



South Downs Care
QUALITY CARE & FULFILLING LIFESTYLES



Downs House

Stroud House

Where quality care and fulfilling lifestyles go hand in hand

Aims & Objectives



Our objective is to make our residents feel at home in a caring and friendly environment, to look after them properly at all times, whether sick or well, and to maintain a good quality of life.

To this end residents are encouraged to be as active as they are able both physically and mentally, through events and activities. To help them feel at home residents may furnish their rooms with personal items and their own furniture.



South Downs Care is a member of the Hampshire Care Association and always achieves the Standards set out in the Residents Charter. We also promote dignity, independence, choice, fulfillment and rights for our residents.

When the time comes that people feel their needs can no longer be catered for at home, or they would like some companionship, we can offer a warm welcome with friendly dedicated staff to ensure their lives are enriched as far as possible.



The Team

South Downs Care is owned and managed by the Rogers family who pride themselves on the personal and individually tailored care that their residents receive in graciously appointed and attractive surroundings.

The Rogers family are ably supported by their Care Managers and a dedicated team who are an essential part of the homely atmosphere and are always on hand to assist with clothing, bathing and other needs. They are also a friendly face to provide reassurance and support at all times.

Ongoing training is viewed as a vital part of providing and maintaining high standards of care. All staff receive induction training and there are regular courses in Fire Safety, First Aid and Food Hygiene as well as specialist ongoing professional development.

Staff are supported to attain the NVQ qualifications in care with most having achieved level 2 and some level 3, there is an internal NVQ Assessor and a member of the team qualified as a Key Trainer in safe moving and handling of residents.

Improving quality of life.



Services

Downs House and Stroud House are attractively appointed with a homely ambience, with few restrictions on residents' lifestyle and providing a wide range of services which are available to all residents. The services provided ensure that all essential needs are catered for and that residents' quality of life is enhanced. Services include:

- Doctors on call. If local, residents can keep their existing doctor
- District community and psychiatric nurse services available
- Medications ordered, collected and dispensed
- Regular outings and shopping trips
- Personal laundry services
- Hairdresser
- Chiropodist
- Masseuse
- Beauty therapist
- Exercise classes
- Diversional therapist
- Visiting optician & dentist
- Daily newspaper delivery
- Visiting library including large print and 'Talking Books'
- Local Clergy will visit and there is a monthly communion service



Food & Beverages

Good home cooked meals using fresh produce are provided and special diets catered for. If residents are unwell, meals can be taken in to their rooms if they so desire. Also if a meal is not to the residents taste an alternative will be provided.

Breakfast

Residents can choose from a selection of cooked or continental style breakfasts. This is served in the resident's room or in the Dining Room if preferred.

Mid morning

Residents are served coffee, tea and a tempting selection of biscuits.

Lunch

Lunch, the main meal of the day, is served in the Dining Room. The chefs cater to all tastes and prepare an interesting and varied range of dishes.

Mid Afternoon

Residents are served coffee, tea with biscuits or homemade cakes.

Supper

Supper is served in the Dining Room, this is normally a light meal, generally consisting of soup, main course, dessert and/or cheese and biscuits.

Evening Drink

Residents can choose a late evening or bedtime drink of their choice, drinks and snacks can also be provided during the night if required.



Entertainment

Part of the philosophy of care at Downs House and Stroud House is that good care goes hand in hand with a fulfilling lifestyle.

The Rogers family work hard to ensure that their residents enjoy themselves whatever their individual circumstances or challenges and to this end a range of varied activities are organised. We aim to provide at least one activity every day.

The options on offer to all residents include:-

- Arts and handicraft
- Musical events
- Bingo
- Birthday parties
- Discussion groups
- Flower arranging
- Board games and quizzes
- Bridge and other card games
- Film shows
- Music and movement
- Shopping trips
- Yoga
- Diversional therapy
- Knit and natter

Also popular are the regular outings, with visits to a wide variety of places of interest, theatre shows, historical sites, pub lunches, local attractions and much more. With our own minibuses, helpful carers and wheelchairs always on hand, it is possible for all residents to join in and enjoy the opportunities available.



Downs House



Family run private homes proud of their reputation for care of the elderly.

Introduction: Downs House

Downs House was established in 1976 and prides itself on providing high quality care to the people of the area. This residential care home is situated amid beautiful Hampshire countryside yet less than one mile from the centre of the market town of Petersfield.

The House

Downs House is registered to provide care for 37 elderly residents.

The accommodation consists of 34 quality bedrooms, all are tastefully appointed and fully furnished. All have en-suite toilets and many have en-suite bathrooms. There are bedrooms on the ground, first and second floors, all served by two full shaft lifts. The public areas are delightfully appointed and include a large Lounge and Sun Lounge which open onto lovely landscaped gardens.

The Dining Room and Garden Room have separate tables where residents can dine in small groups. There is a Television and Video Lounge, a Hairdressing Salon and for some special pampering a Beauty Therapy and Massage Room.

Downs House has a range of facilities that ensure that their residents needs are fully met. The facilities include:

- Assisted and Hydrotherapy Baths
- All bedrooms have TV and Telephone points
- Cable Television services available
- Nursecall system in every room
- Two full sized lifts
- Beautiful landscaped gardens with wheelchair accessible paths
- Anglican, Catholic and Methodist Churches in the immediate vicinity

A photograph of two women standing on a porch. The woman on the left has short, curly reddish-brown hair and is wearing a bright blue short-sleeved button-down shirt and black pants. The woman on the right has short, curly white hair and is wearing a light pink short-sleeved button-down shirt and a grey and white checkered skirt. They are both smiling and have their hands resting on a dark brown wooden handrail. The porch is part of a brick building with a prominent archway above the door. Several hanging flower baskets with red and pink flowers are attached to the brickwork. A window is visible to the left of the women. The overall scene is bright and cheerful.

