Care • Day & night time sits
- Hospital discharge and enablement
- Emergency care • Respite care
- Shopping • End of Life Care • Live in Care

T: 01159782755 M: 0753 437 1422  
E: [info@extrahelpcare.co.uk](mailto:info@extrahelpcare.co.uk)  
[www.extrahelpcare.co.uk](http://www.extrahelpcare.co.uk)

Unit 1 | Lenton Business Centre | Lenton Boulevard | NG7 2BY

## RADCLIFFE HOME HELP SERVICES

CARE IN THE COMMUNITY

Radcliffe Home Help Services supports people in their own homes, improving their quality of life every day. See below how we can help you:

<p>✓ Personal Care</p> <p>Whether washing, bathing, showering, getting ready in the morning or assisting you to prepare for bed our personal care service can help.</p>	<p>✓ Medication Management</p> <p>We can be there to ensure medication is taken at any time of the day, seven days a week. We'll even collect repeat prescriptions for you.</p>
<p>✓ Social Visits / Companionship</p> <p>Services range from simple social calls to check everything is ok through to 24 hour sitting services including meal preparation.</p>	<p>✓ Hospital Recovery Support</p> <p>We provide excellent aftercare for the duration of your post operative recovery. Our team will support you until you are fit and well.</p>
<p>✓ Respite Service</p> <p>Our respite service can provide a wide range of support and can be tailored to your personal situation. We assist you in supporting your loved ones.</p>	<p>✓ Freshly Cooked Dinners</p> <p>Whether breakfast, lunch, dinner or just a snack nothing tastes better than a meal freshly prepared in your own kitchen.</p>
<p>✓ Shopping Services</p>	<p>✓ Cleaning &amp; Laundry</p> <p>✓ Day Centre</p>

**Call our friendly office on: 0115 9335433**  
Email: [OfficeTeam@RadcliffeHomeHelpServices.co.uk](mailto:OfficeTeam@RadcliffeHomeHelpServices.co.uk)  
[www.RadcliffeHomeHelpServices.co.uk](http://www.RadcliffeHomeHelpServices.co.uk)

# Care where you're happiest. Home.

If the time comes when you need a little extra support – staying in your own home can be the happiest place to be – surrounded by your favourite things, your comfy slippers and your own bed.

Our 'Cousins' make this possible by providing companionship, as well as practical assistance with personal care and household tasks in the comfort of your own home.

Established in 1959, Country Cousins is the longest running live-in care agency in the UK.

Call us on  
**0800 092 3207**  
or visit [country-cousins.co.uk](http://country-cousins.co.uk)

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

**COMPASSION CARE LTD**

Nottingham

Tel: 0115 989 2610

**OP D YA**

**COMPASSIONATE CARE TEAM LTD**

Retford

Tel: 01777 711129

**OP D PD LDA SI YA**

**CONCORD HOUSE**

Nottingham

Tel: 07722 403616

**OP D PD LDA MH SI YA**

**CONTRACT CARE AGENCY LTD**

Nottingham

Tel: 0115 981 1058

**OP D PD LDA MH YA AD**

**CORNER HOUSE RESIDENTIAL CARE HOME**

Mansfield

Tel: 01623 657117

**PD LDA MH SI**

**CROSSOVER CARE LTD**

Nottingham

Tel: 07445 851691

**OP D PD LDA MH SI YA**

**CROSSROADS CARE EAST MIDLANDS**

**– NOTTINGHAM OFFICE**

Nottingham

Tel: 0115 962 8920

**OP D PD LDA MH SI YA**

**CROSSROADS CARE NORTH NOTTINGHAMSHIRE**

Mansfield

Tel: 01623 658535

**OP D PD LDA MH SI YA**

**DAVID LANE, 6**

Nottingham

Tel: 0115 964 8303

**OP PD LDA MH SI YA**

**DCK CARE LTD**

Nottingham

Tel: 0115 989 9122

**OP YA**

**DICE HEALTHCARE LTD**

Mansfield

Tel: 01623 880133

**OP D PD LDA SI YA**

**DIGNITY – INNOVA HOUSE**

Mansfield

Tel: 01623 626252

**OP D PD LDA MH SI YA**

**DIRECT HEALTH (NORTH NOTTS)**

Mansfield

Tel: 01623 707773

**OP D PD LDA MH SI YA**

**DIRECT HEALTH (NOTTINGHAM)**

Nottingham

Tel: 0115 896 4005

**OP D PD LDA MH SI YA**

**DIRECT HEALTH (NOTTINGHAM CITY)**

Nottingham

Tel: 0115 896 4007

**OP D PD LDA MH SI YA**

**DISABLED CHILDREN'S SUPPORT SERVICES**

Mansfield

Tel: 01623 433433

**PD LDA SI**

**DIVERSE HOME CARE LTD**

Nottingham

Tel: 0115 962 0998

**OP D PD LDA MH SI YA**

**DKM HEALTHCARE LTD**

Nottingham

Tel: 07758 649066

**OP D PD LDA MH YA**

**DOVE CARING LTD**

Nottingham

Tel: 0115 964 8243

**OP D YA**

**DUNCAN MACMILLAN HOUSE**

**(TRUST HEADQUARTERS)**

Nottingham

Tel: 0115 969 1300

**OP D PD LDA MH SI YA AD**

**EBS INSTANT CARE**

Nottingham

Tel: 0115 984 1961

**OP D PD LDA MH SI YA**

**EDEN SUPPORTED LIVING LTD**

**– MANSFIELD REGIONAL OFFICE**

Mansfield Woodhouse

Tel: 01623 651987

**OP D PD LDA MH SI YA**

**EDEN SUPPORTED LIVING LTD**

**– NEWARK REGIONAL OFFICE**

Newark

Tel: 01636 611363

**OP D PD LDA MH SI YA**

**EDEN SUPPORTED LIVING LTD**

**– NOTTINGHAM REGIONAL OFFICE**

Nottingham

Tel: 0115 960 3264

**OP D PD LDA MH SI YA**

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



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 24hours, 7 days a week.

**T: 02035071825 E: [info@mayfairmedics.com](mailto:info@mayfairmedics.com)  
[www.mayfairmedics.co.uk](http://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](mailto:info@nottzcare.co.uk)  
or visit our website: [www.nottzcare.co.uk](http://www.nottzcare.co.uk)



## Enhancing Life Through Home Care

LLOYDS CARE GROUP



**We're Recruiting Carers**  
Contact us for details

### 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 a **FREE** No-Obligation Care Assessment  
Freephone **0800 772 0770**  
[www.lloyds-caregroup.com](http://www.lloyds-caregroup.com)

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

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



# 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
- \* Light Housekeeping
- \* Grocery shopping
- \* Hairdresser / Optician / Chiropodist visits
- \* Appointments
- \* Incontinence Care
- \* Meals
- \* Medication



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



*Bhandal Care Group*  
HOMES FOR THE ELDERLY



**ENABLE SUPPORT**

Nottingham  
Tel: 07764 486075 **LDA YA**

**EXEMPLAR HOMECARE LTD**

Mansfield  
Tel: 01623 287988 **OP D PD MH SI YA**

**EXTRA HELP CARE LTD**

Nottingham **Advert page 30**  
Tel: 0115 9782755 **OP D PD LDA SI YA AD**

**FIRS RESIDENTIAL CARE HOME, THE**

Nottingham  
Tel: 0115 966 5055 **OP D PD LDA MH SI YA**

**FIRST CARE DCA**

Worksop  
Tel: 01909 479222 **OP D PD SI YA**

**FIRST CLASS CARE LTD**

Nottingham **Advert page 28**  
Tel: 07985 333959 **OP D PD MH YA**

**FITZROY SUPPORT AT HOME  
– NOTTINGHAMSHIRE**

Newark  
Tel: 0115 784 1840 **LDA YA**

**FOREVER INDEPENDENT**

Nottingham  
Tel: 0115 837 6656 **OP D PD SI YA**

**FOSSE HEALTHCARE – NOTTINGHAMSHIRE**

Mansfield  
Tel: 01623 749731 **OP D PD LDA MH SI YA**

**FREE SPIRIT SUPPORT SERVICE**

Retford  
Tel: 01777 712601 **OP D PD LDA SI YA**

**FUTURE HOME CARE LTD  
– NOTTINGHAMSHIRE**

Nottingham  
Tel: 0115 753 0970 **OP D PD LDA MH SI YA**

**GC HOME CARE**

Nottingham  
Tel: 0115 840 4624 **OP D PD MH**

**GRACIOUS HEALTH SOLUTIONS LTD**

Nottingham  
Tel: 0115 935 2068 **OP D PD LDA MH SI YA**

**HATZFELD HOMECARE SERVICES**

Newark  
Tel: 01636 700077 **OP D PD SI YA**

**HELPING HANDS WEST BRIDGFORD**

Nottingham **Advert page 28**  
Tel: 0808 274 2935 **OP D PD MH SI YA**

**HIDMAT CARE LTD**

Nottingham **Advert page 30**  
Tel: 0115 929 8308 **OP D PD SI YA**

**HOME INSTEAD SENIOR CARE**

East Bridgford **Advert inside front cover**  
Tel: 01949 480480 **OP D PD LDA MH SI YA**

