

Glenholme



Specialist Dementia Care

Meadowbeck
in Sleaford, Lincolnshire

WELCOME

CONTENTS

- 3 Facilities
- 4 Daily Life at Meadowbeck
- 5 Nutrition at Meadowbeck
- 6 Care and Expertise
- 7 Meet Our Team



INFORMATION

For more information about the services we offer to support you and your loved one contact:

Tel: 01529 406 000

Email: enquiries@glenholme.org.uk

ABOUT MEADOWBECK

Meadowbeck is a purpose-built, 10-bed community situated in Sleaford, Lincolnshire.

Those who live here may be younger people who have started their dementia journey early and wish to make advanced provision for their care and welfare, people who already live with a learning disability and are also living with young onset dementia; and people who find living with dementia challenging and need additional support to help them to feel safe and valued.

Meadowbeck is a specialist unit with a focus on providing first-class support for dementia in a homely environment. All those working at Meadowbeck have undergone Glenholme's specialist dementia training with its 'empathy-based' emphasis on promoting independence and a 'family feel' to the community. Each person is supported by two key workers who residents and their families can specifically identify with.

We are proud to have worked with Worcester University's internationally respected Association for Dementia Studies who have guided the development of accommodation that is genuinely dementia-friendly. Along with the latest equipment, the environment is designed to mirror, as far as possible, a traditional family home.



OUR FACILITIES

Meadowbeck residents are provided with bright comfortable bedrooms which include full-length windows to allow plenty of natural light. The lunchtime meal is provided and residents will be able to prepare their breakfast, supper and snacks in our fully-equipped kitchen; assisted by staff if needed.

They can enjoy their meals in our large spacious dining room, and there are several social spaces for the residents to relax in such as the reading room and lounge. Our bathrooms are equipped to support those with physical difficulties. There are also laundry facilities which can be used by residents. At our on-site

health and wellness centre, residents can work to maintain their physical health as well as access the garden.

Residents are encouraged to retain access to their communities, if possible, and to maintain their day to day routines and interests.

Located on the Northside of Sleaford, Meadowbeck is surrounded by dozens of well-maintained green spaces and neighbours our Holdingham Grange senior living complex. There are excellent transport links to Sleaford town centre and station and a minibus is available on site for residents.

DAILY LIFE IN MEADOWBECK

Before making the final decision to move into Meadowbeck potential residents will be encouraged to spend time there to ensure it is the best place for them. A comprehensive pre-admission assessment will be completed which will concentrate on the persons' needs and wishes. Details of how the person usually spends their day from getting up to going to bed will be documented along with any recent, or past, interests that they wish to maintain.

Maintaining routines are important for people living with a dementia, but we recognize that people may forget their usual routine or wish to change it, so flexibility is key. People will also be welcome to bring small pets they may have such as budgerigars, rabbits or guinea pigs.

PEOPLE WHO LIVE IN MEADOWBECK ARE ENABLED TO LIVE THEIR BEST LIFE IN A HOMELY ENVIRONMENT.

A person-centred approach will be taken for each person. They will be allocated at least two keyworkers to work and support them, and their family and friends. They will be responsible for ensuring the care and support plans are up to date and reflective of the individual. Families will be encouraged to be part of the care team.

Day to day staff will work with two or three people. They will assist where necessary with getting up, washing, dressing and making their bed. Preparation of breakfast is a shared task and also a social occasion. They will plan the morning together to ensure residents are meaningfully occupied and feel a sense of worth. Lunch is provided by the main kitchen in Holdingham Grange.

“FLEXIBILITY IS KEY”

The afternoon will be planned according to individual wishes with staff supporting where necessary. Areas of occupation may include baking, shopping, pursuing interests, gardening and trips out.

Staff will not wear uniforms and will carry small items of interest with them to use to distract people if they become anxious. People will be able to join activities in the main home if they wish, along with social occasions.



