

Amathea, Workington, Cumbria

Nursing and Dementia 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. Having worked with older people for nearly 70 years, we have used our experience to develop a special service at Amathea offering:

- nursing and dementia 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.

Amathea

Amathea is situated within its own landscaped grounds in a quiet area. It is a modern, purpose-built home with a garden and space for 40 residents. Here we provide nursing and dementia care in an environment designed for your ease of access and comfort, with an on-site dedicated staff team to provide you with 24-hour care and support.



Your Accommodation

As a resident, you'll enjoy staying in your own private single room, designed to make your life at Amatheia 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. All rooms have modern en suite facilities for your comfort and convenience.

The Care and Support Service

Our Manager is a fully qualified professional who leads a dedicated care team including nurses and care and support staff. All our staff members are fully trained in MHA's high-quality care and provide individual support to residents round-the-clock. They play a vital part in achieving the natural, homely atmosphere within Amatheia.

Personal Care and Support

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 nursing care.

Dementia Care – MHA recognises each person as a unique individual. By getting to know the person and his or her life history, we aim to understand the meaning behind behaviour and plan our care to reduce any frustrations and improve well-being.

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

Health Care

As a resident of Amathea, 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. The chiropodist, optician, occupational therapist and 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 trained and experienced staff. Daily menus are prepared in consultation with residents; this enables us to provide you with tasty and interesting meals which meet your dietary requirements as well as your own individual preferences.



Security and Peace of Mind

Help is always at hand with our emergency call system. A call bell point is provided in each 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.

Social Facilities

Amathea has a number of residents' communal areas including lounges, a quiet library and a landscaped garden with a patio. You'll find these areas very sociable and popular meeting places for residents.

Amathea has links with the local Alzheimer's club and arranges for people with dementia to go every week. We are visited by a mobile library and efforts are made to find and deliver specific books if residents wish.

While we always respect your privacy, we have our own Social Care Co-ordinator who organises a complete schedule of activities for you to take part in if you wish. These include painting, crafts, sing-alongs, books on tape, physical fun, games and bingo. Theatre groups, musicians and entertainers visit regularly and we also like to organise social events such as coffee mornings and outings.



Community Facilities

An ancient market town, Workington's attractions include Workington Hall, several pretty churches, theatres and the Helena Thompson Museum, which offers intriguing insights into the history of the area. More widely, Cumbria is known for its fascinating Roman ruins, abbeys, priories and beautiful Lake District landscapes of forests, mountains, lakes and valleys.

Quality Standards

We operate our own Quality Standards Programme that is constantly audited and monitored to ensure the highest standards in all areas. MHA's services have been independently assessed for quality by the English care sector's regulator, the Care Quality Commission (CQC), and have achieved one of the highest ratings.

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 in the local area.



Visitors

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





Where Are We?

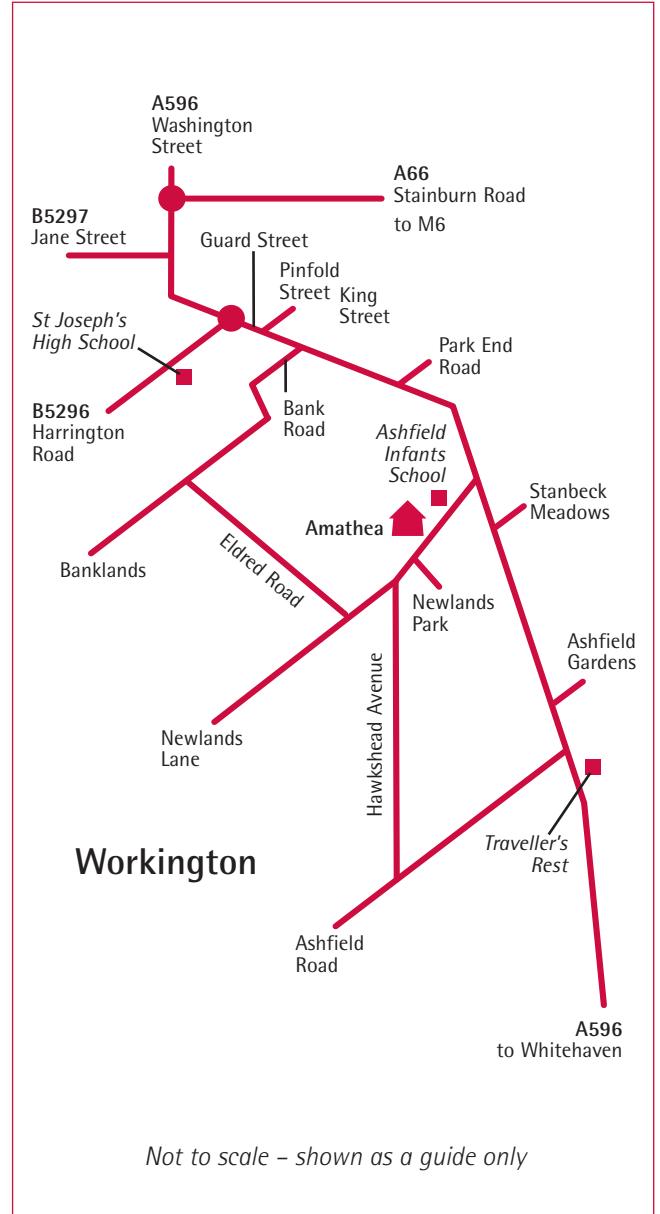
By Car

Amathea is easily reached from the M6. Leave the motorway at Junction 40, and at the roundabout take the first exit to join the A66 (from the north, join the A66 from the A595 south of Papcastle). Keep following the A66 over several roundabouts until the road becomes Ramsay Brow.

Next turn left on to the A596. Bear left on to Guard Street at the mini-roundabout, then right on to Newlands Lane.

By Bus

Amathea is served by a bus that comes from Cockermouth and is close to Workington train station.





Interested in finding out more?

Please give us a call on:

01900 63259

We will be delighted to talk to you.

Amathea
Newlands Lane
Workington
Cumbria
CA14 3JG

Phone: 01900 63259

Fax: 01900 63269

Email: home.amt@mha.org.uk



housing and care for older people

Head Office

Epworth House Stuart Street Derby DE1 2EQ

Phone: 01332 296200 Fax: 01332 296925

Email: enquiries@mha.org.uk Website: www.mha.org.uk

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