**HOME INSTEAD SENIOR CARE**

Nottingham **Advert inside back cover**  
Tel: 0115 922 6116 **OP D YA**

**HOME INSTEAD SENIOR CARE  
RETFORD AND GAINSBOROUGH**

Retford  
Tel: 01777 712629 **OP D PD LDA MH SI YA**

**HOMECARE PLUS**

Nottingham  
Tel: 0115 911 3370 **OP D PD SI**

**HUMAN SUPPORT GROUP LTD – NOTTINGHAM**

Nottingham  
Tel: 0115 936 1739 **OP D PD MH SI YA**

**ICARE NOTTINGHAM LTD**

Nottingham  
Tel: 07790 386765 **OP D PD LDA MH SI YA**

**IN OUT AND ABOUT COMMUNITY  
SUPPORT OFFICE**

Nottingham  
Tel: 01949 837227 **OP PD LDA MH SI YA**

**INDEPENDENT LIVING SERVICES (EM) LTD**

Nottingham  
Tel: 01623 237090 **LDA YA**

**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



**INTERSERVE HEALTHCARE**

**– NOTTINGHAM**

Nottingham

Tel: 01623 727660

OP D PD LDA MH SI YA AD

**J & K KEYCARE**

Nottingham

Tel: 07771 357911

OP D PD SI YA

**JADE HEALTHCARE SERVICES**

Nottingham

Tel: 0115 964 8317

OP D PD LDA YA

**JEPPI CARE LTD – THE DIAMOND CENTRE**

Nottingham

Tel: 01623 700389

OP D PD LDA MH SI YA AD

**JIGSAW HOMECARE LTD**

Mansfield

Tel: 01623 662200

OP D PD LDA MH SI YA AD

**JOY2CARE**

Nottingham

Tel: 0115 987 1263

OP D PD SI YA

**JRH SUPPORT – HEAD OFFICE**

Nottingham

Tel: 0115 985 6000

OP D PD LDA MH SI AD

**KARE PLUS MANSFIELD**

Mansfield

Tel: 01623 272722

OP D PD LDA MH YA

**KARVONETTES**

Mansfield

Tel: 01623 432388

Advert page 30  
OP D PD MH SI YA

**KCL CARE LTD**

Nottingham

Tel: 0115 837 7576

OP D PD LDA MH SI YA

**KNIGHTS HOME CARE SERVICES LTD**

Doncaster

Tel: 01427 891483

OP D LDA MH SI YA

**KRYSTAL CARE LTD**

Nottingham

Tel: 0115 978 4589

OP D PD SI

**LEDA HOMECARE**

Worksop

Tel: 01909 512550

OP D PD MH SI

**LEEN VALLEY HOME CARE**

Hucknall

Tel: 0115 964 0400

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OP D PD

**LEIVERS COURT RESIDENTIAL CARE HOME FOR OLDER PEOPLE**

Nottingham

Tel: 0115 920 9501

OP D PD LDA SI

**LEYMAR HEALTHCARE**

Sutton-in-Ashfield

Tel: 01623 360193

OP D PD MH SI YA

**LIFEWAYS COMMUNITY CARE LTD (NOTTINGHAM)**

Nottingham

Tel: 0115 753 0970

OP D PD LDA MH SI YA

**LMT SUPPORT CARE**

Nottingham

Tel: 07786 376648

OP D PD LDA MH YA

**LOCAL CARE GROUP LTD, THE**

Newark

Tel: 01636 676359

OP D PD LDA MH SI YA AD

**MAGNOLIA DOMICILIARY CARE LTD**

Nottingham

Tel: 0115 978 5240

Advert page 30

LDA

**MEARS CARE MANSFIELD**

Mansfield

Tel: 0333 999 7628

OP D PD LDA MH SI

**MENCAP – CENTRAL NOTTS SERVICES**

Worksop

Tel: 0808 808 1111

LDA

**MENCAP – MANSFIELD DOMICILIARY CARE AGENCY**

Worksop

Tel: 01909 712255

OP D PD LDA SI YA

**MENCAP – NEWARK DOMICILIARY CARE AGENCY**

Newark

Tel: 01636 614027

OP D PD LDA MH SI YA

**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

**MENCAP – NORTH NOTTS SERVICES**

Worksop  
Tel: 01909 712255

LDA

**MENCAP PORTLAND AND OXBOROUGH SERVICES**

Nottingham  
Tel: 0115 847 9434

LDA

**MIDDLETON BOULEVARD, 127A**

Nottingham  
Tel: 0203 507 1825

OP D PD SI YA

**MIDLANDS HOME CARE LTD**

Nottingham  
Tel: 0115 880 0300

OP D PD LDA MH YA

**MISSIONTIMES CARE SERVICES LTD – BILBOROUGH**

Nottingham  
Tel: 0115 929 6992

D PD LDA MH SI AD

**MUMS HELPING HANDS LTD**

Nottingham  
Tel: 0115 942 0028

OP D PD LDA MH SI YA AD

**NATIONWIDE CARE SERVICES LTD (NOTTINGHAM)**

Nottingham  
Tel: 0115 960 7900

OP D PD LDA MH SI YA AD

**NOTTINGHAM ASSURED HOME CARE LTD**

Nottingham  
Tel: 07974 685094

OP D PD SI YA

**NOTTINGHAM HOME CARE**

Nottingham  
Tel: 0115 876 3222

YA

**NOTTINGHAM MENCAP SHORT BREAKS SERVICE**

Nottingham  
Tel: 0115 920 4433

OP PD LDA YA

**NOTTINGHAM SUPPORTED LIVING (DCA)**

Nottingham  
Tel: 07843 265390

OP PD LDA MH SI YA

**NOTTS HOME CARE LTD**

Newark  
Tel: 01623 862491

OP D PD MH SI YA

**NOTTZ CARE LTD – NOTTINGHAMSHIRE**

Nottingham  
Tel: 0115 964 8277

Advert page 32

OP YA

**NURTURECARE LTD**

Nottingham  
Tel: 0115 838 1190

OP D PD LDA MH SI YA AD

**OLD VICARAGE, THE**

Doncaster  
Tel: 01302 745707

OP

**OLIVE**

Mansfield  
Tel: 0116 296 2987

OP D LDA MH YA

**OLIVE CARE**

Nottingham  
Tel: 0115 923 3585

OP D PD LDA MH SI YA AD

**PATHWAY CARE SOLUTIONS HEAD OFFICE**

Nottingham  
Tel: 0115 947 3142

LDA YA

**PERCURRA**

Nottingham  
Tel: 0844 544 7780

OP D PD LDA MH SI YA

**PERSONALISED SUPPORT TEAM – NORTH NOTTINGHAMSHIRE**

Worksop  
Tel: 0115 844 3540

OP PD LDA MH SI YA

**PERSONALISED SUPPORT TEAM – NOTTINGHAM**

Nottingham  
Tel: 0845 196 0061

OP D PD MH SI YA

**PREMIER CARE**

Mansfield  
Tel: 01623 810100

OP

**PURE OFFICES**

Nottingham  
Tel: 01623 726177

OP PD LDA MH SI YA AD

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

**QUALITY LIFE UK**

Loughborough  
Tel: 01509 767879

OP D PD MH SI YA

**RADCLIFFE HOME HELP SERVICES**

Nottingham  
Tel: 0115 933 5433

Advert page 30  
OP D PD MH SI YA

**RADIS COMMUNITY CARE (MOORFIELD COURT)**

Southwell  
Tel: 01636 814325

OP

**RADIS COMMUNITY CARE (NOTTINGHAM)**

Nottingham  
Tel: 0115 943 0604

OP D PD LDA MH SI YA AD

**RAINBOW CARE SERVICES LTD**

**– 2A KEMPSON STREET**

Nottingham  
Tel: 0115 921 2555

OP D PD MH SI

**REACH CARE**

Southwell  
Tel: 01636 919946

PD LDA SI YA

**REACH HOUSING & ENABLEMENT SERVICES LTD**

Sutton-in-Ashfield  
Tel: 01623 559299

PD LDA MH SI YA AD

**REAL LIVES COMMUNITY INTEREST COMPANY**

Nottingham  
Tel: 07772 127691

OP D PD LDA MH SI YA AD

**RED CROSS CRISIS INTERVENTION**

**COMMUNITY SUPPORT**

Nottingham  
Tel: 0115 852 8000

OP D YA

**REDCLIFFE HOUSE**

Mansfield  
Tel: 01623 635599

LDA YA

**RESPECTFUL CARE – MANSFIELD & ASHFIELD**

Mansfield  
Tel: 01623 665011

Advert outside back cover

OP D PD LDA SI YA

**RESPECTFUL CARE – NOTTINGHAM NORTH**

Nottingham  
Tel: 0115 920 4317

Advert outside back cover

OP D PD LDA MH SI YA

**RESPECTFUL CARE – NOTTINGHAM SOUTH**

Nottingham  
Tel: 0115 778 8566

Advert outside back cover

OP D PD LDA MH SI YA

**RICHMAND HOUSE RESIDENTIAL HOME LTD**

Nottingham  
Tel: 0115 914 2609

OP D MH

**RIGHT AT HOME (NOTTINGHAM SOUTH)**

Nottingham  
Tel: 0115 880 0911

OP D PD SI YA

**SERVICE TREE LTD, THE**

Nottingham  
Tel: 0115 914 7383

OP D MH YA

**SEVACARE – NOTTINGHAM**

Nottingham  
Tel: 0115 924 4682

OP D PD SI YA

**SHERWOOD PRIME CARE LTD**

Worksop  
Tel: 01909 512127

OP D PD SI YA

**SILVER SERVICE CARERS LTD**

Newark  
Tel: 07906 115755

OP D PD LDA MH SI YA AD

**SJW – THE WRIGHT CARE**

Worksop  
Tel: 01909 512163

OP D PD SI YA

**SOCIAL CARE SOLUTIONS LTD  
(NOTTINGHAM AND DERBY OFFICE)**

Nottingham  
Tel: 0115 753 0971

OP D PD LDA MH SI YA

**SOLO SUPPORT SERVICES**

Nottingham  
Tel: 0115 815 7010

OP D PD LDA MH SI YA AD

**SPRINGS OF JOY CARE SOLUTION (SOJ) C.I.C**

Nottingham  
Tel: 07830 735352

OP D PD LDA MH SI YA AD

**START SERVICE**

**– BROXTOWE, GEDLING & RUSHCLIFFE LOCALITY**

Nottingham  
Tel: 0115 804 1149

OP

**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

**START SERVICE**

**– MANSFIELD AND ASHFIELD LOCALITY**

Sutton-in-Ashfield  
Tel: 0115 804 1234

**OP**

**START SERVICE**

**– NEWARK AND BASSETLAW LOCALITY**

Newark  
Tel: 0300 500 8080

**OP**

**TAILOR MAID CARE SOLUTIONS LTD**

Nottingham  
Tel: 0330 223 3855 **OP D PD LDA MH SI YA**

