



# RDCP Care

St Nicholas House Care Home

St Nicholas provides residential, nursing and dementia care for 49 persons. We pride ourselves on offering highly professional care for the elderly, with a personal touch. We are pleased to admit service users for long term, short term, convalescence/respite and holiday stays.

In 2010, this purpose built care home was extended to provide additional nursing and residential services. The new Nursing side of the home was named the Myra Wing. Myra, an ancient town in Lycia (Turkey), was where St Nicholas became a Bishop. St Nicholas became known throughout the land for his generosity to those in need, a trait that we try to foster with all our staff.



# Our services

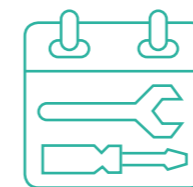
The services that compliment and support direct care include:



**Nursing and Residential Care:** St Nicholas House endeavours to provide quality nursing and residential care to our service users, ensuring the smooth running of the home at all times. All staff members are carefully selected for their understanding nature. They are trained and qualified in a diverse range of nursing and residential care. Our nurses comply with the NMC Code of Professional Conduct and in the absence of the Manager, the Deputy Manager or Nurse-in-Charge ensures the smooth running of the Home.



**Housekeeping:** All rooms and communal areas are cleaned daily and there is also a daily laundry service.



**Maintenance:** A programme of safety checks, repairs, and redecoration is undertaken by our maintenance engineer. Equipment and systems maintenance is conducted at the required intervals via external contractors.



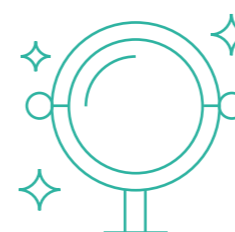
**Catering:** Our experienced catering department provides a choice of meals from our menu. Alternatives can be provided as requested. Drinks and snacks are provided between meals and on request. Friends and relatives are welcome to dine with service users at minimal additional cost. Anniversaries and special occasions are celebrated.



**Hairdressing:** A private hairdresser visits weekly and payments are made direct.



**Chiropodist:** A private chiropodist visits every 6 weeks and payments are made direct.



**Beautician:** A beautician visits weekly, however private visits are available on request.



# Our activities

At St Nicholas House, we have two full time Activities Coordinators, one of whom received an 'excellent' rating for her Short Observational Framework for Inspection. Qualifications they hold include NVQ level 2 and a BTEC in Health and Social Care. Both Activities Coordinators have food hygiene qualifications, which enables them to assist residents with cooking on a weekly basis. They have also attended a workshop in Powys to allow them to become Dementia Champions.

Some of the daily activities that we provide are:

- + Shopping trips
- + Music and movement
- + Gardening/Flower arranging
- + Word and Board games
- + Sing-a-long
- + Handicrafts

We also have a weekly visit from a qualified beautician who provides our residents with manicures and pedicures; this is a lovely experience to allow each individual to feel properly pampered, as well as receiving regular hairdressing visits.



The aim and purpose of our therapeutic activities is to improve and develop the patient's personal skills and maintain previous and existing interests and hobbies.

Private Chiropody appointments available on request.

Pets As Therapy dog Tilly is a favourite visitor to the home and is very warmly welcomed.

Holy Communion is also available for all.



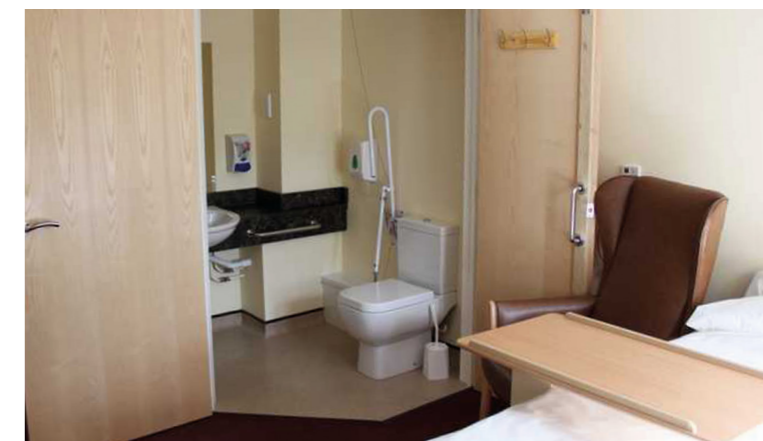
# Our facilities

All but one of the bedrooms have en suite facilities, and all bedrooms have televisions, telephone points, internet access and low surface temperature radiators.

A nurse call system operates in all bedrooms and en suites.