Stroud House

There is always a friendly face to
provide reassurance and support.

Introduction: Stroud House

Stroud House is situated at the foot of the Downs in the semi rural village of Stroud, close to the market town of Petersfield on the A272 Winchester Road.

Stroud House has been offering quality care since 1992. The home aims to provide the best possible care, comfort and happiness to meet the individual and personal care needs of all their residents. It benefits from a strong community atmosphere, with residents taking an active part in the day to day activities of the home.

The House

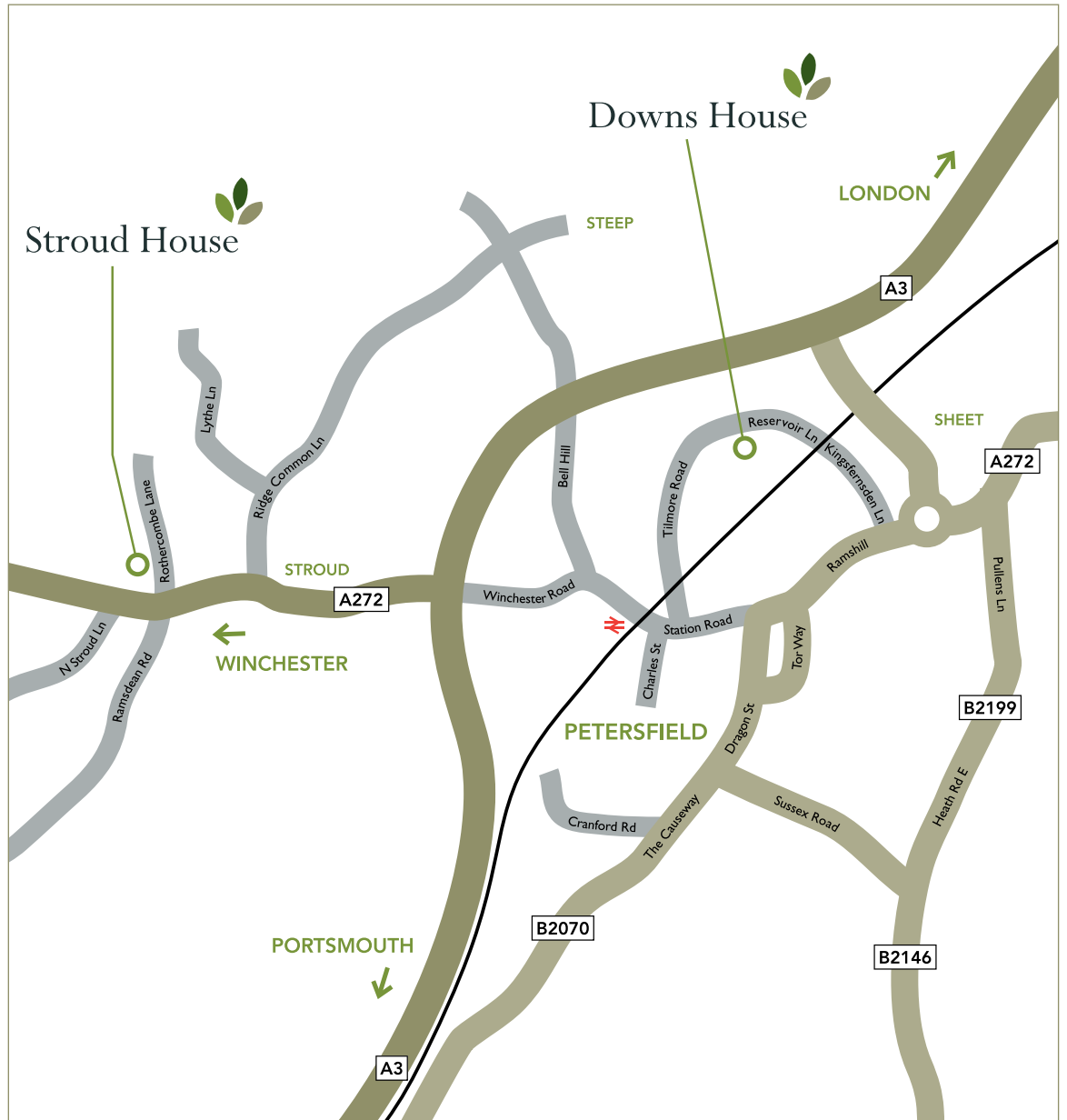
Stroud House is registered to provide Residential Care for 25 elderly residents and has been specially adapted to provide a safe secure environment for the elderly and those who are mentally unsure.

There are 20 bedrooms with 14 ground floor rooms and is therefore particularly suitable for those who are frail or for residents with restricted mobility. On the ground floor there is an assisted bath and walk-in shower room. All rooms are fully furnished and residents are encouraged to personalise their rooms with pictures, photographs and also small items of furniture.

The communal areas include a large Lounge with the Dining Area. The Dining Area consists of separate tables where residents dine in small groups. There is also a smaller Quiet Lounge, both Lounges look out on to a lawn and patio areas. There is a separate Television and Video Lounge. The facilities include:

- Assisted baths
- Shower Room with level access
- Nursecall system in every room
- All bedrooms have TV and Telephone points
- Attractive secure gardens and footpaths
- Anglican, Catholic and Methodist Churches nearby

Location



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