**TOTAL HEALTHCARE SOLUTIONS LTD**

**– 59 AYLESBURY WAY**

Mansfield  
Tel: 07780 001439 **OP D PD LDA MH SI YA**

**TRULY CARE SERVICES LTD**

**– 221 EAKRING ROAD**

Mansfield  
Tel: 07411 209316 **OP D PD LDA MH SI YA AD**

**UNIT F7 ROSSINGTON HOUSE**

Retford  
Tel: 07932 107857 **OP D PD MH YA**

**UNITED RESPONSE**

**– NOTTINGHAM DCA**

Mansfield  
Tel: 01623 709890 **LDA**

**VALUED LIVING HOME CARE SERVICES**

Nottingham  
Tel: 0115 981 4123 **OP D PD LDA MH SI YA**

**VICTORIA COTTAGE RESIDENTIAL HOME**

Nottingham  
Tel: 0115 966 3375 **OP D**

**VICTORIA HOME CARE SOLUTIONS**

Nottingham  
Tel: 0115 967 6136 **OP YA**

**VINES, THE**

Nottingham  
Tel: 0115 960 6038 **OP PD LDA MH SI YA**

**VITASCARE**

Nottingham  
Tel: 07446 276581 **PD LDA MH SI YA**

**VP COMMUNITY CARE**

Nottingham  
Tel: 0870 850 4265 **OP PD LDA MH SI YA AD**

**WESTLEIGH ROAD, 45**

Nottingham  
Tel: 0115 837 9713 **OP D PD LDA MH SI YA AD**

**WESTMINSTER HOMECARE LTD**

**(NOTTINGHAM)**

Nottingham  
Tel: 0115 982 1331 **OP D PD LDA MH SI YA AD**

**WORKWISE HEALTHCARE LTD**

Mansfield  
Tel: 01623 642853 **OP D PD MH SI**

**YOURLIFE (WEST BRIDGFORD)**

West Bridgford  
Tel: 0115 982 5163 **OP D PD SI**



For care and support services in Nottinghamshire:

[www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk)

**0300 500 80 80**

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



## 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](http://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.

To be considered for one of our housing with care schemes, you will need to be assessed by us as requiring this type of accommodation. Residents will usually be aged 65 years and over, although in some circumstances, we may consider younger people for housing with care.

For further information, call: **0300 500 80 80**  
or visit: **[www.nottinghamshire.gov.uk/care/adult-social-care](http://www.nottinghamshire.gov.uk/care/adult-social-care)**



## 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. →

LIDDER CARE  
**LOWMOOR**  
 NURSING HOME



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 GP's

LIDDER CARE  
**NEWGATE LODGE**  
 CARE HOME



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

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

Telephone: 01623 752288 Fax: 01623 237375

Email: [info@lowmoorcure.com](mailto:info@lowmoorcure.com)

Lowmoor Road, Kirkby-in-Ashfield, Nottinghamshire NG17 7JE



Telephone: 01623 622322 Fax: 01623 621200

Email: [manager@newgatelodge.com](mailto:manager@newgatelodge.com)

Newgate Lane, Mansfield, Nottinghamshire NG18 2LG



→ First, visit: [www.nottshelpyourself.org.uk](http://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.







# MANSFIELD MANOR

## NURSING HOME



**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](mailto:info@mansfieldmanor.co.uk) • [www.mansfieldmanor.co.uk](http://www.mansfieldmanor.co.uk)**

**30-32 Chesterfield Road South Mansfield Nottinghamshire NG19 7AD**

**Home 1** .....

**Home 2** .....

**Home 3** .....

Fees per week	Quality rating*
£	
£	
£	

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?

\*See page 56.

## 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?

# Monarch Healthcare

0115 984 4839

Offering Residential, Nursing & Specialist Dementia Care  
for Older People and Adults aged 50+

[www.monarchhealthcare.co.uk](http://www.monarchhealthcare.co.uk)



## ....Care You Can Rely On

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 -

## ....You can rely on us to care.



**Kingfisher Court** - Residential Home



**Parkside** - Nursing Care Home



**Clifton Manor** - Nursing Care Home



**Clifton Manor** - Care Home

Every aspect of care is given the highest attention to detail. Décor and furnishings are designed for appeal and comfort and we offer a choice of bedrooms and suites, finished to your liking.

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.

### **Autumn Grange**

Linden Road, Creswell  
Worksop Notts S80 4JT  
Tel: 01909 724098

### **Clifton Manor**

Rivergreen, Clifton  
Notts NG11 8AW  
Tel: 01159 848485 / 845859

### **Croft**

43/44 Main Street  
Stapenhill, Burton on Trent,  
Staffs DE15 9AR  
Tel: 01283 561227

### **Haddon House**

32-34 High Street  
Clowne, Chesterfield  
Derbyshire S43 4JU  
Tel: 01246 811106

### **Kingfisher Court**

Sturgeon Avenue  
Clifton, Notts NG11 8HE  
Tel: 01159 405031

### **Parkside**

Olive Grove, Forest Town,  
Mansfield, Notts  
NG19 0AR  
Tel: 01623 655341

### **Pinxton Manor**

Church Street West  
Pinxton, Notts NG16 6PX  
Tel: 01773 819191

### **Poplars**

Rolleston Road,  
Burton on Trent,  
Staffs DE13 0JT  
Tel: 01283 562842

### **Rutland Manor**

99/109 Heanor Road  
Ilkeston, Derbyshire  
DE7 8TA  
Tel: 01159 440322

### **Woodlands**

Butterley Hill, Ripley,  
Derbyshire  
DE5 3LW  
Tel: 01773 744919



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](http://www.alzheimers.org.uk) or Age UK: [www.ageuk.org.uk](http://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](http://www.nottinghamshire.gov.uk/care/adult-social-care/somewhere-to-live/somewhere-to-live)



**Sutton Lodge** is a purpose built home of the highest quality banding in care and food offering specialist award winning dementia care. The home offers excellent facilities with en-suite bedrooms, comfortable lounges, a dining room and an on-site hairdressing salon.

We would welcome you for a visit and are more than happy to help with all lengths of stay from temporary care right through to a long term care package.

Priestsic Road, Sutton in Ashfield NG17 2AH  
T: 01623 441130 E: [enquiries@ashmerenotts.co.uk](mailto:enquiries@ashmerenotts.co.uk)  
[www.ashmerenotts.co.uk](http://www.ashmerenotts.co.uk)

**Our Services Include:**

- Specialist dementia care facilities
- En-suite bedrooms
- Friendly, comfortable & caring
- On-site hydrotherapy pool
- Deluxe Double Suites new for 2016
- On-site catering & laundry
- Front and rear gardens

 Pets are welcome



For care and support services in Nottinghamshire:  
[www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk)  
0300 500 80 80





## 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

**Home 1** .....

**Home 2** .....

**Home 3** .....

Fees per week	Quality rating*
£	
£	
£	

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?

## Choices

- Do residents get choice in terms of what they wear each day?
- Are residents encouraged to be independent?
- Can residents decide what to do each day?
- Can residents have a say in the décor of their room?

## 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?

## 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?

## 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.

# Nottingham's Premium Care Community

Now Rated  
Band 5  
Premium by  
Notts County  
Council



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](http://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](http://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](http://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](http://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.

