












Westward Care



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



Your care options and locations

	Headingley Hall Care Home and Retirement Apartments	Southlands Retirement Apartments	Pennington Court Nursing Home
Residential			
Retirement Apartments (to purchase)			
'Extra Care Plus' Apartment (to rent)			
Nursing			
Respite/ Short-term care			

Introduction



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 and 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 a range of social activities including shopping trips to one of the local shopping centres or garden centres, regular trips to the theatre, visits to each location from cultural organisations such as Opera North and other entertainers and parties to celebrate each season and special occasions throughout the year.

Award-winning care

With the very highest standards of comfort, style and security as well as around the clock care and support, it's not hard to see why we've won so many awards. And while awards 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



Don't just take our word for it





To read more reviews about each of our locations visit our website:
www.westwardcare.co.uk

"I can honestly say we haven't missed our old house at all. I feel like we have left all our worries behind. All the stresses and strains have gone away and we're enjoying our life again."

**Anna and John,
 Southlands apartment owners**

"The staff at Westward Care clearly love their jobs and the residents. It is evident that they go above and beyond for the people in their care."

Friend of resident at Headingley Hall

"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

"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

Headingley Hall

Inspected and rated

Good



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 churches – 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.



Live life your way. We understand that no two residents are the same. Everything from activities to our day-to-day services can be tailored to your lifestyle, your needs and your personal choices.

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.

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

Inspected and rated

Good



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.

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.

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

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.



24/7 care and support on-site if, or when you need it.

A level of care that suits you



Retirement apartments

With none of the worries of maintaining your own house and the reassurance of gold standard accredited 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.

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.



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.

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.



Pennington Court was the first ever care home for older people based in Leeds to receive an 'Outstanding' rating from CQC (October 2018). Every day we uphold and deliver the outstanding level of care that this award recognises.

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 nursing, and 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.

Nursing care

For older people whose health or disability needs regular or specialist nursing.

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 from meals to personal care, help with everyday tasks like getting up, going to bed, meal-times, washing and dressing.

'Extra Care Plus' apartments

Provides 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.

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.

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.

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

Notes:

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

All locations are part of Westward Care Ltd
www.westwardcare.co.uk
f /WestwardCare
t @WestwardCare
Company No: 2969357

Headingley Hall
5 Shire Oak Road,
Headingley,
Leeds, LS6 2DD
Telephone:
0113 275 9950
Email: headingley@westwardcare.co.uk

Pennington Court
Hunslet Hall Road,
Beeston,
Leeds, LS11 6TT
Telephone:
0113 228 4040
Email: pennington@westwardcare.co.uk

Southlands Retirement Apartments
Wetherby Road,
Roundhay,
Leeds, LS8 2JU
Telephone:
0113 265 5876
Email: southlands@westwardcare.co.uk

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

