

THE VICARAGE

SPECIALIST DEMENTIA
NURSING HOME



THE VICARAGE

The **Ephraims**
Care Group **S**



The Vicarage Nursing Home is situated in the quiet semi-rural location of Bayston Hill near the busy town of Shrewsbury. The home was opened in 1999 and is set in an acre of landscaped gardens, featuring vegetable plots, greenhouses and a sensory garden, which our residents can enjoy safely. We have 50 beds situated on two floors, designed for Specialist Dementia Nursing care; they are tastefully furnished and equipped to a very high standard with all but one bedroom having en-suite facilities. Many of the rooms look out over the beautiful Shropshire countryside and there is a lift to the second floor and wheelchair access throughout. We have Skype, which can be used with residents to assist in sending and receiving messages and sending e-mails to loved ones living further away or abroad.



There are many activities adapted and designed for our residents to enjoy. Our reminiscence programme is developing with memory boxes and dolls and our music sessions can open the mind to some powerful memories and we encourage our residents to do just that. Hallways have been decorated to look like residents front doors and memory boxes have been put

by their doors to give orientation to residents. A garden full of sounds, activities and places to visit all enhance and create a positive social environment triggering memories and therefore encouraging conversations to take place. Activities are very important to us and our approach is carefully designed for one to one person centred care, with a very relaxed programme produced every week.



Here at the Vicarage residents enjoy a variety of activities which run every day. We have a purpose built sensory garden that has rope trellis hand rails and plenty of secluded and open space seating areas. There are shrubs and pots that can be tended by our residents who wish to take part in a little light gardening. The garden is always open to relatives and residents to enjoy where the quiet surroundings make it so perfect to sit in and enjoy a cup of tea or

even a Gin and Tonic. We have a gardener who maintains this beautiful land and so offers gardening opportunities and taking the residents to see our very own chickens and collect any of the new laid eggs. We have built raised beds and high style herb gardens so the residents can take part in the up keep of their garden.

Our Care

The Vicarage believe that people with mental health have the same values as others irrespective of their degree of disability or dependence. They have the same rights as other people and will always be considered as an individual. Residents have rights to forms of support that do not exploit family or friends. Undue concern for safety should not infringe on the quality of life or excessively curtail freedom.



We seek to provide an environment that enables the individual to maintain independence and exercise freedom of choice, whilst maximising privacy and dignity and encouraging a fulfilling life. Our aim is to provide Person Centred Care based upon up to date research using tried and trusted methods and new approaches that focus on the individual in a holistic way. We aim to create a relaxing and welcoming homely atmosphere whilst at the same time, preserving the independence and privacy of our residents and providing the highest quality of professional specialist nursing care.

Specialist Dementia Nursing Care

Vicarage Nursing Home provides twenty-four hour, Specialist Dementia Nursing care, under a highly qualified and experienced manager and a team of both Registered Mental and General Nurses and highly trained staff. We have a weekly visit from our local GP and a monthly visit from a Consultant Psychiatrist although residents wishing to continue treatment with their own doctor may be possible. Each resident has an individual care plan, formulated to suit their personal nursing and caring needs. This is agreed and assessed between healthcare professionals, residents and their families.



We have the facility of a dentist, optician, chiropodist and hairdressing is provided as required. We aim to provide one to one meaningful interactions led by the needs of the individual at any given time, based on their life experiences, personal preferences and their abilities. We have Activity Co- Ordinators to take care of the needs of all of our residents providing them with stimulation, recreation and a variety of interesting hobbies and crafts should they wish to partake, on a daily basis.

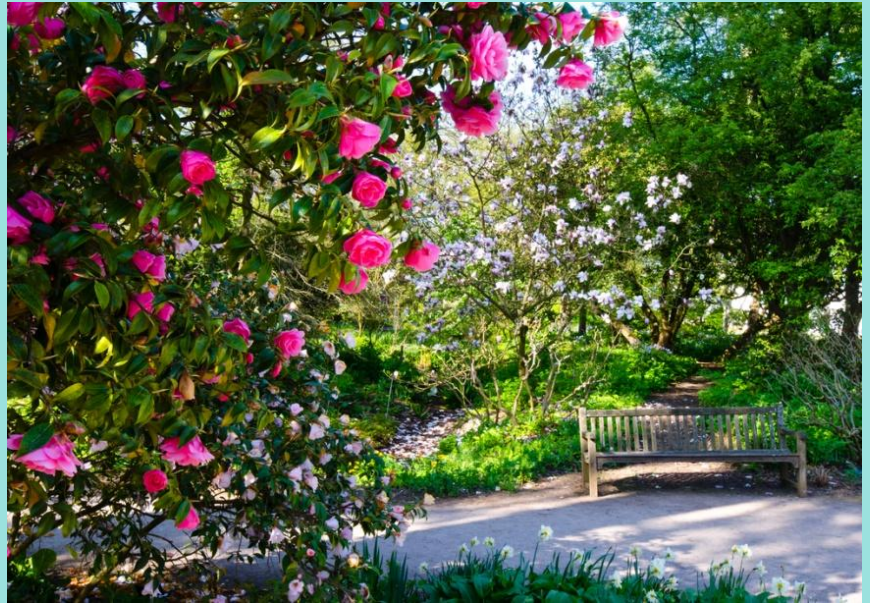
SPECIALIST DEMENTIA NURSING HOME

THE VICARAGE

Respite Care

We assess the individual requirements of potential residents to ensure that the correct level of care is maintained, whilst ensuring that the well-being of our existing residents is not compromised. Caring for a loved one can be rewarding, but sometimes a short break and having some time off is necessary for both of you. This gives carers the time to recharge their batteries in the knowledge that their loved ones are receiving twenty four hour care.