Richard Nelson LLP  
Solicitors 

Call us on **0115 986 3636**

More information at: [www.richardnelsonllp.co.uk  
/service/protection-vulnerable-adults/](http://www.richardnelsonllp.co.uk/service/protection-vulnerable-adults/)

 Nottinghamshire  
County Council

For care and support services in  
Nottinghamshire:

[www.nottshelpyourself.org.uk](http://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](http://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](http://www.citizensadvice.org.uk)**

### Which? Elderly Care

Tel: **01992 822 800**

Web: **[www.which.co.uk/elderly-care](http://www.which.co.uk/elderly-care)**

### Society of Later Life Advisers (SOLLA)

Tel: **0333 202 0454**

Email: **[admin@societyoflaterlifeadvisers.co.uk](mailto:admin@societyoflaterlifeadvisers.co.uk)**

Web: **[www.societyoflaterlifeadvisers.co.uk](http://www.societyoflaterlifeadvisers.co.uk)** →

→ **Money Advice Service**

Tel: **0800 138 7777**

Web: **www.moneyadviceservice.org.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.

Care home banding	Residential care	Residential care including DQM Payment*	Nursing care*	Nursing care including DQM Payment*
Band 1	£454	£467	£493	£504
Band 2	£504	£555	£565	£609
Band 3	£535	£584	£595	£640
Band 4	£548	£596	£607	£652
Band 5	£564	£614	£624	£668

\*See page 45

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.



## 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.

## 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.

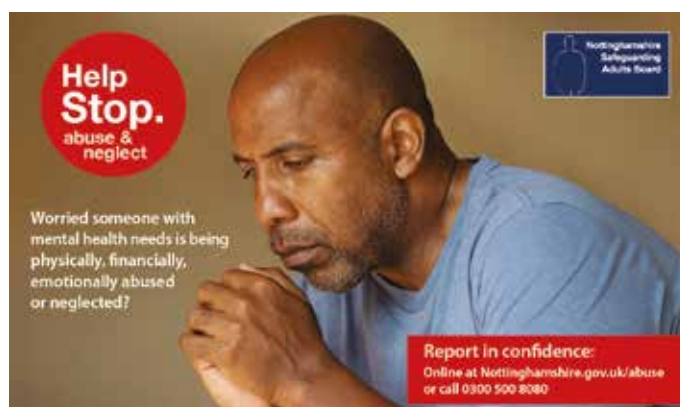
The aim of adult safeguarding is to:

- 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.nottinghamshire.gov.uk/adultsocialcare](http://www.nottinghamshire.gov.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](http://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.

It is worth asking care providers whether they are working towards The Gold Standards Framework. This can be used in various settings, for example hospitals, primary care and care homes, to improve the co-ordination and communication between different organisations involved in providing care for someone near the end of their life.

For more information about end of life care, and for links to other useful organisations, visit:

**[www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk)**

## 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](http://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.



## 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@nottsgov.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](http://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](http://www.cqc.org.uk/share)

Tel: **03000 616161**

Email: [enquiries@cqc.org.uk](mailto:enquiries@cqc.org.uk)

Web: [www.cqc.org.uk](http://www.cqc.org.uk)

Write to: The Care Quality Commission,  
Citygate, Gallowgate,  
Newcastle upon Tyne NE1 4PA

## 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](http://www.carechoices.co.uk)

## Useful contacts

For details about services, providers and groups to help you, visit: [www.nottshelpyourself.org.uk](http://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](mailto:info@ageuknotts.org.uk)

Web: [www.ageuk.org.uk/notts](http://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](mailto:nottingham@alzheimers.org.uk)

Web: [www.alzheimers.org.uk](http://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](mailto:info@carersfederation.co.uk)

Web: [www.carersfederation.co.uk](http://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: [citizensadvicenottingham.org.uk](http://citizensadvicenottingham.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](mailto:advice@disabilitynottinghamshire.org.uk)

Web: [www.disabilitynottinghamshire.org.uk](http://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](mailto:enquiries@inspire-nottingham.org.uk)

Web: [www.inspire-nottingham.org.uk](http://www.inspire-nottingham.org.uk)



### → Nottinghamshire Help Yourself

Directory of social care and support services in Nottinghamshire.

Web: [www.nottshelpyourself.org.uk](http://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](mailto:info@n-mencap.org)

Web: [www.nottinghammencap.org.uk](http://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](mailto:info@nottinghamshirecare.org.uk)

Web: [www.nottinghamshirecare.org.uk](http://www.nottinghamshirecare.org.uk)

### Nottinghamshire County Council

County Hall, West Bridgford,  
Nottingham NG2 7QP

Customer Service Centre:

Tel: **0300 500 80 80**

Email: [enquiries@nottsc.gov.uk](mailto:enquiries@nottsc.gov.uk)

Web: [www.nottinghamshire.gov.uk](http://www.nottinghamshire.gov.uk)

### The Care Quality Commission (CQC)

Tel: **03000 616161**

Email: [enquiries@cqc.org.uk](mailto:enquiries@cqc.org.uk)

Web: [www.cqc.org.uk](http://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](http://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](http://www.carechoices.co.uk)





**ASHA**  
Healthcare



### **Ashfield Nursing Home**

Beech Avenue,  
Kirby-In-Ashfield,  
Nottingham  
NG17 8BP  
Tel: **01623 723724**



### **Forest Manor**

Mansfield Road,  
Sutton-in-Ashfield,  
Nottingham  
NG17 4HG  
Tel: **01623 442999**

**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](mailto:info@ashahealthcare.co.uk)**

Visit: **[www.ashahealthcare.co.uk](http://www.ashahealthcare.co.uk)**





# Kingfisher Court

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

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.

**ADAMS HOUSE**

Willowbridge Lane, Sutton-in-Ashfield NG17 1DS  
Tel: 01623 559009 **LDA YA**

**ALDERCAR RESIDENTIAL CARE HOME**

36 Wood Lane, Hucknall, Nottingham NG15 6LR  
Tel: 0115 963 7797 **Band 4** **OP**

**ANNESLEY LODGE CARE HOME**

Annesley Road, Hucknall, Nottingham NG15 8AY  
Tel: 0115 955 5522 **Band 3** **OP D**

**ASHLAND ROAD WEST, 134**

Sutton-in-Ashfield NG17 2HS  
Tel: 01623 516641 **OP LDA YA**

**AUTISM SUPPORT AND CARE**

Jubilee Court, 1 Jubilee Road,  
Sutton-in-Ashfield NG17 2DB  
Tel: 01623 212090 **LDA YA**

**BEECH COURT CARE HOME**

52 Church Lane, Selston Green,  
Nottingham NG16 6EW  
Tel: 01773 581450 **Band 4 Advert below** **OP D PD SI YA**

**BELMONT ROAD**

87 Belmont Road, Kirkby-in-Ashfield,  
Nottingham NG17 9DY  
Tel: 01623 754191 **LDA**

**BLACKWELL ROAD**

156e Blackwell Road, Huthwaite NG17 2RF  
Tel: 01623 651987 **LDA MH YA**

**BLUEBELL LODGE**

Ashfield Street, Skegby, Sutton-in-Ashfield NG17 3BE  
Tel: 01623 440188 **Band 4** **OP D**

**BROADOAK PARK**

Nuncargate Road, Kirkby-in-Ashfield,  
Nottingham NG17 9DS  
Tel: 01623 721924 **LDA YA**

**ELM TREE HOUSE**

37a Ogle Street, Hucknall, Nottingham NG15 7FQ  
Tel: 0115 963 3573 **Band 4** **OP D PD MH**

**ELMLEIGH HOMES LTD**

Elmleigh House, 133 Vernon Road,  
Kirkby-in-Ashfield, Nottingham NG17 8ED  
Tel: 01623 753837 **LDA**

**ELMS, THE**

Portland College, Nottingham Road,  
Mansfield NG18 4TJ  
Tel: 01623 657117 **LDA**

**FIELDINGS, THE**

Huthwaite Road, Sutton-in-Ashfield NG17 2GS  
Tel: 01623 551992 **OP D PD MH YA AD**

**FIVE GABLES CARE HOME**

111/113 Victoria Road, Kirkby-in-Ashfield,  
Nottingham NG17 8AQ  
Tel: 01623 752512 **Band 5 Advert below** **OP D PD SI**

**FOREST STREET**

17 Forest Street, Kirkby-in-Ashfield,  
Nottingham NG17 7DT  
Tel: 01623 407923 **LDA YA**

**HEATHCOTES (HUCKNALL & WATNALL)**

Lancaster Road, Hucknall, Nottingham NG15 6WG  
Tel: 0115 963 0707 **PD LDA MH SI YA**

***Beech Court***  
*Residential & Dementia Care Home*  
*Quality Care Delivered by Our Experienced Team*

- Providing long term, respite & day care
- Friendly & relaxed atmosphere
- Personal & individual approach
- Good Community Links
- Rooms individually decorated & furnished
- Patio looking onto child friendly garden



52 Church Lane, Selston Green, Nottinghamshire NG16 6EW  
Telephone: 01773 581450 Email: beechcourtcare@yahoo.co.uk  
[www.careffp.co.uk](http://www.careffp.co.uk)

