



Meadowfields Residential Care Home Resident's Information Guide



Making our home, your home



Making our home, your home

Welcome to The Meadowfields Care Home

Thank you for choosing **Meadowfields Care Home**. We are delighted to welcome you and hope this welcome pack serves as a helpful introduction to the home. Our entire team- care staff, cooks, activity coordinators, and domestic staff - takes great pride in maintaining high standards of service and comfort.

Meadowfields Care Home offers sixty-five en suite bedrooms, along with two dining rooms and three lounges that overlook spectacular views and wildlife, creating a serene environment for our residents.

At **Meadowfields**, we aim to make our home your home. You will always receive a warm welcome and experience a friendly, supportive atmosphere.

Our Services

Our residents receive full-time care from fully trained staff, with the company of others, engaging activities to stimulate both body and mind and delicious meals. We aim to provide a place where you can remain part of the community while fostering your independence.

We are committed to respecting your dignity and privacy while meeting your physical, medical, and psychological needs.

Each resident has an individualised care plan to reflect personal preferences and requirements. These plans are regularly updated to ensure we continually meet evolving needs.

Next Steps

Please take a moment to complete the documents in your welcome pack and return them to us. This will help us create a detailed, personalised care plan that aligns with your needs and preferences.

We are here to support you and look forward to making your stay as comfortable and fulfilling as possible.

Many thanks

Fallon Warrilow
Care Home Manager





About our staff

All of our staff go through an extensive interview process and DBS checks and references before employment. All our staff are trained to a high standard and are offered additional courses to enhance their knowledge.

Care home manager

My name is Fallon Warrilow I have been employed by Northgate Health Care for over 10 years. I have had extensive training, including completing a QCF Level 5 in Health and Social Care. I also have many years' experience in the care industry.

I am very privileged to be part of Meadowfields Care Home and will maintain an excellent level of care within the home.

Deputy manager

Tina Pallatina is our deputy manager. Before taking on this role, she was a senior carer at Meadowfields. Tina has a Level 3 in Health and Social Care and many years' experience within care.

Please ask for support at any time from any of our staff, all of our staff wear a Meadowfields uniform and will be happy to help.

Senior care staff: wearing dark blue uniform.

Care assistants: wearing light blue uniform.

Domestic/laundry staff: wearing purple uniform.

Activity coordinators: wearing pink uniform.

Kitchen staff: wearing white, black & red kitchen uniform.

Our promise to you

Our aim is to promote and maintain the wellbeing of each resident in the home with a caring attitude, whilst maintaining their privacy and encouraging their independence.



VALUES, AIMS AND OBJECTIVES



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Meadowfields Care Home has en suite rooms for 65 residents. It is located in the picturesque village of Great Haywood, five miles from both Stafford and Rugeley, with lovely views of the surrounding countryside.

Values

We want our residents, their loved ones, and our staff to be confident in the care we deliver, so we have six Core Values of Care. These are:

privacy
rights
independence
fulfilment
choice
dignity

These values underpin our clear aims and objectives that, together, set the standards we strive to achieve in providing our residents with a comfortable, safe and fulfilling place to live.

Aims

Our aim is to ensure you, the resident, spend your mature years in a happy, healthy and safe family environment.

Objectives

The objectives of the home are to provide you, the resident, with the facilities and services you want to maintain your independence for as long as possible, whilst ensuring your privacy and dignity at all times.



RESIDENT'S CHARTER

Residents should:

- Be encouraged and assisted to maintain a high quality of life.
- Have their privacy respected.
- Be treated with dignity and respect.
- Be encouraged to maintain their own independence.
- Have their human, emotional and social needs respected.
- Be encouraged to follow the religion of their choice.
- Be addressed as they wish.
- Be cared for in a manner similar to that which would be given by a caring relative in their own home.
- Not be discriminated against on the grounds of race, religion, sex, colour or disability.
- Have a choice of handling their own money or nominating an advocate.
- Be allowed to handle their own medications when competent to do so.
- Be able to retain the doctor of their choice.
- Receive medical and nursing care in private.
- Have access to their own medical records.
- Be entitled to all the common facilities available to other people living elsewhere in the locality.
- Be encouraged to discuss their care and needs with their own Keyworker and / or the manager / owner of the home.
- Be allowed to choose and wear their own clothing.
- Be cared for by adequate and appropriately-trained staff.
- Feel at "home".
- Be able to receive visitors at any reasonable time.
- Have a right to choose their own solicitor.
- Be encouraged to bring personal belongings into the home.
- Be provided with adequate accommodation.
- Have access to a telephone.
- Be able to complain about the quality of care received in the home.
- Be provided with adequate appetising and nourishing food.
- Have a contract of residence.
- Be encouraged to participate in recreational facilities.
- Be given value for money.



