



Westward Care



-
- 🍁 Residential care homes
 - 🍁 Dementia care
 - 🍁 Retirement apartments
 - 🍁 Extra Care Plus apartments
 - 🍁 Respite stays



Welcome



Peter Hodkinson
Managing Director

If you are reading this brochure you will be in the midst of making a very important choice about the care and support you or your loved one needs in later life. We acknowledge that this is a big and often emotional decision and thank you for considering Westward Care.

I can imagine that the key question you will be asking is why Westward Care? What makes our offer and care options stand out in the myriad of choices in Leeds?

Outstanding local reputation

We are one of Leeds' most respected health and social care providers with a proven track record in providing award-winning care and support to older people. Our network of care homes and retirement apartments is small enough to provide quality and individual care, but large enough to provide care services that are right for you, even if your circumstances change.

We passionately believe that happiness is just as important as health and that quality care should always go hand in hand with quality of life. We do all we can to make you and your loved ones feel at ease from day one.

As a resident you can look forward to being able to participate as much, or as little, as you like in our social activities offer – from day trips out to entertainers and gentle exercise classes.

Our in-house catering team is also passionate about the importance of nutrition and great food for our residents. From breakfast to dinner and desserts they create a wonderful menu of options every day.






Exceeding expectations

We are very proud to be one of small number of care home partners in an academic collaboration with the University of Leeds which looks to Nurture Innovation in Care Home Excellence (NICHE-Leeds). This means we are leading the way in developing new and innovative approaches to outstanding care and support across all of our services.

Ultimately if you choose Westward Care, we promise to offer the very highest standards of comfort, style and security and ensure the care and support you need becomes our priority.

Peter Hodkinson
Managing Director

Your care options and locations

| | Headingly Hall Care Home and Retirement Apartments | Southlands Retirement Apartments | Pennington Court Care Home | The Cedars Care Home |
|-------------------------------------|---|---|---|---|
| Residential |  | |  |  |
| Retirement Apartments (to purchase) |  |  | | |
| Extra Care Plus Apartment (to rent) | | |  | |
| Dementia Care |  | |  |  |
| Respite/ Short-term Care |  |  |  |  |





Don't just take our word for it

"When mum moved to Headingley Hall it took such a weight off my mind. These days, I visit mum to catch up, rather than check-up."

Ruth, Headingley Hall,
Daughter of Apartment Owner

"I moved here to be nearer to my son, wife and grandson. I am thrilled with the outcome. Being at Southlands allows me to be as independent as possible with help, care and food available if I need it. The staff really do care and are excellent. The residents have welcomed me warmly, and very quickly, I felt like one of this happy family. Situated on the edge of the park, close to the big clock and just a walk or bus ride to Street Lane are such a bonus."

Margaret, Southlands,
Apartment Owner

"Pennington Court residential staff, one word, amazing. They give a 'nothing is too much trouble' approach. Very helpful, very understanding and feels like a home from home."

Anita, Niece of Resident
at Pennington Court

"My grandad has recently moved to The Cedars permanently, following a period of respite care. The care he has received is exceptional! The staff go over and above in attending to his needs, he has settled quickly and has been made to feel at home. The staff treat my grandad with the utmost respect and dignity."

Granddaughter of Resident
at The Cedars

To read more reviews about each of our locations visit www.carehome.co.uk

Headingley Hall



A home from home at the heart of everything

Located in leafy North Leeds, Headingley Hall is only a stone's throw away from the centre of Headingley. This thriving community provides everything you will need and a village centre that retains much of its old world charm. With Headingley Stadium and Cottage Road cinema on the doorstep alongside a variety of shops and restaurants, Kirkstall Abbey, and several places of worship – everything you might need for an active life is close by.

Enjoy a fulfilling social life

As a resident, you can look forward to a great programme of social club activities including keep fit, singing, whist, handicrafts and discussion groups, plus visits to museums, art galleries and theatres.

Our relaxed communal areas are just as well considered. Discover our hairdressing and beauty salon, fully-licensed bar, film room and tea bar. Then, meet your friends for afternoon tea in the main lounge and take in the landscaped grounds, or dine in comfort in the air-conditioned dining room.

Extraordinary everyday cuisine

At Headingley Hall we never overlook the value of freshly prepared ingredients or the difference a lovingly prepared meal can make. Every meal, from breakfast to supper, is made to the same exacting standard by our dedicated chef including special dishes for individual dietary requirements and a variety of nutritionally-balanced meals, which are freshly prepared on the premises.

A level of care that suits you

For some people, the independence of owning their own apartment with the reassurance of care and support on-site is a priority. For others, our residential care suites offer a greater level of care and support on a day-to-day basis where needed. At Headingley Hall we have a variety of options to suit you and your care needs.