PEOPLE WHO LIVE IN MEADOWBECK CAN EAT NUTRITIOUS FOOD TO MAINTAIN THEIR HEALTH AND WELLBEING.



On admission each person will have their nutritional status assessed. This will identify their weight status and the risk of malnutrition. A history of their eating pattern prior to admission will be taken, this may take a few days. Details of favourite foods, foods they dislike, times they like to eat and drink and snack preferences will be detailed over the first week that they live in Meadowbeck.

We take into account where people are on their dementia journey. People may forget to eat, not remember how to use cutlery, be unable to sit long enough to eat a meal, may forget they have eaten and want to eat again immediately after a meal. Each person is different and strategies will be put in place to ensure their health is not compromised.

Mealtimes are often seen as 'the highlight of the day' for some individuals. People will be able to choose what to have for breakfast and be involved in its preparation. Choices will range from cereal, toast and continental breakfast

to a full cooked breakfast or boiled eggs. The main meal of the day will be provided by our chef in Holdingham Grange. Our experienced chefs carefully develop their weekly menus to produce food which is nutritious, seasonal and bespoke to our residents' preferences and dietary needs. A visual choice will be offered and serving dishes will be on each table to encourage independence.

Later in the day tea and supper will be chosen and prepared by residents and staff. Fruit, snacks and drinks will be readily available at all times.



CARE AND EXPERTISE

PEOPLE WHO LIVE IN MEADOWBECK WILL BE SUPPORTED USING UP TO DATE, RESEARCH BASED KNOWLEDGE AND TECHNOLOGY.

Our pre-admission assessments identify any physical assistance required, along with any urgent mental health concerns. Aids and equipment can be in place from day one. These include sensor mats, continence aids, specialist crockery and cutlery and specialist cushions and mattresses to maintain skin integrity.

One of the most important documents, to ensure we understand the persons needs, likes, dislikes and wishes, is their Life Story. This is an evolving document starting as early as possible in the persons life and continuing whilst they are living in Meadowbeck. The content enables us to get to know the person, relate to their conversations and

understand why they may act in certain ways. This is a joint venture and families play a crucial role, with the resident, in the development of the document. Photographs and memories can spark good and not so good feelings so being prepared can reduce stress for the person.

It is important to involve family and friends in all aspects of care and support, as far as they and the resident wish for the involvement. People who live in Meadowbeck should feel relaxed as if they were still living at 'home'. Staff will act as visitors as they would if they were assisting someone in their own home. There will be a 'go with the flow' feel to each day.



We work with the Association of Dementia Studies at The University of Worcester to ensure that people are supported to live their best life. Staff receive mandatory training in areas such as Health and Safety, Moving and Handling and Infection Control. Specialist training and education are provided for caring for people living with a dementia; which includes co-morbidities such as Parkinsons' and diabetes. Training also includes caring for people with physical concerns and at the end of life.



**University
of Worcester**

**Association for
Dementia Studies**



**CareQuality
Commission**

OUR TEAM

Meadowbeck operates as part of the Holdingham Grange senior living facility which hosts a team of over 60 care professionals as well as our excellent cleaning, maintenance, and catering staff. They are led by the our management team shown below and supported by the wider Glenholme Healthcare Group.



PENNY HOWARD BSC(HONS)

Operations, Dementia Strategy
& Commissioning Manager

Penny has worked in senior positions within the independent healthcare sector for 30 years. She has extensive experience in care of older people and supporting people living with dementia.



HAZEL WHITTAKER

Registered Care
Home Manager

Hazel has 35 years clinical experience as a registered nurse and has been a care home manager since 2003. Hazel is passionate about the care of the elderly and has served with Glenholme since 2018.



Glenholme

Learn more about us:

Glenholme Healthcare Group Ltd
79 High Street, Eton, Windsor SL4 6AF

01753 869 777

reception@glenholme.org.uk

www.glenholme.org.uk