***Five Gables***  
*Residential Care Home*  
*Always "A Warm Welcome"*

- Providing Quality Care & support
- Friendly and relaxed atmosphere
- Personal & individual approach
- Comfortable rooms all en-suite
- Good community links
- Large Patio, gardens & water feature



111/113 Victoria Road, Kirkby in Ashfield, Nottinghamshire, NG17 8AQ  
Telephone: 01623 752512 Email: fivegables@careffp.co.uk  
[www.careffp.co.uk](http://www.careffp.co.uk)

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



# Exceptional Care for Loved Ones

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](mailto:enquiries@ashmerenotts.co.uk)

[www.ashmerenotts.co.uk](http://www.ashmerenotts.co.uk)



**HEATHCOTES (MOORGREEN)**

Lancaster Road, Hucknall, Nottingham NG15 6WG  
Tel: 0115 963 2374

LDA MH YA

**HEATHCOTES (TAYLOR VIEW AND GILBERT LODGE)**

220 Watnall Road, Hucknall, Nottingham NG15 6EY  
Tel: 0115 963 6379

LDA MH

**HELMSLEY ROAD SHORT BREAKS SERVICE**

29 Helmsley Road, Rainworth,  
Mansfield NG21 0DQ  
Tel: 01623 476939

LDA

**HOLLIES, THE**

20 Alfretton Road, Sutton-in-Ashfield NG17 1FW  
Tel: 01623 512850

OP LDA MH YA

**HUCKNALL HOPE LEA PROJECT**

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

LDA

**INA LODGE**

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

OP LDA YA

**KINGFISHER COURT**

Kingfisher Way, off Coxmoor Road,  
Sutton-in-Ashfield NG17 4BR  
Tel: 01623 440325 **Band 5 Advert page 60**

OP D

**LARWOOD HOUSE**

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

OP PD LDA MH YA

**LEEN VALLEY CARE HOME**

3 Nottingham Road, Hucknall NG15 7QN  
Tel: 0115 964 0400 **Band 4 Advert page 74**

OP D PD

**LIMES CARE HOME, THE**

Park Road, Mansfield Woodhouse,  
Mansfield NG19 8AX  
Tel: 01623 632681

OP D

**LOXLEY LODGE CARE HOME**

School Street, Kirkby-in-Ashfield,  
Nottingham NG17 7BT  
Tel: 01623 757475 **Band 3**

OP D

**MANOR HOUSE CARE HOME**

Brook Street, Sutton-in-Ashfield NG17 1ES  
Tel: 01623 554552 **Band 2**

OP PD MH

**ORCHARD CARE HOME, THE**

10 Papplewick Lane, Hucknall, Nottingham NG15 7TE  
Tel: 0115 952 7102

OP D PD LDA MH SI YA

**ORCHARD STREET, 2-8**

Hucknall, Nottingham NG15 7JX  
Tel: 0115 968 0525

OP LDA MH YA

**QUINTON HOUSE**

2 The Hill, Kirkby-in-Ashfield,  
Nottingham NG17 8JR  
Tel: 01623 723321

LDA

**RICHMOND LODGE**

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

PD LDA MH YA

**ROYAL MENCAP SOCIETY****– BRIERLEY BUNGALOW**

Ashfield Court, Stoneyford Road,  
Sutton-in-Ashfield NG17 2DR  
Tel: 01623 512666

OP LDA YA

**ROYAL MENCAP SOCIETY****– NEWSTEAD BUNGALOW**

Ashfield Court, Stoneyford Road,  
Sutton-in-Ashfield NG17 2DR  
Tel: 01623 552392

OP LDA YA

**ROYAL MENCAP SOCIETY****– SILVERHILL BUNGALOW**

Ashfield Court, Stoneyford Road,  
Sutton-in-Ashfield NG17 2DR  
Tel: 01623 512666

OP LDA YA

**ROYAL MENCAP SOCIETY****– TEVERSALL BUNGALOW**

Ashfield Court, Stoneyford Road,  
Sutton-in-Ashfield NG17 2DR  
Tel: 01623 512666

OP LDA YA

**SHORTWOOD HOUSE**

145 Beardall Street, Hucknall,  
Nottingham NG15 7HA  
Tel: 0115 952 0950 **Band 3**

OP D

**SUTTON COURT**

Priestsic Road,  
Sutton-in-Ashfield NG17 2AH **Band 5**  
Tel: 01623 441130 **Advert page 62**

OP D PD SI YA



## Hazelgrove

Hazelgrove offers a warm, friendly atmosphere, with a strong emphasis on caring for one another like family. It offers a range of care services, specialising in nursing, residential and dementia care.

Farley's Lane, Hucknall NG15 6DY  
hazelgrove@milfordcare.co.uk  
0115 968 0706



At Milford Care we believe a care home is about finding a place to continue enjoying life whilst getting the support and care you or your loved one needs.

We offer a range of care services, from long-term care through to mini-breaks from as short as a couple of days.



## 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

Buddleia House 

**SUTTON HOUSE**

57 Kirkby Road, Sutton-in-Ashfield NG17 1GG  
Tel: 01623 555900

LDA

**SUTTON LODGE**

Priestsic Road, Sutton-in-Ashfield NG17 2AH **Band 5**  
Tel: 01623 441130 **Advert page 45 & 62** OP D PD SI YA

**SUTTON MANOR**

Priestsic Road, Sutton-in-Ashfield NG17 2AH  
Tel: 01623 441130 **Advert page 62** **Band 5** OP D PD SI

**WEST HILL, 41**

Skegby, Sutton-in-Ashfield NG17 3EP  
Tel: 01623 443997

LDA YA

**Ashfield care homes with nursing****ASHCROFT CARE HOME**

Langton Road, Sutton-in-Ashfield, Mansfield NG17 1ER  
Tel: 01623 444780 **Band 5** OP D

**ASHFIELD NURSING HOME**

Beech Avenue, Kirkby-in-Ashfield,  
Nottingham NG17 8BP  
Tel: 01623 723724 **Band 3** **Advert page 59** OP D MH

**EASTLANDS**

Kingfisher Way, Sutton-in-Ashfield NG17 4BR  
Tel: 01623 528960

PD YA

**FAIRFIELD ROAD, 19**

19 Fairfield Road, Sutton-in-Ashfield  
Nottinghamshire NG17 4LX  
Tel: 01623 528964

OP PD MH YA

**FOREST MANOR CARE HOME**

Mansfield Road, Sutton-in-Ashfield NG17 4HG **Band 5**  
Tel: 01623 442999 **Advert page 59** OP D PD SI YA

**HAZELGROVE CARE HOME**

Farley's Lane, Hucknall, Nottingham NG15 6DY  
Tel: 0115 968 0706 **Band 5** **Advert page 64** OP D PD

**JUBILEE COURT**

Nabbs Lane, Hucknall, Nottingham NG15 6HB  
Tel: 0115 983 4630 **Band 3** OP D PD SI YA

**LAWN PARK CARE HOME**

Lucknow Drive, Sutton-in-Ashfield NG17 4LS  
Tel: 01623 515340 **Band 5** OP PD

**LOWMOOR CARE HOME**

Lowmoor Road, Kirkby-in-Ashfield,  
Nottingham NG17 7JE **Advert page 40**  
Tel: 01623 752288 **Band 4** OP D MH YA

**MEADOWCROFT HEALTH CARE LTD**

Kingfisher Way, Sutton-in-Ashfield NG17 4BR  
Tel: 01623 528964

OP PD MH YA

**MILLINGTON SPRINGS**

160 Portland Road, Selston,  
Nottingham NG16 6AN  
Tel: 01773 863557 **Band 4** **Advert page 74** OP YA

**NOTTINGHAM NEURODISABILITY SERVICE**

**HUCKNALL – MILLWOOD**  
Hankin Street, Hucknall NG15 7RR  
Tel: 0115 968 0202

PD YA

**PATHWAYS HEALTH CARE LTD**

Kingfisher Way, Sutton-in-Ashfield NG17 4BR  
Tel: 01623 528966

OP LDA YA

**SHIRES CARE CENTRE, THE**

The Oval, Sutton-in-Ashfield NG17 2FP  
Tel: 01623 551099

PD LDA YA

**STONEYFORD CARE HOME**

Stoneyford Road,  
Sutton-in-Ashfield NG17 2DR  
Tel: 01623 441329 **Band 2**

OP D PD YA

**WILLOWCROFT CARE HOME**

New Street, Sutton-in-Ashfield NG17 1BW  
Tel: 01623 703320 **Band 5**

OP D MH YA

**WREN HALL NURSING HOME**

234 Nottingham Road, Selston,  
Nottingham NG16 6AB  
Tel: 01773 581203 **Band 5**

OP D PD MH YA

**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



**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**

**BRANTHWAITE 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**

Glenesk, 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  
**User Bands** **MH** Mental health **SI** Sensory impairment **YA** Younger adults **AD** People who misuse alcohol or drugs

*“She has always had the best,  
why should that change now?”*



*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](http://www.yourhealthgroup.co.uk)**

**Please call for further details.**

**01623 742204**





### Care Home for the elderly, specialising in dementia, offering:

- 21 bedrooms, en-suite facilities
- Friendly environment, promoting homely atmosphere
- Fresh food cooked everyday
- Central location, walking distance to local amenities including bus and rail networks
- Daily motivational & meaningful activities
- Passenger lift
- Visiting Chiropodist, Dentist, Optician and Hairdresser

For further details, please contact us on **01777 702339**

**E: glenesk@memento-care.co.uk** [www.gleneskcarehome.co.uk](http://www.gleneskcarehome.co.uk)

Please visit us at The Crescent (off Queen Street), Retford DN22 7BX



**T: 01909 472149**

**info@beechhouse294.com**

**www.beechhousecarehome.co.uk**

294 Carlton Road, Worksop S81 7LL

Beech House provides superb 24 hour residential and dementia care. Rated band 5 by Nottinghamshire CC (the best there is) we have also been awarded the prestigious Dementia Quality Mark for outstanding dementia care. Most importantly, we promise to care for the person you love, as you would yourself. Please come and meet our amazing team anytime - no appointment necessary.

