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CARE

Welcome to  
**THE MAYFIELDS**

Residential and  
Dementia Care





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## Welcome to **THE MAYFIELDS**

The Mayfields is a modern thoughtfully designed purpose built home providing the highest level of personalised residential and specialist dementia care. Located in the thriving village of Long Stratton, just off the A140 the home is only five miles from the city of Norwich, perfectly positioned with farmland views overlooking the Norfolk countryside with a doctors surgery, school, sports centre and shops nearby.

Within the home, all our spacious bedrooms are tastefully decorated and furnished to a high standard each with full en suite facilities. We also always offer the opportunity to add small pieces of furniture, pictures and treasured possessions to create a more home from home feel.

For us, our residents are more than just patients. They are people, each with their own life to live and as a result we offer much more than just clinical care. We believe everyone deserves choice, dignity and peace of mind in later life. We listen and help our residents to live the way they want, with as much independence as possible. When our residents arrive, we find out what they like, what they are interested in and what is important to them. We reach out to their family and friends, making sure they get the support they need.





# Care at The Mayfields

The Mayfields offers a range of short term respite, convalescent and permanent care packages.

At the heart of our home is our high standard of quality dementia and residential care. We care for our residents with expertise, sympathy and respect for their dignity.

Our team includes qualified and experienced heads of units supported by our dedicated senior carers delivering a high standard of quality care. The home specialises in person-centred palliative care and end of life care – having achieved the accreditation of “Six Steps” which is an end of life program for care homes.

We also enlist the services from external professionals which include dieticians, community nurses and occupational therapists to ensure the best possible package of care is available to every resident.

We also offer respite care across all our types of care to provide a short break for family members, carers or friends. This could be to cover a holiday or to arrange on a regular basis.



## The Mayfields has two dedicated suites for each individual type of care:

**OUR PRIMROSE SUITE** which provides residential care offers accommodation for 29 residents. It boasts several large lounges, a conservatory, a café, a dedicated main dining area, and many “cosy” corners throughout the Home. Our bathrooms all provide specialised lifting facilities.

All bedrooms have their own en suite shower room. Many of our rooms have patio doors leading to a beautiful central courtyard.

**OUR BLUEBELL SUITE** which provides specialist dementia care offers accommodation for 31 residents, providing specialist care for the holistic needs of all our residents the home works on a person-centred care approach building on individual’s strengths and abilities. There are ample lounges to provide choice, stimulation and variety to meet residents diverse needs. All bedrooms have en suite shower rooms, individually furnished and each bedroom door is a different colour and can be individualised. The suite has good signage to assist with orientation.

There is a high degree of assistive technology throughout the suites. The corridors are spacious and allows for residents to create a journey with additional seating along the way. There are several lounges and a dedicated sensory room. The floor is accessed by a large passenger lift.



# Life at The Mayfields

All our rooms are en suite and furnished to a high standard many with views of the gardens or open fields of the Norfolk countryside. We welcome residents to personalise their rooms as they wish, making their room feel like a home from home. There are also various comfortable lounges, tastefully decorated and furnished.

Our beautifully landscaped gardens are easily accessible from the ground floor and feature an elegant water feature surrounded by a patio seating area ideal for those warm summer days.

## Activities and Wellbeing

There is always something happening at The Mayfields. The home has dedicated wellbeing coordinators who aim to ensure that life is as rich, fun and as fulfilling as possible for all our residents. We are always open to new suggestions and preferences from our residents for any new activities or hobbies that they would like to participate in.

Our social programme include arts and crafts, various workshops, musical entertainment, themed days and seated exercise. On an annual basis the home plays host to two fetes which are held during the Summer and at Christmas which always prove popular with the local community. The home also has a hair salon where a hairdresser attends on a weekly basis.

## Home Cooked Dining

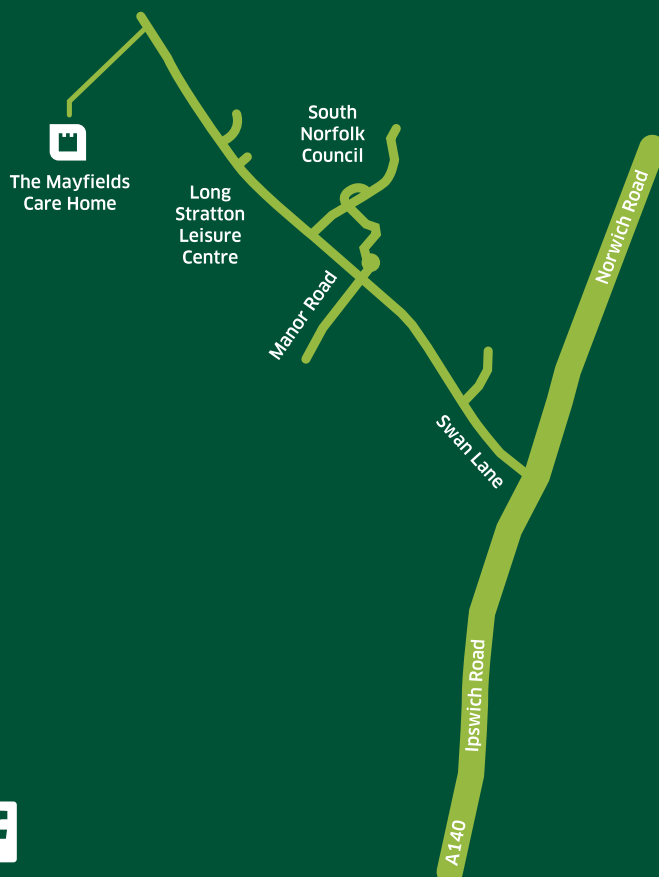
Our kitchen team prepares menus that offer fresh seasonal ingredients to serve delicious homecooked meals. We always ensure that our menus are nutritionally balanced ensuring that everyone has a choice of dishes every day whilst meeting individual nutritional dietary needs. In addition, there is always fresh fruit, cakes and refreshments available 24 hours a day. Special events and menus are regularly organised that are centred around the menu being offered. As standard we are always happy to cater for special diets, including cultural requirements. We also welcome families and friends to join their loved ones at mealtimes.



# What to do next

This brochure outlines briefly the services and care we offer at The Mayfields, however nothing substitutes coming and having a look around. You are welcome to call into The Mayfields at any time for an informal chat and to see the home for yourself.

Alternatively, you may wish to speak with the Home General Manager to discuss your own individual needs or situation. Although we do not ask you to make an appointment, it is recommended that you telephone the home in advance to be sure the General Manager is available.



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