FACILITIES



Set in the heart of the beautiful Staffordshire countryside, **Meadowfields Care Home** spans two floors, offering a range of comfortable and homely spaces. Resident bedrooms are located on the ground and first floors, with communal areas such as bath and shower rooms, and quiet areas accessible on both levels. We have special spaces for visiting family and friends, where they can enjoy hot or cold drinks while spending time with their loved ones.

Areas Within the Home

The care home features two distinct areas that provide a comfortable environment for all our residents. Our **Care Manager** can provide further information about these areas to ensure you understand the options available.

Bedrooms

Our bedrooms are designed to be homely and relaxing, offering a high standard of comfort and style. Many rooms offer lovely views of the gardens and surrounding countryside. All rooms are modern, well-appointed, and feature en-suite toilets. Beds are specifically designed to meet the needs of older residents with mobility challenges, and we can personalise each bedroom to provide extra safety, e.g. floor sensor mats.

- The ground floor has 32 en-suite bedrooms, while the first floor offers 33 en-suite bedrooms. Many rooms are equipped with showers.
- Each room offers plenty of storage, including a wardrobe and cupboard space for personal belongings. Additionally, residents can personalise their rooms with items such as pictures and ornaments.
- Rooms come furnished with a chair, bedside table, and chest of drawers.
- Each bedroom is equipped with a television, superior lighting (including spotlights and table lamps), and emergency lighting for added safety.
- All bedrooms are fitted with nurse call systems for easy access to assistance when needed.

At **Meadowfields**, we strive to create a warm, welcoming environment where every resident feels at home.

Dining at Meadowfields

Our two dining rooms are designed to offer a comfortable and welcoming environment for residents to enjoy their meals. The main dining room, conveniently located next to the kitchen, provides a lively atmosphere, while the second dining room offers a quieter, more intimate setting.

While table places are allocated, residents are welcome to choose a different seat within the dining room. Ask a member of staff, and they will be happy to accommodate your preference. Both dining areas are bright and airy, with specialist supportive seating available for those who need it. Choice and comfort are at the heart of our dining experience.





Catering

Our kitchen is open at all times. Residents can choose their meals from our home's daily menu. Residents who are unable to choose from the written menu have an option of choosing from our picture reference book.

All our meals are home-cooked and there is a choice of two different options. We have cold beverages, biscuit barrels available at various locations within the home for residents to help themselves throughout the day. Other snacks are offered along with our tea trolley which provides drinks regularly throughout the home.

Meals can be taken in your room, especially in the unfortunate event that you are taken ill. However, to ensure correct digestion, it is preferred that you take your meals in the dining room.

Residents who have concerns with their weight are offered a fortified diet to ensure they have additional nutrition they need. The aim is to provide a diet that has a higher nutrition density without increasing the portion size.

We are also able to offer modified diets that continue to look appetising and taste delicious as we use moulds to maintain their appearance.



Here is a sample of one of our delicious menus:

Breakfast

Full English Breakfast
Toast & Preserves
Selection of Cereals

Lunch

Chicken Chasseur, New Potatoes
& Vegetables
or
Roast Ham, Creamed Potatoes,
Peas & Parsley Sauce

Dessert

Stewed Apple & Custard or Ice Cream
or
Fruit Flan & Cream

Choice of refreshments

Evening Meal

Minestrone Soup
Selection of sandwiches
or
Ham Salad, Coleslaw With Bread & Butter

Dessert

Mandarin Cheesecake
or
Choc Ice



Meals are served in the dining room as follows:

Breakfast	Between 8.00am and 10.00am
Morning Coffee/Tea and Biscuits	11.00am approximately
Lunch	12.30pm
Afternoon Tea/Coffee and Biscuits/Cake	3.00pm
High Tea	4.30pm
Supper	7.00pm
Evening Drinks - Coffee/Tea/Horlicks etc. Biscuits/Cake	As and when requested



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Our Lounges

Our home features two comfortable lounges, each offering a welcoming space for relaxation and socialising. One provides a cosy and intimate setting, perfect for quiet moments or friendly conversations, while the other is bright and airy, with views of the beautifully maintained gardens.