## Rose Farm Care Home

*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

**www.rosefarmhome.co.uk**



**Main Street, Styrrup, Doncaster, DN11 8NB Tel: 01302 744 664**

## 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**



**www.carechoices.co.uk**

## Personalised Care

At your local Barchester care homes

At Barchester we understand finding the right care home can be a daunting decision, that's why our friendly teams are on hand to offer advice and guidance at a time to suit you.

Our homes offer a range of care services whilst supporting independence and maintaining individual interests. With varied activities programmes and freshly prepared home-cooked meals, we pride ourselves on making everyone feel at home.



**Nursing Care • Residential Care • Dementia Care • Respite Care & Short Breaks**

For urgent care or help and advice contact our friendly teams who are always here when you need them.

**Forest Care Centre**  
Mansfield, NG18 4XX  
01623 541 694

**Forest Hill**  
Worksop, S81 0NZ  
01909 521 249

**Lancaster Grange**  
Newark, NG24 3NH  
01636 880 755

**BARCHESTER**  
*Celebrating 25 years*  
[www.barchester.com](http://www.barchester.com)



**ROSEKEYS**

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

LDA SI

**SOUTHMOOR LODGE CARE HOME**

South Moor Road, Walkeringham,  
Doncaster DN10 4LD  
Tel: 01427 891204 **Band 4**

OP D

**ST MICHAEL'S VIEW RESIDENTIAL CARE HOME FOR OLDER PEOPLE**

Hallcroft Road, Retford DN22 7NE  
Tel: 01777 702218 **Band 4**

OP D PD

**ST SAVIOURS CARE HOME**

5 Lidget Lane, Retford DN22 6QW  
Tel: 01777 703040 **Band 5**

OP D

**TIGH FRUIN**

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

LDA YA

**WESTWOOD**

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

OP D PD SI

**WHITEGATES**

Sparken Hill, Worksop S80 1AP  
Tel: 01909 478746

LDA



Bassetlaw care homes with nursing

**ASHLEY CARE CENTRE**

Sunnyside, Worksop S81 7LN  
Tel: 01909 500541 **Band 5**

OP D PD MH YA

**BLYTH COUNTRY HOUSE CARE HOME**

Spital House, Spital Road, Blyth Worksop S81 8DU  
Tel: 01909 591219 **Band 4**

OP

**CHERRY HOLT CARE HOME**

28 Welham Road, Retford DN22 6TN  
Tel: 01777 710347 **Band 5**

OP PD YA

**CLUMBER COURT CARE CENTRE**

Bolham Lane, Retford DN22 6SU **Advert page 96**  
Tel: 01777 700823 **Band 4** **OP D PD MH YA**

**FOREST HILL**

Forest Hill Park, Worksop S81 0NZ  
Tel: 01909 521249 **Band 5 Advert page 68** **OP D**

**GATEFORD HILL CARE HOME**

Gateford Hill, Gateford, Worksop S81 8AF  
Tel: 01909 475402 **Band 5 Advert page 96** **OP PD**

**GREENACRES GRANGE**

Greenacres Park, Wingfield Avenue, Worksop S81 0SB  
Tel: 01909 517737 **Band 2** **OP PD YA**

**JUBILEE COURT NURSING HOME**

Gateford Road, Worksop S81 7BH  
Tel: 01909 530233 **Band 5**

OP D PD SI YA

**LOUND HALL**

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

OP D PD

**ROSE MEADOW**

119 Station Road, Misterton, Doncaster DN10 4DG  
Tel: 01427 891190

LDA SI YA

**VICTORIA CARE HOME**

Memorial Avenue, Worksop S80 2BJ  
Tel: 01909 476416 **Band 4**

OP D YA

**WESTVILLA NURSING HOME**

Westfield Road, Retford DN22 7BT  
Tel: 01777 701636 **Band 5**

OP

**WESTWOOD**

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

OP D PD SI

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

**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



# 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-ones 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



### Assisted Living Apartments & Residential Home

#### Willow Tree House

3 Sutton Road, Mansfield,  
Nottinghamshire NG18 5ET  
T: 01623 471300  
E: willowtree@my-care.co.uk

### Nursing & Residential Homes

#### Baltimore Country House

245-247 Loughborough Road,  
Ruddington, Nottingham NG11 6NY  
T: 0115 9213 006  
E: baltimorehouse@my-care.co.uk

#### Bramcote Hills

36 Sandringham Drive, Bramcote,  
Nottingham NG9 3EJ  
T: 0115 922 1414  
E: bramcotehills@gmail.com

**ACER COURT CARE HOME**

172 Nottingham Road, Nuthall NG8 6AX  
Tel: 0115 977 7370 **Band 5 Advert page 48** OP D PD

**ALDER HOUSE CARE HOME**

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

**ASHTON COURT RESIDENTIAL HOME**

56 Three Tuns Road, Eastwood,  
Nottingham NG16 3EJ **Band 4**  
Tel: 01773 712017 **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



We provide high quality care for vulnerable adults in comfortable accommodation. University Care aim to set and maintain the highest standards of good practice within an environment that encourages residents to thrive as individuals and employees to practice as caring professionals.

**Home 1: 0115 875 8568** | **Home 2: 0115 877 2665**  
17 Derby Road, Beeston, NG9 2TA | 53 Derby Road, Beeston, NG9 2TB

**E: universitycare@live.co.uk**  
**www.universitycare.co.uk**

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



# 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](http://www.orchardcarehomes.com)

[www.facebook.com/orchardcarehome](https://www.facebook.com/orchardcarehome)

## Orchard at the heart of the community

Working in partnership with



**ALEXANDRA HOUSE – EASTWOOD**

Wroughton Court, Nottingham Road,  
Eastwood NG16 3GP

Tel: 01773 530601 **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: 01773 781381 **Band 2** **OP D PD SI**

**SILVERWOOD (NOTTINGHAM)**

Imperial Road, Beeston, Nottingham NG9 1FN

Tel: 0115 925 3699 **Band 2** **OP D PD LDA YA**

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



- 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.



**Woodleigh Christian Care Home**  
Nursing, Residential & Dementia Care

Norfolk Drive, Mansfield, Nottingham NG19 7AG

t: 01623 420459

e: [care@woodleighcare.co.uk](mailto:care@woodleighcare.co.uk)

w: [woodleighcare.co.uk](http://woodleighcare.co.uk)

**Baily House Care Home**  
Residential & Dementia Care

Botany Avenue, Mansfield, Nottingham NG18 5QN

t: 01623 620719

e: [care@bailyhouse.co.uk](mailto:care@bailyhouse.co.uk)

w: [bailyhouse.co.uk](http://bailyhouse.co.uk)

Call in any time or contact the Home Managers

**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





## 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](mailto:enquiries@carltoncarehome.co.uk)

[WWW.CARLTONCAREHOME.CO.UK](http://WWW.CARLTONCAREHOME.CO.UK)

398 Carlton Hill, Carlton, Notts NG4 1JA



## MILLINGTON SPRINGS CARE FOR LIFE.

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](mailto:enquiries@millingtonsprings.uk)

[www.millingtonsprings.uk](http://www.millingtonsprings.uk)

160 Portland Road, Selston, Nottingham NG16 6AN



## 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 **HEMOCARE**.  
For further details please contact the Home Manager or visit our website

### 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



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



*Bhandal Care Group*  
HOMES FOR THE ELDERLY

## 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 D**

## 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** **OP**

## 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**

## WOODTHORPE VIEW CARE HOME

53 Woodthorpe Drive, Woodthorpe, Nottingham NG5 4GY  
Tel: 0115 962 4556 **Band 1** **OP**

**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

We have been rated  
**Good** by CQC



*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](http://carehome.co.uk)*

## Coppice Lodge

Care Home

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 ...*



### *Coppice Lodge Care Home*

117 Coppice Road, Arnold, Nottingham, NG5 7GS

[customer.services@idealcarehomes.co.uk](mailto:customer.services@idealcarehomes.co.uk)

0115 920 5906

**ideal** carehomes

[idealcarehomes.co.uk](http://idealcarehomes.co.uk)





Inspected and rated

Good



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 and shower
- 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)



## 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 7AJ  
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**

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

**See page 51 for more information on paying for care homes in Nottinghamshire.**

### Elmbank Care Home

35 Robinson Road, Mapperley, Nottingham NG3 6BB

- 24 hour nursing care
- Quality dementia care
- Palliative care
- Highly qualified & experienced staff
- Single rooms, some en-suite
- Extensive activities programme
- Traditional style cooking with varied menu, special diets catered for
- Secluded gardens with patio & sensory garden
- Warm homely environment
- Visiting hairdressers, chiropodist, dentist, reflexologist and clergy
- Passenger lift and nurse call



For further information please contact the Manager Isabel Mantle.

