

# Kenbrook, Wembley Park

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Nursing Care



Person-centred care and support

We understand that choosing the right care environment is an important decision, and at MHA we care about your new home as much as you do. Working with older people for over 65 years, we have used our experience to develop a special service at Kenbrook offering:

- nursing care within a friendly home environment
- a personal care package tailored to meet your individual needs
- an on-site dedicated staff team to provide you with 24-hour care.

## MHA – Where People Care

Making the decision to move into care can be a challenging time, and we aim to reassure you that it can be a move towards a more fulfilling later life. MHA's care homes offer a comfortable environment that provides peace of mind, security, support and stimulation. We see every resident as a unique individual and provide care that is based on respect and loving support.

## Kenbrook

Kenbrook is situated within its own beautifully kept grounds on Forty Avenue in Brent, close to Wembley Stadium. The location is a leafy suburban setting, which ensures both quiet surroundings and a relaxed pace of life. Here we provide nursing care in a homely, comfortable environment, designed for your ease of access and comfort.

## Your Accommodation

As a resident, you'll enjoy staying in your own private single room, designed to make your life at Kenbrook a relaxing and comfortable one. Bright and airy, your room comes complete with high-quality furnishings and is yours to personalise to your own taste and make your own.

## Your Care

We aim to give each individual person-centred care within a calm and relaxed environment. We encourage you to share in the development of your own personal care plan and we will organise daily activities to suit your personal interests and abilities, to maintain life skills.

Your keyworker will spend time with you to develop your individual care plan and inform other staff about how you wish to spend your time. This way we can ensure that we address all your personal needs.

**Nursing Care** – Our 24-hour nursing care is provided by professional qualified nurses and trained care staff. We seek to meet increased physical needs and mental frailty with our on-going personalised plan of care.



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Most importantly we ensure each resident is treated with the respect and dignity that we all deserve.

### **The Care Team**

Our Home Manager is a fully qualified professional who leads a team including a deputy manager, team leaders, care assistants and support staff. All our staff are fully trained in MHA's high-quality care and play a vital part in the creation of a natural, homely atmosphere within Kenbrook.

### **Health Care**

As a resident of Kenbrook, you will have access to the full spectrum of local health and medical services such as your own GP, hospital appointments and community nursing services. A chiropodist, an optician, an occupational therapist and a dentist all visit residents regularly. All you need to do is inform a member of our care team if you would like to make an appointment with one of these health professionals.

### **Cleaning and Laundry**

Our domestic assistants are responsible for the cleanliness and maintenance of the home and will provide you with a thorough room cleaning service on a regular basis.

Our laundry facilities are fitted out to commercial standards and your personal washing will be carefully cleaned and returned to you within 48 hours.

### **Meals and Refreshments**

Our food is freshly prepared on site by highly trained and experienced staff. Daily menus are prepared in consultation with residents, and this enables us to provide you with a tasty and interesting diet. All of the catering staff are further trained in meeting any specialist dietary requirements as well as your own individual preferences.

We serve meals three times per day in our dining rooms, plus morning coffee with biscuits and afternoon tea.

### **Security and Peace of Mind**

Help is always at hand with our emergency call system. A call bell point is provided in every room so that in an emergency the care staff can come to your aid promptly – 24 hours a day, 365 days a year. Our external doors are all controlled by an alarm, making the home secure and our fire alarm is tested every week. We regularly update staff on fire precautions and procedures.

### **Quality Standards**

We operate our own Quality Standards Programme that is constantly audited and monitored to ensure the highest standards in all areas. MHA has been highly praised for excellent service by the Care Quality Commission, the Centre for Policy on Ageing and the Government's Audit Commission. If you would like further validation of our standards and quality of services, please do not hesitate to ask

## Social Facilities

Kenbrook offers a large number of communal areas including two spacious lounge-dining rooms. You'll find these areas sociable and popular meeting places for residents.

Our staff team organise a complete range of activities for you to take part in if you wish. These include painting, crafts, sing-alongs, physical fun, games, bingo and coffee mornings.

Outside entertainers including theatre groups and musicians visit us regularly and we also like to organise social outings such as bus trips.



## Community Facilities

Wembley boasts many world-famous attractions including Wembley Arena and the new Wembley Stadium. The area also has its own shopping centre, as well as numerous restaurants and leisure facilities. Our care team will be happy to advise you on all the local places of interest that we may be able to arrange for you to visit, whilst being sympathetic to your care needs.

Other local facilities within easy reach of Kenbrook include Brent Town Hall and Brent Town Hall Library, a post office, shops and a 24-hour Asda superstore.



