



# Pennington Court

- 
-  Nursing
  -  Residential care home
  -  '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 Pennington Court.

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

## **Outstanding local reputation**

As the first ever care home for older people based in Leeds to receive an 'Outstanding' rating from CQC (October 2018) we are proud to see our care and support offer and the outstanding staff that deliver it every day being officially recognised.

As one of Leeds' most respected health and social care providers we have a proven track record in providing award-winning care and support to older people. Our network of care homes and 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.

## **Quality, Respect, Integrity, Service**

Ever since we were founded in 1992 we've taken great pride in our values – Quality, Respect, Integrity and Service. 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.

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

And while awards and ratings are great, that's not why we do it. We quite simply aim to exceed expectations and offer the very best to everyone at Westward Care.

**Peter Hodkinson, Managing Director**

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# Introduction



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We appreciate that making the decision to move in later life is seldom an easy one and never forget that our clients are individuals with unique needs, wishes and outlooks. At Pennington Court we care passionately about ensuring that you choose the right level of care to suit your needs.

We always start the conversation about care and support from where you are now – understanding and listening to what your aspirations are for later life. Pennington Court provides a variety of options for people depending on the care need – from nursing to residential, and for the more independent person our Extra Care Plus Apartments enable you to rent your accommodation and have a package of services tailored to your life and social care needs.

This brochure gives you a little insight into Pennington Court – our services and care options. But we believe it's the people at Pennington Court that make all the difference – from our highly trained and qualified staff, as well as our residents.

So please come and visit, take some time to speak with our staff and residents and find out more about why we pride ourselves on delivering 'Outstanding' care and support every day.



To read more reviews  
about each of our locations  
visit our website:  
[www.westwardcare.co.uk](http://www.westwardcare.co.uk)

### Don't just take our word for it

"Moving here has been my salvation. Knowing that help and support is always on hand has removed all of the anxiety I used to feel and it has meant that I can now get on with my life with very little support at all. Everyone involved in getting me here has been absolutely fantastic, patient, caring and kind."

**Kim, apartment resident,  
Pennington Court**

"I can't praise Pennington Court highly enough. The loving caring staff, the quality of care, the food, in fact, everything about the care home."

**Clive, nephew of resident**

"Pennington Court, in our view, cannot be faulted in any way and is to be commended not only for the way it is run but also for the ways in which the needs of all the residents are so obviously met."

**Lance H, friend of resident**

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# Quality accommodation & care

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## **Nursing care**

For older people whose health or disability needs regular or specialist nursing, we offer accommodation, meals and personal support in a friendly and welcoming environment. Residents are cared for by a team of registered nurses, supported by a team of trained carers.

Personalisation is key to our nursing care. Our approach is about ensuring people retain their self-esteem, independence and dignity.

We assess every resident individually and create a unique care plan for them to make sure they receive the very best nursing care. And to ensure maximum comfort, our home is equipped with vital nursing equipment, including hoists, bathing aids and profiling beds.

We also offer a fun and varied entertainment programme, which brings people together in a safe and supportive environment and provides long-term companionship.



Personalising your care is key to our approach – and to ensuring you lead a fulfilling and happy life.

### **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.

From accommodation and meals to personal care, we cover everything including help with everyday tasks like getting up, going to bed, eating, washing, dressing or taking medication.

### **End of life care**

For many people, a care home is often the place where they will spend the last years of their life. We believe that wherever possible we should make our residents feel at home and provide the highest possible standards of comfort and care at the end of life. Pennington Court is also accredited with the Gold Standards Framework for End of Life Care which ensures staff can help people plan ahead to live as well as possible right to the end.

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# 'Extra Care Plus' apartments

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## A true alternative for older people

It is widely recognised that independence is key to well-being however in the past older people who had a health and social care need, would have had only one option: to choose a care home.

Our 'Extra Care Plus' Apartments provide an affordable alternative (supported by a benefits package if required) that allows you to rent your accommodation and have a package of services tailored to your life and social care needs.

This service can be accessed via a 'Personal Budget', which gives you the choice and control over the services you receive. An independent advocacy service is available to speak to for assistance with benefit claims.



Apartment living –  
a real alternative  
to a care home.

### **The accommodation**

For flexibility the apartments are designed around a one-bedroom 'open-plan' style living area and as such are suitable for individuals. Each one-bedroom apartment provides a lounge/dining area, quality kitchen incorporating integral oven, hob and fridge, an en-suite wet room with a temperature-controlled shower, central heating, carpets and curtains throughout.

With our package of services, you'll enjoy all the benefits of living in your own apartment, without any of the stresses and pressures of maintaining it. After all, there are no individual bills, just one reasonable weekly charge covers everything.

