



## ASHTON COURT CARE HOME

Ashton Court is situated in the heart of Eastwood, less than ten miles from both the centre of Nottingham and Derby. It offers residents the highest standard of care in a relaxed and contemporary setting. Being in the heart of a bustling neighbourhood means that local people are very important to us and we have been caring for them since 1981. We are proud that, in that time, we have developed a home with a strong sense of community and an enviable reputation.



## Caring for your needs

Whatever a resident's level of care need, we have an experienced and dedicated staff team that takes great pride in looking after people and making their wellbeing and happiness their top priority. They combine a professional approach with a warm and loving touch, enabling everyone to feel individual and special. Part of achieving this is making sure that each resident has their own Care Plan, which will contain specific care requirements for that person as well as information on their wishes, interests and preferences for care.

We also pride ourselves on being able to offer the best care for those residents who are living with dementia. As part of this we hold special reminiscence sessions that are highly beneficial for those with dementia, as well as being enjoyable for everyone. All our staff have received specialist training to be able to provide care that allows for the unique requirements of dementia.





## Making a home of your own

Ashton Court has thirty-four bedrooms, thirty-one of which are ensuite. All of them have been tastefully decorated, a perfect start for residents to create a room of their own. Some come with ensuite access, and there are also links to Freeview, telephone, and Internet facilities. All our rooms are furnished to a high standard but we encourage everyone to personalise their room by bringing those special items of furniture, treasured possessions, and photos; our aim is for everyone to feel that they are living in their own home from home.

The home also offers residents a good choice of communal areas including several lounges and a lovely conservatory. Whether someone enjoys sitting and relaxing or perhaps having a chat, then there will always be somewhere where they can be in warmth and comfort.



The home has many modern communication and entertainment facilities. We have Alexas, two smart TV's for more programme choice, and WhatsApp for connecting with families that live far away.

In warmer weather we encourage our residents to enjoy the outdoors and the sunshine. We have a lovely garden that is not only pretty to look at, but also acts as excellent therapy for many of our residents. There is also a lovely conservatory leading to a decking area in the garden.

## Leading a fulfilling life

Lots of laughter is usually part of everyday at Ashton Court, especially when our residents take part in some of the many activities that we plan with them. Each day something different is going on and whether a resident likes puzzles, a game of cards, a sing song or perhaps some gentle exercise, there will always be something for them to enjoy. Residents are also able to enjoy a range of outings through the year, as we strive to ensure that everyone feels part of a vibrant community at our home.




## Good food is important

At Ashton Court we believe that mealtimes are an important part of the life of the home, and are often when the home is at its liveliest. There is always a friendly atmosphere in the dining room and there is the opportunity for residents to catch up with friends. All our food is cooked using good quality ingredients and we strive to produce a balanced and nutritious menu. However everyone likes a treat and so if there is something a resident particularly fancies, perhaps an old favourite, then our cooks will do their best to put it on the menu.

## A warm & friendly place to be

We always aim to provide first class care. We want all our residents to feel part of a warm and caring community, and that they live in a welcoming home from home. We want to make everyone feel special, as we believe care should be as individual as each of our residents are. We don't forget families either and relatives and friends are able to visit at any time of the day or night, whenever is convenient for them.

We hope that you will enjoy a visit to Ashton Court and we are available at any time to help you with making the right choice for you. Please do not hesitate to call us and ask for our help.

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