Residential Care

Gives you both the space and independence to be yourself as well as all the care and support you need to maintain a full and rich life. From meals to personal care, the staff at Headingley Hall can help you with everyday tasks like getting up, going to bed, eating, washing and dressing.

Specialised Dementia Care

Based within our existing care home Shire Oak House is a small environment which means when people move life can continue on their own terms. We will fit around your routines, your likes and dislikes and ultimately support you to maintain as much of your independence as possible whilst enjoying an active social life.

Retirement Apartments

Available for you to purchase enabling you to retain as much independence as possible with the reassurance of on-site care and support available 24/7 through a package of tailored support.

Respite/Short-term Care

Short-term care, even for as little as one or two weeks can be used for carers to take a break, a holiday or if they're ill themselves. Respite care breaks can also be used for convalescence following hospital treatment to aid recovery.

Southlands Retirement Apartments



A bit of luxury in later life

Set in a leafy suburb of North Leeds, Southlands is a unique collection of luxury retirement apartments. These stunning self-contained apartments allow you to lead an independent life and run your own home without the worries of maintaining it. You also have the reassurance of care and support on-site 24/7.

No detail has been overlooked in creating our retirement apartments and that includes the location.

Each apartment has its own individual character, with features such as large windows and stunning views. Some even boast of balconies or patios that open out onto the gardens.

Situated in the leafy suburb of Roundhay, Southlands is only a stone's throw from one of Europe's biggest and most picturesque city parks – Roundhay Park. The thriving city of Leeds and some of the UK's best theatre, shopping and dining is only 3 miles away. Southlands is on a direct bus route so it's easy to get out and about.

Closer to home and only a few minutes from your apartment, you'll find the pretty shops, delicatessens, coffee shops and churches of Oakwood, together with everything you need for everyday life.

Socialise as much or as little as you please and enjoy a fulfilling programme of activities in a safe and secure environment in the exclusive residents communal facilities.

Our exclusive restaurant for apartment owners offers a wonderful daily menu from breakfast to supper. With our chef's creating healthy, nutritious and seasonal dishes you can enjoy our dining facilities as and when you like.

A level of care that suits you

Imagine a life without the worry of housekeeping, gardening or keeping on top of the bills. Owning a luxury apartment gives you the opportunity to live life at your own pace – enjoying as much or as little of the active social programme. Even better, the reassurance that we offer 24/7 care and support on-site if, or when, you need it makes an apartment at Southlands the perfect choice in later life.

Retirement Apartments

With none of the worries of maintaining your own house and the reassurance of outstanding care and support when you need it, our beautiful apartments leave you free to live the life you choose. You can benefit from a range of exclusive facilities and quality services that can be tailored to your lifestyle, needs and personal choices. You can upgrade or remove any aspect of your care and support package at any time to suit your circumstances.

Respite/Short-term Care

Short-term care, even for as little as one or two weeks can be used for carers to take a break, a holiday or if they're ill themselves. Respite care breaks can also be used for convalescence following hospital treatment to aid recovery.



Pennington Court



Close to the heart of the city

Pennington Court is conveniently located on Hunslet Hall Road in Beeston, close to Leeds city centre and on a major bus route, with a stop just outside the main entrance.

Being on the door-step of Leeds city centre gives you easy access to a variety of shopping opportunities and entertainment options such as a night out at Leeds Grand or a bite to eat in the many restaurants and coffee shops in Leeds.

Taking care of your happiness and health

At Pennington Court we believe that care means more than just looking after your health. That's why, alongside our portfolio of care services we take pride in offering a varied programme of social activities.

Pennington Court has a variety of spacious lounges and quiet rooms for socialising, relaxation and activities together with bright and airy dining rooms where meals are enjoyed.

There is also a sheltered courtyard garden where our more green fingered residents enjoy their activities while others sit and enjoy the summer. The home also has a hairdressing salon.

Freshly prepared wholesome meals

We are as committed to perfecting the essentials such as day-to-day services, as we are in providing you with excellent care. That's why we never forget the value of using fresh ingredients or the difference a lovingly prepared meal can make. We also take time to make sure every meal, from breakfast to supper, is made to the same exacting standard by our dedicated catering team. This includes special dishes for individual dietary requirements and a variety of nutritionally-balanced meals, which are freshly prepared on the premises.

A level of care that suits you

As you get older your care needs will change. Pennington Court provides a variety of options for people depending on the care need – from residential to respite care. For the more independent person our Extra Care Plus apartments enables you to rent your accommodation and have a package of services tailored to your life and social care needs.

Residential Care

Gives you both the space and independence to be yourself as well as all the care and support you need to maintain a fulfilling life. Support can be provided from meals to personal care, help with everyday tasks like getting up, going to bed, washing and dressing.

Dementia Care

Our trained staff are on hand to provide continuous, 24-hour support. At every point of care we consider the best interests of the person experiencing dementia and we aim to use every interaction as a source for engagement – dressing, eating, dining, creating or reminiscence activities.

