



## BRAMCOTE HILLS

Located in the Nottingham suburb of Bramcote, some three miles from the centre of Nottingham, Bramcote Hills care home offers the highest level of purpose built accommodation for up to sixty-two residents. We support people with widely differing care needs to include both residential and nursing care. Our philosophy at Bramcote is to provide a caring and comfortable environment for our residents, while maintaining their privacy and individuality. We are proud to be very much part of the local community and look forward to continuing to care for its residents for many years to come.



## Excellent facilities

All of our bedrooms are individually and tastefully decorated, and are fully equipped with ensuite facilities. They are very well appointed with high quality furniture and beds and offer residents a lovely start to creating a room of their own. We always encourage residents to bring those special personal items of furniture, treasured possessions, and photos to add to their room; our aim is for everyone to feel that they are living in their own home from home.

All our residents enjoy sitting and relaxing or maybe having a chat with friends or visitors, and they can do this in the comfort of our very large lounge and dining area, which is equipped with a large flat screen TV. We have two further quiet lounges for those more reflective moments and also for family gatherings when a greater degree of privacy can be welcome. Outside the home we have a large, decked area and garden that gives residents a fantastic choice of places to sit and enjoy warmer weather. We have a new hair salon and nail bar



## Leading a fulfilling life

At Bramcote we firmly believe that getting older shouldn't be any barrier to enjoying yourself through participating in a range of different activities. We discuss the timetable of events with all our residents so that we can make sure it reflects their wishes, interests and hobbies. We organise shows and entertainments throughout the week as well as having an activity coordinator who runs a programme to suit all tastes.

We have our own Mr. Motivator who runs gentle exercise classes to help keep people active for as long as possible. There are also aromatherapy sessions for those who perhaps prefer a slower pace. Many of our residents enjoy interacting with animals and our dogs in residence, Ellie and Reggie, are firm favorites with everyone. Outside the home part of the garden has been transformed into a small allotment area so the gardeners amongst us can continue to grow fruit and vegetables as they always have done. Each day is different, and each week varied, so there is always something for everyone to enjoy. Trips out are also an important part of our weekly routine, and we take residents out of the home on a variety of occasions throughout the year.



## Healthy eating

At Bramcote residents can enjoy good, nutritious food every day. Our cooks work hard to provide everyone with a varied menu that not only supplies all the necessary vitamins and minerals but also is full of well-loved dishes and treats.

We can also cater for any special dietary needs should a resident be diabetic, or have a specific food allergy.

We work hard to provide a balanced and healthy menu, but should one of our residents fancy something in particular or a special treat, then they just have to ask our chefs and they will do their best to put it on the menu.

We like to think every birthday is special day so we celebrate all birthdays with a cake and buffet of their choice.




## A dedicated team

Making Bramcote the happy and caring community it is relies on the dedication of an experienced and professional staff team. Our resident's wellbeing is their top priority and they strive to ensure that everyone is as healthy and happy as they can possibly be during their time with us.

Between them our staff have provided high quality care to the elderly for many years, and they always complement their professional attitude with warmth and compassion in delivering care so that people are looked after with dignity and respect.

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

We have monthly newsletters available for residents and their families .

 Sandringham Dr,  
Bramcote,  
Nottingham NG9 3EJ

Call Us: 0115 922 1414  
E-Mail: [bramcotehills@my-care.co.uk](mailto:bramcotehills@my-care.co.uk)  
Website: [www.my-care.co.uk](http://www.my-care.co.uk)