The Vicarage Nursing Home provides a home from home environment where the emphasis is individualised personal care taking into consideration their personal preferences regarding their care. Our aim is to ensure that our residents are respected and their quality of life is enhanced.



Meals and menus

Here at the Vicarage we pride ourselves in providing fresh, wholesome, well balanced and nutritious home-cooked food and encourage our resident's family and friends to dine with us and attend special events throughout the year including birthdays, Easter and Christmas parties. Vicarage menus are designed to allow



residents the flexibility of eating their main meal at lunch or dinner time and are designed on a 4 week rota basis specialising in seasonal options, preparing lighter options during the summer months and more comforting food during the winter months, including diets rich in sources of: protein, carbohydrates, vitamins, minerals, pulses, grains, dairy products and good fats as well as the necessary "5 a day: fruits and vegetables required to maintain a healthy diet. Our team have the luxury of utilising fresh, local and organic home grown produce which is readily available to us. All our meals are prepared and cooked on the premises in our fully equipped kitchens. Residents may choose to have their meals in their rooms if they wish. The catering team are readily available to discuss specific dietary requirements, likes and dislikes and nutritional needs. Our catering team were awarded the prestigious Five Star Gold Award for Food Hygiene Standards from Shropshire council. They also received 5 out of 5 in our Food Hygiene Rating in 2015" and have also completed an in depth course on food Allergens.

The Ephraims Care Group

"The Ephraims Care Group is a family run business and we enjoy extending this ethos into our homes. Our strong commitment to providing the highest levels of quality care has been the key to our success in running well managed and efficient homes. We strongly believe that a well trained and motivated team of staff are crucial in providing first class care. An excellent choice of healthy and nutritious food and a well planned and comprehensive activities programme is provided by each home."

Roger and Margaret Ephraims

The Ephraim Care Group



CADMORE LODGE
St. Michaels, Tenbury Wells,
Worcestershire WR15 8TQ
T: 01584 810044
E: info@cadmorelodge.co.uk
www.cadmorelodge.co.uk



THE SHRUBBERY NURSING HOME,
Birmingham road, Kidderminster,
Worcester DY10 2JZ
T: 01562 822787 F: 01562 68122
E: info@shrubberynursing.co.uk
www.shrubberynursing.co.uk



ALLENBROOK NURSING HOME
209, Spies Lane, Halesowen,
West Midlands B62 9SJ
T: 0121 422 5844 F: 0121 423 4584
E: allenbrook@btconnect.com
www.allenbrooknursinghome.co.uk



ORIEL CARE HOME
87, Hagley Road, Oldswinford,
Stourbridge DY8 1QY
T: 01384 375867 F: 01384 443597
E: oriel.care@btconnect.com
www.orielcare.co.uk



Here at the Vicarage our friendly and helpful staff will be pleased to provide any more information that you require and answer any questions you might have. Please contact our administrator or our manager on the numbers below

THE VICARAGE NURSING HOME
The Common, Bayston Hill, Shrewsbury SY3 EA
T: 01743 874030 F: 01743 871095 E: vicaragenursinghome@tiscali.co.uk
www.vicaragenursing.co.uk

Accommodation

Residents can enjoy a variety of tastefully furnished, modern light and airy bedrooms and all but one have private en-suite bathrooms. The newly decorated rooms have colourful tones with matching, curtains and soft furnishings. They are all equipped with the technology to provide a safe, secure and reassuring environment and all with emergency call bells. Residents can bring their own belongings into the home to personalise and reflect their own individual style within their room should they wish to do so.



The bespoke dining room has non slip flooring and a tastefully furnished TV lounge leads to our beautiful conservatory which overlooks part of the gardens and leads out to the enclosed, fully stocked lawned sensory garden.

The greenhouse provides us with fresh vegetables and fruits for our residents and the leftovers, provides sustenance to our resident chickens in the garden. There is a fully equipped laundry and a highly professional, fully qualified housekeeping team.



Entertainment

A variety of quality entertainers visit the Vicarage offering music, dance and other interesting recreational activities. We have sing-along, easy listening, swing, classical singers, groups and choirs. Music is always a very welcome component to our programmes and appears to be looked forward to and enjoyed by most of our residents. We have many different genres of music brought into the home. There are many special events also covered with our entertainers and reminiscence with music and dance.



Local Community

We like to feel here at the Vicarage that our home is very much a part of our local community. We have regular Church services held within the home. Other religious faiths are acknowledged and different ministers visit. Local groups such as Scouts visit on a regular basis. We arrange trips out to local venues that include the local shops and centre, Shrewsbury Flower show and Shropshire County show.

The Butterfly Approach and Specialist Dementia Nursing Care

Here at the Vicarage we have introduced a new philosophy for caring for people with dementia known as the Butterfly Approach. This will involve all members of staff and is a new approach in Specialist Dementia care, style, surroundings and décor. Hallways have been decorated to look like residents front doors and memory boxes have been put by their doors to give orientation to residents.

A garden full of sounds, activities and places to visit, all enhance and create a positive social environment triggering memories and therefore encouraging conversations to take place.

Activities are designed to reflect daily living. Carers can move freely from one resident to another encouraging short meaningful, person centred activities that stimulate the mind and promote residents well being.

Rummage boxes full of interesting items such as hats, shoes, scarves etc, trays of jewellery, dusters and household equipment and comfort items are all part of our new approach. A selection of "30 second activities," for example catching the sun's reflection on a window, or finding the crossword in the morning's paper, take place throughout the day.