Extra Care Plus Apartments

These apartments provide an affordable alternative (supported by a benefits package if required). This allows you to rent your accommodation and have a package of services tailored to your life and social care needs.

Respite/Short-term Care

Short-term care, even for as little as one or two weeks can be used for carers to take a break, a holiday or if they're ill themselves. Respite care breaks can also be used for convalescence following hospital treatment to aid recovery.

The Cedars



A person-centred approach

The Cedars is located in the suburb of Methley, south-east from Leeds City Centre. The Cedars is located in expansive beautifully landscaped grounds. A quiet residential area Methley has a lovely village atmosphere, and The Cedars is a key part of the community.

The Cedars Care home is registered with the Care Quality Commission to care for adults who experience dementia and other mental health difficulties.

The home has been supporting and caring for many local people and their families, as well as those further afield, since 1981.

We strongly believe that experiencing dementia is not the end of a fulfilling and active life, and this is why we place such importance in getting to know every new resident in-depth (their preferences, likes and dislikes).

Our person-centred care approach means that, as much as possible, the person can continue to live life on their own terms and be content in doing so.

Our social activities co-ordinator provides a weekly schedule of social events for residents to attend as well as one-to-one activities for those who prefer quieter engagement. This may involve music, artwork, baking, gardening or going to the local shops or having a drink at a café or pub.

We are fortunate to have The Boundary House pub and restaurant on our doorstep as well as the local cricket and bowls club, plus ample recreation and garden space at The Cedars itself. Residents really value getting outdoors if they so wish.

A level of care that suits you

With our residential care services, you're in control. From accommodation and meals to personal care, our services include help with everyday tasks like getting up, going to bed, meal-times, washing, dressing, personal care, or taking medication.

Residential care

Our residential care offer gives you both the space and independence to be yourself as well as all the care and support you need to maintain a full and rich life.

We develop individual care plans, based on personal preferences and encourage feedback from residents and relatives so we can continually provide the best care for every person.

Dementia Care

Our trained staff provide 24-hour support for all aspects of personal care and use each daily activity, for example, dressing, mealtimes and social activities as an important source of engagement.

Our person-centred care approach means that, as much as possible, the person can continue to live life on their own terms and be content in doing so.

Respite/Short-term Care

Our respite care allows everyone to benefit from a change of scenery and gives carers the reassurance of knowing their loved ones are in safe hands.

It gives carers the perfect opportunity to take some time for themselves and to regain some balance.

Respite care breaks can also be used for convalescence following hospital treatment to aid recovery or even as a little holiday break for you away from your usual surroundings.



Choosing a care home or apartment – things to consider

This is not an exhaustive list but gives you an idea of the sort of things it's worth considering in making your decision.

The area

How does the surrounding area feel?
What facilities, shops or places to eat are nearby?

Standards of care

Does the facility provide the level of support and care you are looking for?
Can you see the home's CQC inspection report?

The appearance

What does the facility look like the first time you visit?

The ambience

What does the atmosphere feel like?
Are you made to feel welcome?

Your room/apartment

Are the rooms and apartments spacious, light and clean? Is there a nurse call button in the rooms?

Facilities and equipment

Consider such things as: Is there a lift?
Are there handrails on the stairs and access to equipment such as hoists and walking aids?

The staff

Are the people you meet friendly and helpful? What qualifications do the staff have? How many people are on duty at any one moment?

Mealtimes

Are meals prepared on site? Does the chef use fresh or processed ingredients?
Can the facility cater for special diets?

The lifestyle

Is there a dedicated programme of events, entertainment, activities and outings?
How are personal religious beliefs supported and respected?

Values

Are residents and relatives encouraged to express their views and provide feedback on services and care, as well as ideas and suggestions?

Cost

Are there any hidden fees or administration costs above and beyond the ones discussed?

For a more detailed list of questions you can visit our website: www.westwardcare.co.uk

Ever since we were founded in 1992 we've taken great pride in our values. Today, we continue to reflect these values in the way we care, the way we act and the way we operate on a day-to-day basis.

Quality. We aim high when it comes to our care and our facilities. We settle for nothing short of excellence.

Respect. We give all our residents the freedom to live a full and active life, respecting their privacy and dignity, giving them the support they need to control their own lives.

Integrity. We take pride in our openness and honesty, keeping the promises we make to our residents and to each other – building confidence and trust.

Service. Customer service defines everything about our approach to care and support. We always go the extra mile for our residents and their families.



Experience Westward Care for yourself.
Call 0113 331 4830
www.westwardcare.co.uk

 WestwardCare
 @WestwardCare

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Our facilities are proud to be associated with the following organisations.

All locations are part of Westward Care Ltd.
Company No: 2969357

