

castlemeadow  
CARE

Welcome to  
**THE PADDOCKS**

Residential and  
Dementia Care





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## Welcome to **THE PADDOCKS**

The Paddocks is conveniently situated in the centre of Swaffham, a beautiful and tranquil Norfolk market town with a vast selection of shops, cafes and restaurants. The home provides the highest level of personalised residential and dementia care.

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

Our residents are people with their own life to live and as a result we offer much more than just residential care. We believe everyone deserves choice, dignity and peace of mind. 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 Paddocks

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

At the heart of our home is our high standard of quality residential and dementia 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 to deliver the best possible personalised care.

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

## **The Paddocks has two units dedicated to each individual type of care:**

**Our Sandpiper Unit** is a stand-alone, purpose-built, two storey dementia home within the grounds of The Paddocks, providing specialist care for the needs of people living with dementia. The unit works on a person-centred care approach, building on individual's strengths and abilities. Our rooms offer ensuite facilities with lounges on both floors. There is an easily accessible dementia friendly garden and outdoor patio area for residents to enjoy on warm summer days.

**Our residential Kingfisher Unit** is set in the original Manor house and provides residential care in a homely setting. There is a variety of different styled rooms some of which have views and access to the attractive landscaped gardens. Many of the rooms have views over the gardens with a lounge and dining area that has double patio doors which opens onto a seated patio area with views of the garden and water fountain. There is also a beautiful and fully equipped hair salon.

We also offer respite care across 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.



# Life at The Paddocks

All our rooms are ensuite and furnished to a high standard – many with views of the gardens. 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 and feature an elegant water fountain and patio area for those warm summer days and raised flower beds.

## Activities

There is always something happening at The Paddocks. The home has activities 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 that they would like to participate in. Our programmes include arts and crafts, various workshops, musical entertainment and seated exercises. The home plays host to annual Summer and Christmas fetes which always prove popular with the local community. In addition, the home has a regular hairdresser who attends every week.

## Dining

We offer a good, nutritionally balanced menu cooked by our trained chefs. 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. We are always happy to cater for special diets, including cultural requirements.



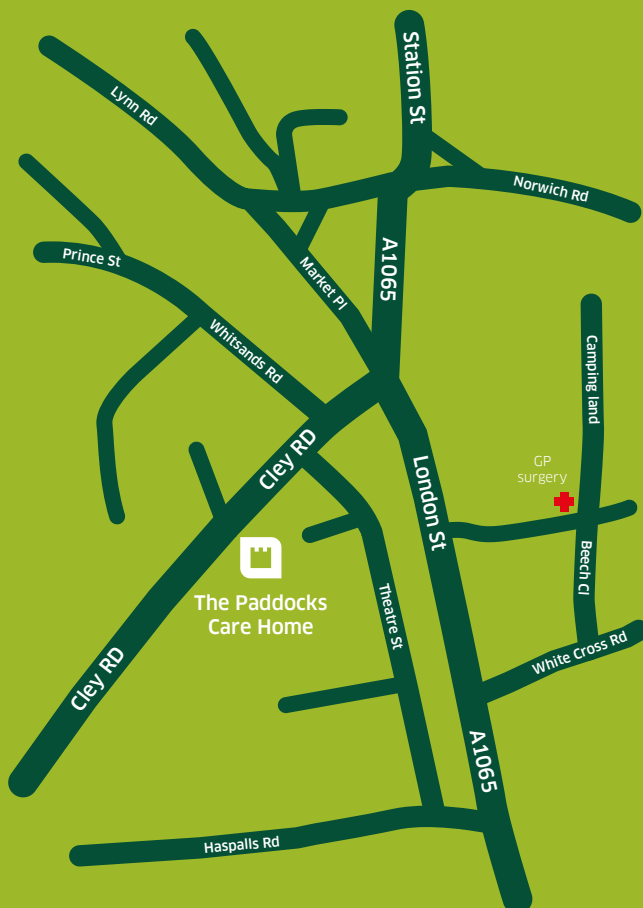


# What to do next

This brochure briefly describes the services and care we offer at The Paddocks, however nothing substitutes coming and having a look around.

You are welcome to call into The Paddocks 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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## THE PADDOCKS

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You are welcome to pop in at any time to look around or call our Home General Manger to discuss your individual needs.

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