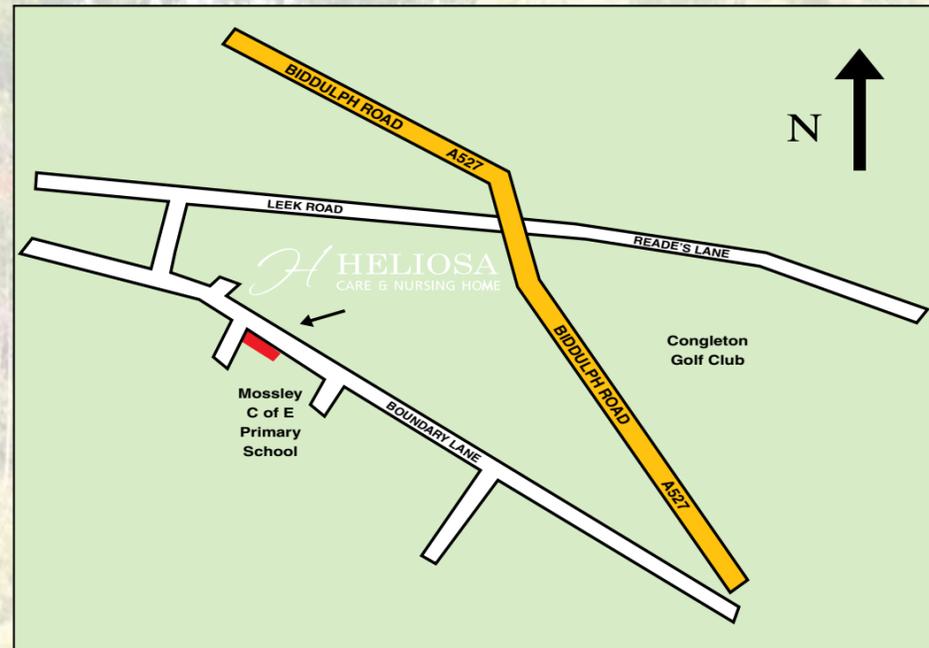


HOW TO FIND US



Heliosa Care and Nursing Home
54 Boundary Lane Congleton Cheshire CW12 3JA
Tel: 01260 273351 Fax: 01260 297794
Email: enquiries@heliosacareandnursinghome.co.uk
Website: www.heliosacareandnursinghome.co.uk

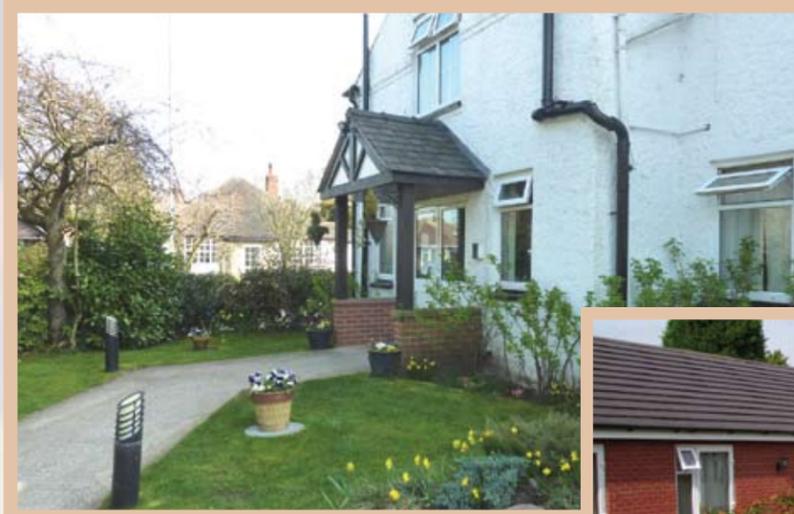
HELIOSA
CARE & NURSING HOME

*Positive living,
compassionate care*

01260 273351
enquiries@helioscareandnursinghome.co.uk



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Heliosa

WELCOME TO HELIOSA CARE AND NURSING HOME

Heliosa is an established care, nursing and residential home for the elderly, operating for over 10 years, in a quiet and picturesque area of Congleton, Cheshire.

All staff teams are highly trained and experienced, with registered nurses and care assistants who take National Vocational Qualification training to ensure high standards. All Heliosa staff are carefully selected and trained assistance is available 24 hours a day. The home has an IIP (Investors in People) accreditation in place.

Heliosa has received a Care Quality Service rating of 'Good to Excellent' from the Care Quality Commission and is a preferred provider for Cheshire East County Council.

Our care is based on our core values of Positive Living that satisfy social, personal, cultural and religious beliefs: Compassion, Respect, Dignity, Privacy, Choice, Independence and Security.

We extend an open invitation to you and your family to visit us at any time and, by arrangement, tour the home to meet the staff and management and discuss how we may be able to help you, a family member, or friend in the future.