On the ground floor, a dedicated coffee area offers a selection of beverages in a relaxed and inviting atmosphere—an ideal spot to unwind and enjoy the company of others.

Shower rooms / Bathrooms

The facilities at Meadowfields are designed with the utmost care and attention to detail. Our modern baths and showers provide a safe and comfortable environment for residents. Care staff have access to the latest disability and lifting aids, ensuring that residents can enjoy bathing with the highest level of safety and comfort.

Our staff are trained to give personal care respectfully and safely, prioritising the dignity of each resident. Our bath and shower rooms are conveniently located throughout the home, making them easily accessible for all residents, whatever their circumstances.





Gardens

Meadowfields has two gardens for residents. Both gardens are secure, and have been designed with our residents' needs in mind. Residents are encouraged to explore and enjoy them.

The main garden is reached through Oak lounge. The second garden is called The Courtyard and is situated close by. Due to the home being situated on the edge of the countryside, our gardens have great views, allowing residents to view wildlife. They are also used to hold our very popular fetes. Both gardens are always well-maintained, and have enough comfortable seats for residents, family and friends to sit outside together if they wish.

Laundry

We have a fabulous refurbished laundry room that launders and irons all our residents' clothing to a high quality. We ask please that all clothing is labelled to ensure that clothing does not become misplaced.

Hair dressing salon

Our hair dressing salon is open on Tuesdays and Fridays for all residents to be pampered by having their hair and nails maintained. Residents can attend the salon as often as they choose. This service has a small additional charge.

Additional services

Doctor Simon is Meadowfields' registered GP who visits the home every week. All medication is ordered through Hazeldene House Surgery in Great Haywood. Please provide at least one month's medication.

Jackie is our private chiropodist who maintains the residents' foot health care. There is an additional cost if this service is required.





Activities within the home

There is always something exciting and fun to do at Meadowfields. We have a fantastic team of two activities who have experience creating an engaging environment tailored to meet residents' diverse needs and interests, which is invaluable.

Our activities team organises a wide range of activities, ensuring that there's always something fun and engaging for everyone, regardless of their interests or abilities.

Our dedicated Facebook page allows the family to keep in touch with the weekly events within the home. So, as a family member or friend, you would never feel disconnected from your loved ones if you are unable to visit or just to show extended family and friends.

Meadowfields offers various activities to enhance residents' physical, mental, and social well-being.

Below is a list of the types of activities that Hannah and Abigail organise:

- **Professional performers** will sing appropriate age-led music sessions.
- **Art and Craft Workshops:** Painting, drawing, knitting, and other crafts.
- **Music and Dance:** Music therapy sessions
- **Games and Puzzles:** Bingo, card games, board games and puzzle challenges.
- **Gardening:** Opportunities for residents to engage in gardening.
- **Exercise Classes:** Group exercises such as chair yoga.
- **Sports and Games:** Bean bag games, ring toss, chair skittles and other gentle sports competitions.
- **Pet Therapy:** Visits from therapy animals to provide comfort and companionship.

Please note that this list is not exhaustive, and we will consider any suggestions from residents.

Information & Costs:

Most activities are funded by a service user's personal fund, though some trips might require a small fee if they involve significant expenses.



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Contact details

I have an open-door policy, so residents, staff, family and other visitors can come and talk with me to maintain a fantastic relationship.

Alternatively, you can contact me by phone or in writing:

Care Home Manager
Fallon Warrilow
Meadowfields Care Home
Pasturefields Lane
Great Haywood
Stafford
ST18 0RD

Email - Meadowfields@northgatehealthcare.co.uk

Telephone - 01889 270565

Facebook - www.facebook.com/meadowfieldscarehome



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Meadowfields Residential Care Home is part of Northgate Healthcare Ltd.

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