## Visitors

Friends and family can visit you whenever they wish and are welcome to join you for a meal, for which we charge a small fee.



## Spiritual Well-being

At MHA, we support each older person to live life in the way that they wish, providing opportunities for fulfilment.

We believe that spiritual well-being is achieved by nurturing the human spirit: through relationships and positive experiences – be they with God, family and friends, animals, nature, music, art or other creative activities.

In addition to our care staff and many volunteers, we have our own Chaplain who is available for pastoral support. Our Chaplain also organises worship services for those who wish to attend and can arrange for contact with other religious ministers if you prefer.

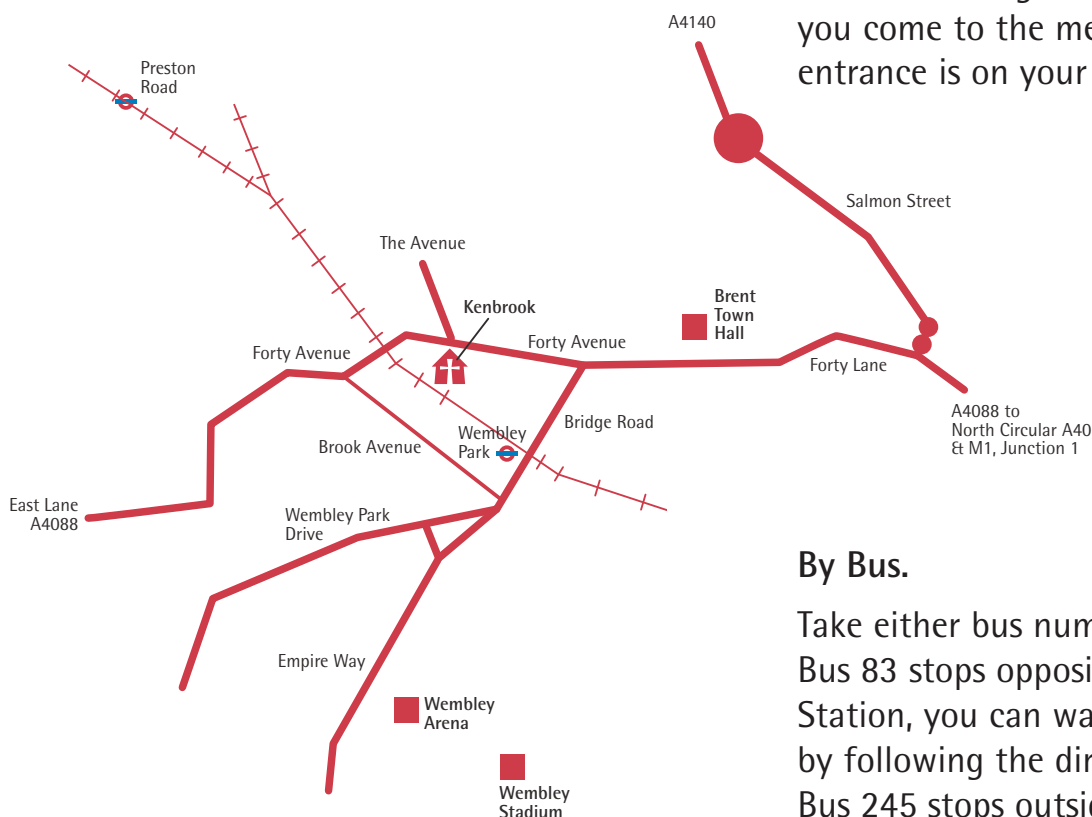
## Where Are We?

## Travelling by Road.

From the North Circular, take the Wembley exit and follow the road up, across the first mini-roundabout until you pass Asda on your left and Brent Town Hall on your right-hand side. Drive straight on through the traffic lights, passing a parade of shops on your right. Then continue along Forty Avenue until you see a metal bridge ahead and The Avenue is on your right-hand side. Kenbrook is on your left-hand side, before you get to the bridge.

From Wembley Park Station.

Walk down the steps, turn right onto Brook Avenue, at the end of Brook Avenue turn right onto Forty Lane until you come to the metal bridge. Kenbrook entrance is on your right-hand side.



## By Bus.

Take either bus number 83 or 245.  
Bus 83 stops opposite Wembley Park Station, you can walk down to Kenbrook by following the directions above.  
Bus 245 stops outside Kenbrook.

Map not to scale – shown as a guide only



### Interested in finding out more?

Please give us a call on

**020 8904 5818.**

We will be delighted to talk to you.

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