



BALMORE COUNTRY HOUSE

Situated in the attractive village of Ruddington, and only five miles from the centre of Nottingham, Balmore House is a fine country residence that has been sympathetically converted to offer its residents high quality residential and nursing care.



A lovely setting

The home is surrounded by attractive and well-maintained grounds. The large garden contains many well-stocked borders and trees and offer residents a choice of several places in which to sit and enjoy the warmer weather. There are several enclosed courtyards where residents can sit and enjoy the sun with family and friends. We also have specially raised flower beds that are wheelchair accessible so that residents can join in with the planting, weather permitting. Many of our residents enjoy being outdoors, attending garden parties as well as other outdoor activities, and we encourage them to invite family and friends to enjoy the lovely setting the home offers.

High quality facilities

Baltimore House offers an excellent choice of comfortable rooms for residents to call their own. To make everyone feel truly at home we encourage everyone to bring their own personal items into their room, to make it a special place just for them. This might be a treasured possession, photos, pictures or perhaps a favourite piece of furniture or much-loved chair.

As well as a nicely decorated lounges and dining areas, the home benefits from a quieter lounge which is perfect for family gatherings or for when residents and friends require a more private space. For music lovers we have a music room with appropriately themed decoration; it is a lovely place for residents to sit and enjoy their musical favourites.



Leading a fulfilling life

We aim to make sure that our residents find every day fun and stimulating; we believe this should be the case regardless of anyone's care needs. We hold a wide range of activities within the home, as well as organising trips to places of interest throughout the year. A particularly popular choice with residents are our massage sessions. Everyone enjoys taking time to sit and have a chat with our resident parrot Poppy who holds fun conversations with both residents and staff at Balmore.

Other activities include weekly shows from outside entertainers, as well as Mr Motivator and G Fitness exercise classes to help sustain mobility. For those who like to stay in touch with friends and family we have WhatsApp for video calls and a mobile for chats. Whatever someone's interests we are sure that there will be something for them at Balmore House.



Healthy Eating

Good food is an important part of staying fit and healthy, especially as we get older. We offer an excellent selection of tasty and nutritious food every day, using good quality ingredients. Our dedicated cooks are passionate about making residents' mealtimes something to look forward to. We can also cater for those residents with specific dietary requirements, such as vegetarians or those with diabetes, gluten intolerance or other food allergies.

Dedicated staff

Doing all we can to care for our residents' wellbeing and happiness is our top priority. To achieve this all our staff are chosen not only for their professional abilities but also for their values and caring nature. They strive to care for each resident's unique needs and preferences, whether it be organising a party for a special occasion, helping them to get ready for a trip out or simply plumping a cushion.

We aim to provide the highest quality of care for residents and their families – it's not just what we do but how we do it that matters, and so we compliment professional expertise with compassion and respect when caring for everyone in the home.




A happy home

Our residents should feel part of a warm and caring community and that they live in a happy 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 hope that you will enjoy a visit to Balmore House, 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.



 245-247 Loughborough Rd,
Ruddington, Nottingham
NG11 6NY

Call Us: 0115 921 3006
E-Mail: balmorehouse@my-care.co.uk
Website: www.my-care.co.uk