Tel: 0115 962 1262 Fax: 0115 952 3726  
Email: isabel.mantle@redwoodcare.co.uk



**Tell us what you think**

[www.carechoices.co.uk/reader-survey](http://www.carechoices.co.uk/reader-survey)

CareChoices

**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

# 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](http://www.ashlandsresidentialhome.co.uk)**

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



**ASHLANDS CARE HOME**

152 Southwell Road, East Rainworth,  
Mansfield NG21 0EH

Tel: 01623 792711 **Band 1 Advert page 80** **OP D**

**BAILY HOUSE**

Botany Avenue,  
Mansfield NG18 5QN **Advert pages 73 & 84**

Tel: 01623 620719 **Band 5** **OP D YA**

**BEECHES, THE**

59 High Street, Mansfield Woodhouse,  
Mansfield NG19 8BB

Tel: 01623 421032 **Band 2 Advert below** **OP D**

**BEECHDENE CARE HOME**

29-30 Woodhouse Road, Mansfield NG18 2AY  
Tel: 01623 649351 **LDA**

**CHURCH STREET, 19-23**

Market Warsop, Mansfield NG20 0AU  
Tel: 01623 840000 **OP PD LDA SI YA**

**CLIPSTONE HALL AND LODGE**

Mansfield Road, Clipstone Village,  
Mansfield NG21 9FL

Tel: 01623 636350 **Band 5 Advert page 72** **OP D**

**CORNER HOUSE RESIDENTIAL CARE HOME**

1-3-5 St Margaret Street, Mansfield NG18 2RE  
Tel: 01623 657117 **PD LDA MH SI**

**DAHLIA HOUSE**

38 Chesterfield Road South,  
Mansfield NG19 7AD  
Tel: 01623 655100 **MH YA**

**DOVECOTE RESIDENTIAL CARE HOME, THE**

69 Bagshaw Street, Pleasley, Mansfield NG19 7SA  
Tel: 01623 480445 **LDA**

**DOVETAIL HOUSE**

The Park, Mansfield NG18 2AT  
Tel: 01623 420690 **PD LDA MH YA AD**

**ELIZABETH HOUSE RESIDENTIAL CARE HOME**

2 Church Hill Avenue, Mansfield Woodhouse,  
Mansfield NG19 9JU  
Tel: 01623 657368 **Band 1 Advert below** **OP D**

**ELM**

Forest Avenue, Mansfield NG18 4BX  
Tel: 01623 626252 **PD MH SI YA**

**FERNLEAF RESIDENTIAL HOME**

26 Chesterfield Road South, Mansfield NG19 7AD  
Tel: 01623 655455 **Band 5** **OP D YA**

**HATZFELD HOUSE**

10b Mansfield Road, Blidworth,  
Mansfield NG21 OPN  
Tel: 01623 464541 **Band 5** **OP D MH YA**

**HAYWOOD OAKS CARE HOME**

Kirby Close, Blidworth, Mansfield NG21 OTT  
Tel: 01623 795085 **Band 3 Advert page 84** **OP D**

**HEATHCOTES (MANSFIELD)**

11 Lindhurst Lane, Mansfield NG18 4JE  
Tel: 01623 424833 **PD LDA MH SI YA**

**INDIGO**

2 Forest Avenue, Mansfield NG18 4BX  
Tel: 01623 626252 **LDA MH SI YA**

**The Beeches** *Specialising in caring for people with a dementia.*

*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.beeches@live.co.uk Web: www.thebeechemansfield.co.uk

**Elizabeth House Care Home**  
2 Church Hill Avenue, Mansfield Woodhouse,  
Mansfield NG19 9JU  
Tel: 01623 657368 • Fax: 01623 657368

- Respite Care / Holidays
- Physiotherapy
- Own GP if required
- Own Furniture if required
- Pets by arrangement
- Smoking not permitted
- Close to Local shops & Public Transport
- A small smoking room
- Double room available for couples
- Minibus or other transport available
- Lift & Wheelchair access
- Gardens for residents
- Phone Point in own room / Mobile
- Television point in own room
- Residents Internet Access
- Daily activities
- Excellent personal care and homely environment

**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

# HH Haigh Healthcare Ltd

Chesterfield Road North, Pleasley NG19 7RA



“Magnolia House is a fantastic, high quality care home with brilliant hard working, caring staff who are always there to help.”

Abbie Kissane (Nurse)



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. Whats 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.

- 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

For more information please call us on **01623 811580**  
or email us at **[magnoliahouse@haighhealthcare.com](mailto:magnoliahouse@haighhealthcare.com)**

**[www.magnolia-care.com](http://www.magnolia-care.com)**

**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 5 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 MH 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



**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



# Haywood Oaks Care Home

Kirby Close, Haywood Oaks Estate,  
Blidworth, Nottinghamshire NG21 0TT



Haywood Oaks is a small, family owned care home for older people, located on the outskirts of beautiful Sherwood Forest, in a village setting. Haywood Oaks is a purpose-built care home that provides outstanding care for older people in a bright, airy and relaxed environment. Our communal areas are tastefully decorated and furnished to a high standard.

- Friendly & relaxed atmosphere
- A dedicated and committed staff team
- Person-centred care plans to cater for individual needs
- All rooms individually furnished to personal taste
- Extensive menu with locally sourced, home cooked food
- Long term, short-term and respite stay available
- Families & friends are made most welcome

“We provide a happy, caring, safe and companionable home for our residents, where independence and individuality are encouraged and respected.”

**T: 01623 795 085 • [www.haywood-oaks.co.uk](http://www.haywood-oaks.co.uk)**



- 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

t: 01623 620719

e: [care@bailyhouse.co.uk](mailto:care@bailyhouse.co.uk)

w: [bailyhouse.co.uk](http://bailyhouse.co.uk)

## Woodleigh Christian Care Home

Nursing, Residential & Dementia Care

Norfolk Drive, Mansfield, Nottingham NG19 7AG

t: 01623 420459

e: [care@woodleighcare.co.uk](mailto:care@woodleighcare.co.uk)

w: [woodleighcare.co.uk](http://woodleighcare.co.uk)

Call in any time or contact the Home Managers

## 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 MH YA AD**

## 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  
Nottinghamshire 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 0HL  
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](http://www.nottshelpyourself.org.uk)

0300 500 80 80

**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

**APPLEWOOD HOUSE & APARTMENTS**

Kirklington Road, Bilsthorpe, Newark NG22 8TT  
Tel: 01623 871752 **OP PD LDA MH SI YA**

**BARLEY VIEW**

Kirklington Road, Bilsthorpe, 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, Blidworth, Mansfield NG21 ORB  
Tel: 01623 491033 **LDA YA**

**CHESTNUT GRANGE**

Main Street, Weston, Newark NG23 6ST  
Tel: 01636 821438 **OP LDA YA**

**CHRISTIE DEVELOPMENT CENTRE**

Mansfield Road, Blidworth, Mansfield NG21 OLR  
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, Bilsthorpe, 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: 01623 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



HAZELFORD CARE HOME

T: 01636 830207 • E: hazelford@btconnect.com • Boat Lane, Bleasby, Nottingham NG14 7FT • www.hazelfordcarehome.co.uk

**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



**OLD VICARAGE, THE**

Wellow Road, Old Ollerton, Mansfield NG22 9AD  
Tel: 01623 824689

LDA YA

**RED ROOFS RESIDENTIAL CARE HOME**

35a Grange Road, Newark NG24 4LH  
Tel: 01636 707298 **Band 5**

OP

**ROYAL MENCAP SOCIETY**

**– 97B BARNBY GATE**

Newark NG24 1QZ  
Tel: 01636 676198

LDA YA

**SOUTH COLLINGHAM HALL**

Newark Road, Collingham, Newark NG23 7LE  
Tel: 01636 892308 **Band 1**

OP D PD MH

**SOUTHWELL COURT CARE HOME**

Racecourse Road, Southwell NG25 OTX  
Tel: 01636 815599 **Band 5**

OP D

**ST MARYS**

The Old Vicarage, Main Street, Blidworth, Mansfield NG21 0QH  
Tel: 01623 795231 **Band 1**

OP D

**STERNHILL PADDOCK**

Back Lane, Eakring, Newark NG22 0DJ  
Tel: 01623 411410

LDA YA

**STRAWBERRY FIELDS CARE HOME**

Strawberry Hall Lane, Newark NG24 2EP  
Tel: 01636 700770 **Band 2**

OP D

**TIGH CRANNTAIL**

1 King Johns Court, Main Road, Kings Clipstone, Mansfield NG21 9BT  
Tel: 01522 868279

LDA YA

**TROC CARE HOME, THE**

256 Beacon Hill Road, Newark NG24 2JP  
Tel: 01636 671342 **Band 3**

OP D PD MH SI

**TUXFORD MANOR CARE HOME**

143 Lincoln Road, Tuxford, Newark NG22 0JQ  
Tel: 01777 872555 **Band 4**

OP D PD MH YA

**VICTORIA COTTAGE RESIDENTIAL HOME**

13-15 Station Road, Lowdham, Nottingham NG14 7DU  
Tel: 0115 966 3375 **Band 1**

OP D

**WINTHORPE HALL CARE HOME**

74 Gainsborough Road, Winthorpe, Newark NG24 2NR  
Tel: 01636 701826 **Band 5**

OP D

**WOODLAND GROVE**

Kirklington Road, Bilsthorpe, Newark NG22 8TT  
Tel: 01623 871752

OP PD LDA MH SI YA

**WOODS COURT RESIDENTIAL CARE HOME FOR OLDER PEOPLE**

Walker Close, off Hatton Gardens, Newark NG24 4BP  
Tel: 01636 673548

OP D PD

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

See page 51 for more information on paying for care homes in Nottinghamshire.