### **Services included within our weekly 'Extra Care Plus' fee include:**

- Care (2 hours plus per day) in line with the individual support plan
- 24-hour emergency call system with on-site response
- Accommodation cleaning
- Laundry service including personal laundry
- Dining service, available in the comfort of your own apartment or the communal lounge
- Social & leisure programme
- Accommodation services – no more council tax, utility bills (gas, electric, water) or maintenance bills to manage
- Communal lounge
- Daily well-being check
- General manager on site

As an apartment resident you can also benefit from the communal facilities on-site such as the lounge, dining options, hairdressing salon and courtyard garden.

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# Respite care & holiday stays





Respite breaks from as little as 1–2 weeks can be arranged.

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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.

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.

Respite stays are available in all our locations subject to availability.

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# Life at Pennington Court

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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 ranging from Crown Point Retail Park through to the historic and diverse offer at Kirkgate Market in the city-centre. You can also enjoy a range of entertainment options such as a night out at Leeds Grand, a walk around the museums and galleries or a bite to eat in the many restaurants and coffee shops in Leeds.



Be as active as you feel with our busy social calendar of activities and outings.

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### **Enjoy a fulfilling social life**

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.

As a resident you can look forward to a range of social activities including shopping trips to one of the local shopping centres or garden centres, regular trips to the theatre, annual visits to the Harrogate Flower Show and Great Yorkshire Show, visiting entertainers, seaside away days and parties to celebrate each season and special occasions during the year.

### **Good wholesome food**

We never overlook the value of freshly prepared meals. Every resident can look forward to the choice of cereal and toast or a cooked breakfast, a 2-course lunch and a meal early evening.

Our catering team is dedicated to making the residents feel at home with a wealth of delicious home-cooked food. Meals include special dishes for individual dietary requirements and a variety of nutritionally balanced meals which are freshly prepared on the premises.

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# 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.

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## 1) The area

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

## 2) 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?

## 3) The appearance

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

## 4) The ambience

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

## 5) Your room/apartment

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

## 6) 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?

## 7) 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?

## 8) Mealtimes

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

## 9) The lifestyle

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

## 10) Values

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

## 11) 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](http://www.westwardcare.co.uk)

Notes:

# Experience Pennington Court's 'Outstanding' approach to care and support in later life.

Call 0113 228 4040

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

CQC  
rating:

Inspected and rated

Outstanding ☆



## Directions

### From M621 (South):

- Head north-east on M621
- At junction 3, exit towards Central Leeds/Holbeck
- Merge onto Dewsbury Rd/A653
- Turn right onto Parkfield St/A653
- Take a slight right onto A653
- Continue straight onto Dewsbury Rd/A653
- Just after The Spinning Wheel pub turn right onto Hunslet Hall Rd, Pennington Court is on your left

### From M621 (North):

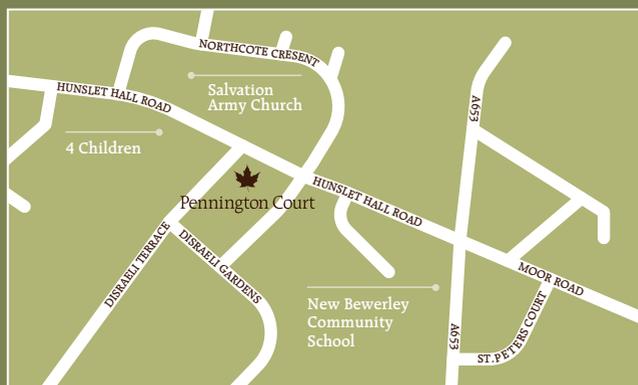
- At junction 2A, exit towards Beeston/Holbeck
- Turn left onto Cemetery Rd
- Turn left onto Malvern Rd
- Go through 1 roundabout
- Turn left onto Lady Pit Ln
- Merge onto Hunslet Hall Rd, Pennington Court is on your left

### From Leeds city train station:

- Head north-west on New Station St towards Wellington St
- Just after the Queen's Hotel bear left onto Aire Street
- Go straight across at the roundabout and drive straight on to Whitehall Road
- After the car parks take a left onto Globe Road which merges with Water Lane
- At Bridgewater Place building merge onto the roundabout and take the A653 to Hunslet Hall Rd
- Turn right onto Hunslet Hall Rd after The Spinning Wheel pub, Pennington Court is on your left

### For parking:

Once you are on Hunslet Hall Road and have seen Pennington Court take your next left onto Disraeli Terrace. Then 1st left into Disraeli Gardens. Continue forward and you will see a car park on your left which is available free of charge for visitors.



Pennington Court,  
Hunslet Hall Road,  
Beeston,  
Leeds, LS11 6TT  
0113 228 4040

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