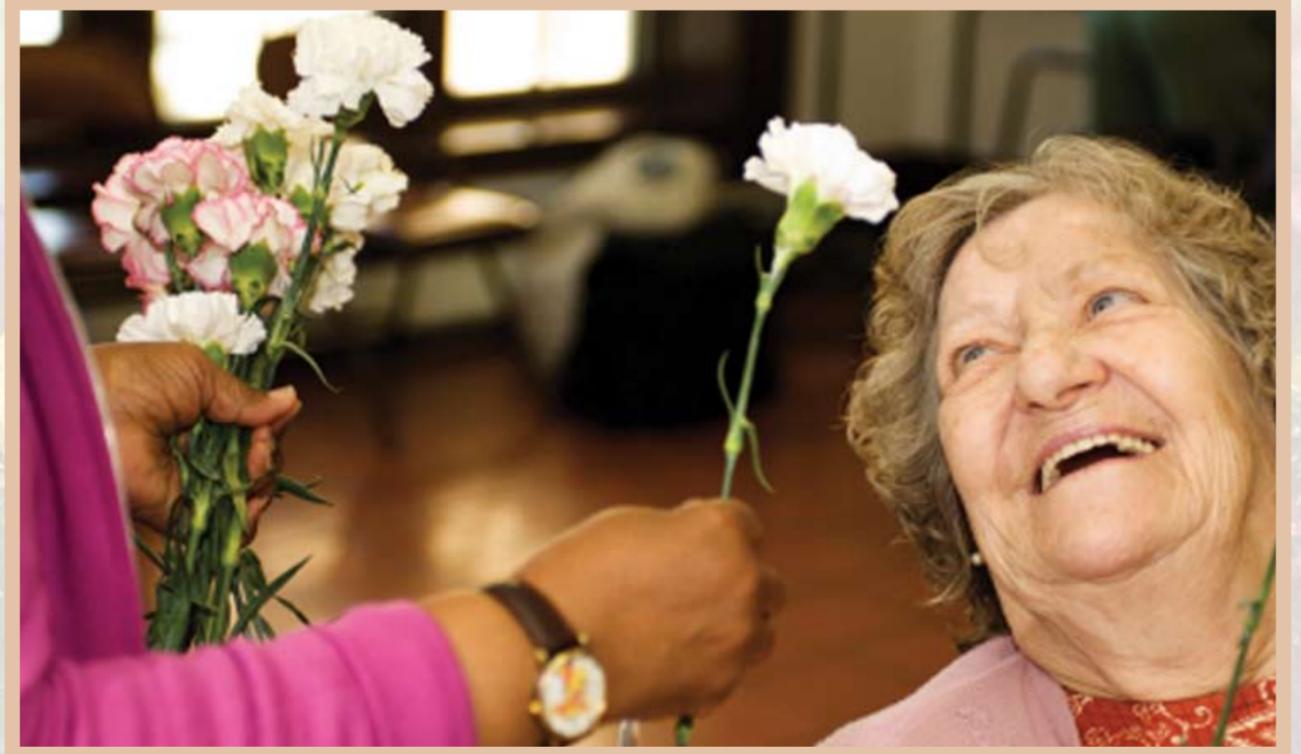
TELEPHONE: 1260 273 351

FEES AND INFORMATION

For further information please contact our care home manager. All fees depend on the level and type of care, accommodation and length of stay. Prices are based on single private rooms, 24 hour care and all meals and laundry. We can also provide hard copies of our latest inspection report from the independent regulator, as well as our statement of purpose and accreditation and qualification details. (Also available on our website)

Local Services

Regular bus services offer good access for visitors. There are several local taxi firms on call. Congleton is well provided for with churches of all denominations and regular services of worship are provided within the home.



We extend an open invitation to you and your family to visit us at any time, tour the home and meet the staff and management. Please contact us.

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MIND, BODY AND SPIRIT

We work hard to ensure our residents enjoy nutritional meals and supplements as well as active and interesting lives, giving structure and opportunities to interact socially.

Fresh & Nutritious Meals

Our experienced and friendly chef with over 20 years of experience and his staff provide a wide range of balanced and nutritious meals. Home cooked food is prepared daily using only the freshest local produce. Special diet needs are catered for and all menus are nutritionally checked. Each resident, soon after their arrival, have the opportunity to discuss their preferences and any special requirements they may have. Residents can choose to eat in our wonderful wood panelled dining room or in their bedrooms if they prefer. In the early evening a 'Lite Bite' menu is provided that includes fresh fruit, yoghurts, sandwiches and hot and cold

beverages. We also serve biscuits and homemade cakes with mid morning tea and coffee. Fresh water is always provided and changed in resident's rooms each day. (View sample menus on our website).