**Friary Fields Care Home**

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](http://www.friaryfields.co.uk)



**THE BYARS REGISTERED CARE HOME**



The Byars is an independent Care Home situated in an idyllic Trent Valley village. We provide the highest quality care in the highest quality accommodation.

The Byars offers accommodation for people requiring nursing or personal care. We are able to meet the needs of individuals experiencing dementia.

Please contact us to discuss specific care needs and how they could be met at The Byars.

T: 0115 966 3981  
[www.byarscarehome.co.uk](http://www.byarscarehome.co.uk)

Caythorpe, Nr Lowdham, Nottinghamshire NG14 7EB

CQC rating

Outstanding ☆

**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

## BOUGHTON MANOR

Church Road, Boughton,  
Newark NG22 9JX  
Tel: 01623 860436 **Band 5**

**OP D MH**

## RED ROSE NURSING HOME

32 Brockton Avenue, Farndon,  
Newark NG24 4TH  
Tel: 01636 673017 **Band 3**

**OP D**

## BYARS NURSING HOME, THE

Caythorpe Road, Caythorpe, Nottingham NG14 7EB  
Tel: 0115 966 3981 **Band 5 Advert page 87** **OP D PD SI**

## SHERWOOD GRANGE CARE CENTRE

Mansfield Road, Edwinstowe,  
Mansfield NG21 9HF  
Tel: 01623 824601 **Band 1**

**OP PD YA**

## HIGHFIELDS CARE HOME

Station Road, Edingley, Newark NG22 8BX  
Tel: 01623 882441 **Band 5**

**OP**

## TUXFORD MANOR CARE HOME

143 Lincoln Road, Tuxford,  
Newark NG22 0JQ  
Tel: 01777 872555 **Band 4**

**OP D PD MH YA**

## 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**



## Providing exceptional care for older people in Nottingham for over 25 years

**Abbeyfield**  
Making time for older people

### 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

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](http://imaginearts.org.uk)



### Contact us to arrange a visit

**Millbeck House**  
Oakdale Road, Arnold,  
Nottingham NG5 8BX  
Tel: 0115 956 9790

**The Firs Nursing Home**  
700 Mansfield Road, Sherwood  
Nottingham NG5 3FS  
Tel: 0115 953 1123

**Sycamore House & Kenyon Lodge**  
700 Mansfield Road, Sherwood,  
Nottingham NG5 3FW  
Tel: 0115 956 5205

[www.abbeyfield.com](http://www.abbeyfield.com)



**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

**ACORN HOUSE**

1 Oak Street, Nottingham NG5 2AT  
Tel: 0115 960 5981

OP D LDA

**ALEXANDRA LODGE CARE HOME**

2 Lucknow Drive, Mapperley Park, Nottingham NG3 5EU  
Tel: 0115 962 6580

OP D SI

**ARNOLD ROAD, 514**

Bestwood, Nottingham NG5 5HN  
Tel: 0115 960 8091

OP PD LDA SI YA

**ASCOT HOUSE – NOTTINGHAM**

30-40 Percival Road, Sherwood, Nottingham NG5 2EY  
Tel: 0115 960 6506

OP

**ASHLEIGH HOUSE**

18-20 Devon Drive, Sherwood, Nottingham NG5 2EN  
Tel: 0115 969 1165

OP

**BEECHDALE HOUSE CARE HOME**

Beechdale Road, Aspley, Nottingham NG8 3EZ  
Tel: 0115 929 2792

OP D PD

**BEECHWOOD**

60 Burlington Road, Sherwood, Nottingham NG5 2GS  
Tel: 0115 924 5893

LDA

**BELVOIR LODGE**

243 Edwards Lane, Nottingham NG5 6EQ  
Tel: 0115 967 9287

PD LDA SI YA

**BUNGALOW, THE**

15 Langtry Grove, Nottingham NG7 7AX  
Tel: 07738 987555

LDA MH YA

**BURLINGTON VILLA**

15 Burlington Villa, Sherwood, Nottingham NG5 2GR  
Tel: 0115 960 2738

LDA

**CARRINGTON HOUSE CARE HOME**

25 Mayo Road, Nottingham NG5 1BL  
Tel: 0115 962 1100

OP D PD YA

**CHERRY TREES RESOURCE CENTRE**

Chippenham Road, Bestwood Park Estate, Nottingham NG5 5TA  
Tel: 0115 915 9193

OP D

**CLAREMONT ROAD, 4**

Nottingham NG5 1BH  
Tel: 0115 960 4618

OP LDA YA

**CLARENDON COURT CARE HOME**

13-15 Clumber Avenue, Sherwood Rise, Nottingham NG5 1AG  
Tel: 0115 969 1681 **Advert page 78**

OP D 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



## Edenhurst Care Home



**Facilities & Services:** Own Furniture if required • Pets by arrangement • Smoking not permitted • Close to Local shops • Near Public Transport • Minibus or other transport • Lift • Wheelchair access • Gardens for residents • Phone Point in own room/Mobile • Television point in own room

**T: 0115 960 6595**

11 Denmark Grove,  
Nottingham NG3 4JG

## SEELY HIRST HOUSE



- 24 hour care, long term and respite
- Registered day care service provider
- Highly qualified and experienced staff
- 38 Single rooms, some with en-suite
- Warm homely environment
- Extensive activities programme
- Traditional style cooking with a varied menu
- Special diets catered for
- Friendly and relaxed atmosphere
- Gardens to the rear with a patio area
- Dementia trained and caring staff

62-68 Mapperley Road, Nottingham NG3 5AS  
Telephone: 0115 960 6610 Email: [careatseely@aol.com](mailto:careatseely@aol.com)  
[www.seelyhirsthouse.co.uk](http://www.seelyhirsthouse.co.uk)



For care and support services in  
Nottinghamshire:

[www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk)

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](http://www.carechoices.co.uk/reader-survey)



**GREGORY COURT**

Noel Street, Hyson Green, Nottingham NG7 6AJ  
Tel: 0115 979 0750

PD YA

**GREGORY HOUSE II**

391-393 Mansfield Road, Carrington,  
Nottingham NG5 2DG  
Tel: 0115 969 2320

MH YA

**HALL PARK CARE HOME**

Squires Avenue, Bulwell, Nottingham NG6 8GH  
Tel: 0115 975 8750

OP D PD

**HAVEN LODGE**

2 Alexandra Street, Sherwood Rise,  
Nottingham NG5 1AY  
Tel: 0115 962 1675

OP MH

**HAWTHORN LODGE CARE HOME**

Beckhampton Road, Bestwood Park,  
Nottingham NG5 5LF  
Tel: 0115 967 6735

OP D PD SI

**HEATHCOTES (ARNOLD)**

Redhill Farm, Bestwood Lodge Drive, Arnold,  
Nottingham NG5 8NE  
Tel: 0115 967 9619

LDA MH

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MH YA

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OP D

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LDA YA

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

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- 5 star in food hygiene

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- Attractive well maintained gardens
- Regular visits from GP Optician and chiropodist
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OP D



**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

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**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



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My sincere thanks, Sue.

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**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

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# RESPECTFUL CARE

There's No Place Like Home

## The choice for care that you deserve!

At Respectful Care, we know how difficult it can be to place your trust in strangers who will go into the home of your loved one and provide them with the vital daily care they need. We recognise that each of our clients is an individual, someone with their own diverse needs and requirements. That's why we invest our time getting to know you, and together create a personalised plan to enable you to live a life that is as independent, active and fulfilled as possible.

"The care services my father receives is excellent, can't fault anything. The support & Care Workers are very courteous and kind. They always have a smile on their face and positive attitude which always gives my dad a lift" - Mr B

### Some of the ways we can support you:

- Personal Care
- Dementia Care
- Palliative Care
- Companionship Services
- Medication Assistance
- Shopping & Meal Preparation
- Social Activities
- Respite Care
- Live In Care
- Domestic Services

"My previous company told me what I needed and I didn't have a say in the matter. It's a lot different with Respectful Care, they treat me like an individual and ask me what care I want and when I want it. They are very professional and always look after me" - Mrs T



Inspected and rated

**Good**



**Respectful Care Nottingham North received an OUTSTANDING in caring from the CQC in their latest inspection.**

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