Bathrooms and walk in shower rooms have a variety of lifting aids. An eight person lift gives easy access to all floors.

We have four lounges, of which two are dining rooms, along with a hairdressing salon. High specification electric profiling beds with back rest and knee brace are provided for nursing residents.



## Testimonials



*"I assure you that my thoughts are often drawn to you and the wonderful care and attention that you provide. I made reference to this in my mother's obituary report which was printed in last week's County Times. We will certainly visit again as we have withdrawal symptoms and miss our chats, coffee/tea and cakes"*



*"I am writing, rather belatedly, to place on record the thanks of myself and the rest of my mother's family for all the care and attention you and your staff gave her during her three months stay at St. Nicholas House. In view of her distressed state of mind and the difficulties that resulted in looking after her needs we are so grateful that you did not 'give up on her,' for want of a better phrase, and that the end of her life, when it came, was a peaceful one."*

## Drop us a line

Or just come visit anytime, you will always be welcome!



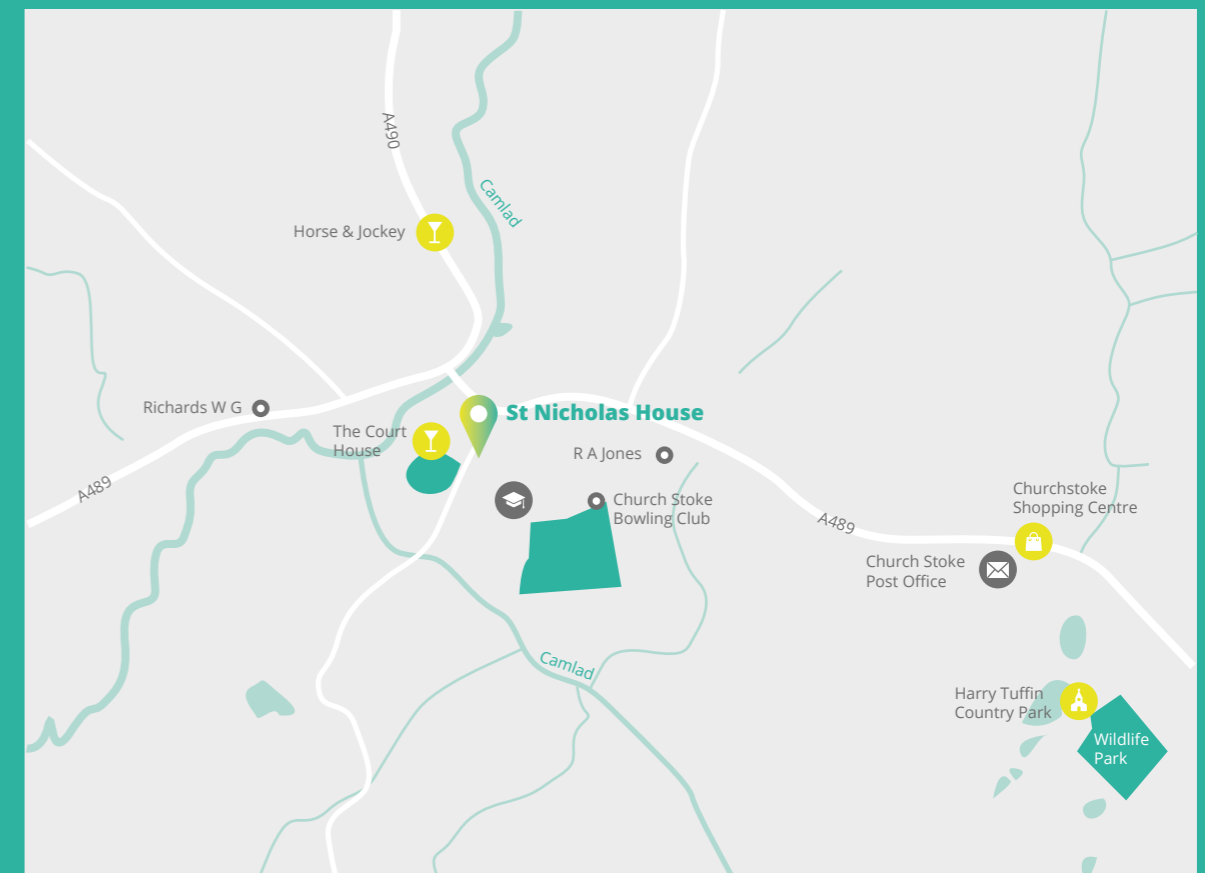
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