Social Activities & Entertainment

'Variety is the spice of life' and our dedicated Activity Co-ordinators always ensure that there are enjoyable and stimulating activities, entertainment, visits and events for residents, family and friends throughout the year. We encourage healthy bodies and minds - a 'Positive Living' approach, designed to improve appetite and humour, strength and energy as well as an opportunity for social interaction and the development of friendships with staff and other residents.

Activities and entertainment are both physically and mentally stimulating, but they also give residents something to look forward to and a structure to their day. From daily helping to tidy up, flower arranging and bingo to arts and crafts, beauty therapy sessions, hairdressing and chiropody are but a few. There are also visiting entertainers from musicians and singers to magicians and theatre. The home also includes a 47" TV, a music system, organ and Wi games. We also organise visits and trips beyond the confines of the home, to the local towns for shopping, garden centres and village pubs for the occasional lunch. The local canal and canal side in Congleton offers the opportunity for boat trips and beautiful walks. Friends & relatives are always free to join us on these trips.

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PERSONALISED CARE

Individual choices for individual people – at Heliosa we offer various types of care and support from long term residential to convalescent care for short periods.

Residential Care

Change is never easy and our priority is always to protect and promote independence whilst giving residents the services and support to ease the transition and maintain a high quality of living. From accommodation to professional services, from activities to diet & nutrition, our team of qualified and experienced care professionals have developed a home away from home where there is positive and compassionate 24 hour personal care.

We hope residents will come to call Heliosa home and not see it as just a place to stay. Both staff & management welcome all its residents and their families to be involved and participate in the development of our unique environment.

Nursing Care

Where residents require greater medical and/or daily nursing needs, Heliosa also provides professional and sensitive care for various clinical disciplines. Our 24 hour specialist nursing care may include respite care, post-operative care and palliative care tailored to the needs of the individual. We take a holistic approach to the care we provide and believe it's important that our residents keep as physically and mentally active as possible to maintain their independence and quality of life.

Elderly Mentally Infirm (EMI)

The most common mental disorders in older people are dementia-related conditions, such as Alzheimier's Disease. Depending on the level of Dementia, care may be required in a nursing home setting which provides a Qualified RMN (registered mental nurse) 24 Hours a day. Heliosa Care & Nursing Home offers a full assessment prior to admission to ensure that the required care can be given. If you have any questions about a type of care, fees, or your personal circumstances please contact us.



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PERSONALISED SHORT TERM CARE

As life expectancy continues to rise, valuable though not well-known services are adult day care and respite care, designed for older adults who do not require residential care but can no longer manage independently, or who are isolated and lonely.

Day Care

Our day care centre offers planned programmes of activities and care designed to promote well-being through social and health related services, in a safe, supportive and cheerful environment. Nutritious meals that accommodate special diets are typically included, along with an afternoon snack. Our aim is twofold:

- To provide older people an opportunity to get out of the house and receive both mental and social stimulation
- To give caregivers a much-needed break in which to attend to personal needs, or simply rest and relax

Respite Care

When both carer and the cared for need a break, Heliosa Care & Nursing Home can offer the elderly a temporary stay for perhaps a week or two. It can help to cover periods of time when a carer is unavailable such as holidays or simply provide a change of scenery.

The home provides a safe, comfortable and homely environment with the reassurance of 24-hour expert care being available. Taking a break from your usual routine and carer can be of great benefit. Or if you live independently, short stay care could give you the temporary help you need whilst recovering from an illness or operation, until you feel well enough to return home.

If you have any questions about a type of care, fees, or your personal circumstances please contact us.

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FACILITIES

Comfortable, homely surroundings, with all the amenities required to provide exceptional residential and short term care.

The Building

The care home is an imposing black and white building of character, set in substantial beautiful and private gardens, yet only 2 miles from Congleton town centre and all local amenities.

There are 42 single, spacious and bright bed rooms, all with en-suite facilities, telephone point, thermostatic radiators, smoke detectors and 24 hour nurse call system. Patio doors on many ground floor rooms give individual access to the gardens. There is a passenger lift for access to the first floor and a separate laundry area on site. Residents are also able to choose to relax in either of the two living rooms or a conservatory sitting area, which overlooks the private garden.

Meals are served in the comfortable and traditional dining room which features floor to ceiling leaded windows and polished wood panelling and floors. There is Private on-site parking for 8-10 cars plus an ambulance and emergency parking area close to the entrance as well as a car parking facilities for the disabled

Gardens & Grounds

Heliosa Care & Nursing Home is set in beautiful landscaped private gardens and grounds featuring a sensory area of relaxation. Here, with a stunning water feature framed with colourful plants and flowers, residents along with family and friends can sit and enjoy the surroundings and even help to maintain if they enjoy gardening

The residents also enjoy a large lawn area in the summer and when weather permits. The area is also used for fetes and outdoor relaxation and entertainment/activity during the year. A newly built conservatory, along with two of the living rooms and nearly all residential rooms overlook and have access to the private gardens.

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