



The Cedars



🍁 Dementia Care

🍁 Mental Health Care

🍁 Residential Care

🍁 Respite Care



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 The Cedars Care Home.

I can imagine that the key question you will be asking is why choose The Cedars? 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 The Cedars, 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

Introduction



A person-centred approach

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.

Emphasis is placed on developing one-to-one relationships with our residents and providing a main key-worker for each person and their family, so as to establish a meaningful relationship. We also organise regular social events, individual and group activities.

Residents are also encouraged to personalise their rooms in whatever way they prefer. It's all about making our residents feel at home.

It is our constant aim at The Cedars to provide a service which meets the highest standards. We recognise that this can only be achieved by recruiting and supporting the very best staff and providing continuous training and development. This investment ensures we have committed carers and support staff who are knowledgeable and skilled in our specific areas of care.

The location is also very appealing – set in a vast landscaped garden the home is based in the pleasant village of Methley (south Leeds) and within easy reach of the M62/M1 network.

Don't just take our word for it

"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. He seems to eat all his meals which he reports are delicious. On visiting, The Cedars always appears very clean and I am grateful my grandad has secured a place here. 10/10."

Granddaughter of resident

"Very friendly staff, clean, informative and literally couldn't do enough for my mum, who is very young to need care but they have so far been brilliant in this extremely hard time of transition. The family are made to feel welcome at every visit. Regular activities for the residents and lovely home-cooked meals which suit different dietary requirements and tastes."

K M, Daughter of resident

"Being included in the care of my mum is important to me, her daughter. All members of staff at Cedars have done this with empathy and understanding...they have gone out of their way to enable me to visit mum regularly and made me and my family feel welcome at all times. I cannot praise or thank them enough."

Adele, Daughter of resident

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

Residential Care

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 improve our practices.

As well as accommodation, meals and support with personal care and everyday tasks, other services can be provided such as hairdressing and podiatry and these will be charged for accordingly.

Costs

In relation to our fees for residential care, these can vary depending on the degree of care required and the type of room chosen, so please contact the Registered Manager who will be able to supply the relevant information personalised to your needs.



What's on offer at The Cedars Care Home?

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

In the home we have a number of different communal lounges where residents can relax and welcome visitors. We also have an internal courtyard area which is an additional relaxation space.

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.

We administer medications as required as well as offer a full laundry service.

Respite Care & Holiday Stays



Short-term care, even for as little as one or two weeks can be used for carers to take a break, go on holiday or if they're ill themselves.

Our respite care allows both parties 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.



Life at The Cedars

A home from home in a leafy village

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 composer Edward Elgar was friends with the former owner (Mr. Embleton) of 'The Cedars' and often stayed at The Cedars.

To assist with the continuity of care we have our own local GP practice and pharmacy, both of which provide an excellent service to The Cedars.

In addition, the village has an active cricket, football and rugby club, lots of local activity and the parish church Saint Oswald's (just across the road) is a 12th century Grade I listed building.



Shopping and eating out

We have a local post office, mini-market, and two lovely pubs – The Boundary House (which is close to The Cedars) and The Commercial in the village itself.

St Aidans Nature Reserve is also only a short distance away.

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. You can get involved in as much or as little as you like.

Our relaxed communal areas are just as well considered and provide light and airy spaces to meet your family and friends.

Extraordinary everyday cuisine

At The Cedars we never overlook the value of freshly prepared ingredients or the difference a lovingly prepared meal can make.

We take time to make sure every meal, from breakfast to supper, is made to the same exacting standard by our dedicated chef. These include special dishes for individual dietary requirements and a variety of nutritionally-balanced meals, which are freshly prepared on the premises.

Every day, residents can look forward to a three-course luncheon with a choice of menu. Outside our usual mealtimes drinks and snacks are also readily available.



Choosing a care home – 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

Notes:

A series of horizontal dotted lines for writing notes, starting below the 'Notes:' label and extending to the bottom of the page.

Notes:

Experience The Cedars
difference yourself.
Call 01977 512 993
www.westwardcare.co.uk

Inspected and rated

Good



Directions

Driving

The Cedars is situated on the A639 Leeds Road opposite Methley Church – a few miles from Castleford in one direction and Rothwell and Leeds in the other.

Bus Service

A regular bus service runs from Pontefract / Castleford and Leeds to Methley.

Taxi

There are also a number of taxi companies who provide a service to the home, some with disabled access.

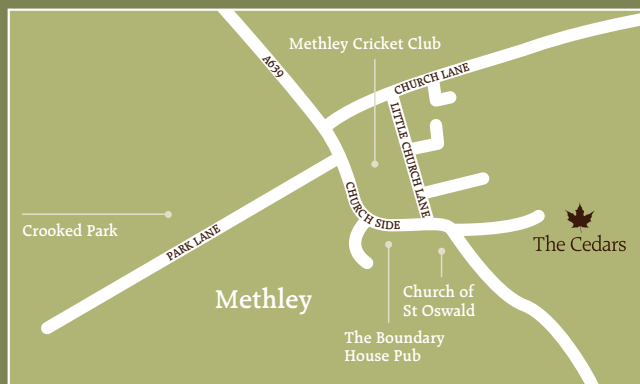
Medical Support

GP Surgery

As for medical services the local GP surgery and pharmacy are situated in the village and provide first-class support to the home.

Hospital

Hospital provision is also readily available at Pontefract, Castleford and Wakefield and Leeds if required.



The Cedars,
Church Side
Methley
Leeds LS26 9BH
01977 512 993

The Cedars is part
of Westward Care Ltd
www.westwardcare.co.uk
f /WestwardCare
t @WestwardCare
Company No: 2969357

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

