



CARLISLE LODGE

Nursing Home



Care with comfort, privacy, dignity and independence



CARLISLE LODGE is a large Victorian house, set in attractive gardens and located in an exclusive residential area known as the Meads, close to Eastbourne town centre and the coast. Carlisle Lodge provides 19 bedrooms, most of which are ensuite and is registered to care for up to 20 residents.

Carlisle Lodge is managed by Diane Lawson, who is an RGN, holds an Advanced Management for Care qualification and has over 20 years of experience in caring for the elderly.



Make your home here

For most of our lives we enjoy the security, privacy, independence and comfort that comes from living in our own homes. But we may reach a time when we need to look for support and care from others. At Carlisle Lodge we offer you a safe and friendly environment where qualified staff are ready to assist you 24 hours a day, to enable you to enhance and enjoy your quality of life. Carlisle Lodge is dedicated to creating a supportive community of people who care about you, offering you independence and dignity, privacy and freedom.

Staff at Carlisle Lodge

The Manager, Diane Lawson, is supported by a whole range of devoted staff including the full time Deputy Manager, RGNs, care assistants, chefs, domestics, a gardener and a maintenance man. Qualified care staff are always there for you – they are on duty day and night and all of them have been carefully selected and trained to deliver sensitive and skilful care. Many of the staff have worked at Carlisle Lodge for a number of years, live locally, and are familiar with the area, which residents often find reassuring. The housekeeping team works especially hard to maintain the highest standards of cleanliness throughout the home. Night staff check and secure the building each night, and will make hourly checks to ensure you are comfortable, if you wish. Residents can always call for immediate assistance, if needed.

Carlisle Lodge is fully committed to staff training and development, and most care staff are qualified nurses or have NVQ 2, 3 or 4 qualifications. All new care staff have induction training within the first six weeks of employment, followed by foundation training within six months of employment.

Carlisle Lodge is run by Croll Healthcare, a family company which has been providing residential care for over 20 years. Croll Healthcare also runs Ayletts in Broomfield, Chelmsford, Broadoaks in Rochford and Hill House in Colchester.



Home from home

A home should reflect your life, and make it easier and better. Changing your home can be an unsettling experience, but we will make every effort to ensure that you are able to settle quickly, and make a new life here, secure and cared for.

Our rooms are furnished to a high standard, most with ensuite facilities and all have televisions and telephone points. Individuality is important to our lives, and you are welcome to bring as many personal possessions as can be accommodated, including furniture and ornaments, to make your home your own. All the rooms are unique and of different sizes, with individual layouts. All comply with the size requirements of the Care Standards Act (2000).

Meeting your specific needs

Your needs are our concern, and Carlisle Lodge provides aids and equipment to ease your daily routine and meet your special requirements. General facilities include passenger lifts serving all floors, in-house laundering (apart from specialist or dry-cleaning), lockable facilities in all bedrooms, and a lock for your room. Or should you prefer, you can ask for your possessions to be stored in the main house safe. There is a nurse call system throughout the home, as well as a comprehensive fire detection system.

The home has an extensive range of specialist equipment to cater for particular needs, including assisted power-operated baths, assisted showers, electric height-adjustable and reclining beds. A hairdresser visits fortnightly, although you are free to also invite your own, or to have your key worker attend to your hair. A chiropodist also regularly comes to Carlisle Lodge for appointments. You can retain your own GP, but if this is not possible for whatever reason, Carlisle Lodge can offer you a choice of doctors who attend to residents of the home. We ensure continuity of daily care through a hand-over system during shift changes, when residents' current needs are discussed and arranged. The public and private rooms as well as the gardens are entirely wheelchair accessible.

"I have only been here for nine months, but have been very comfortable. The friendly matron and staff are the best one can have. As I need help, in so many ways I am pleased to be at Carlisle Lodge."

Daphne Elliott, Resident







Socialising

Your family and friends are welcome to visit at any time, and tea or coffee and biscuits are always available. You can entertain visitors in your room, chat in the pleasant lounge, or you can take a stroll in the gardens. Residents come and go freely. They often join their families and friends away from the home for excursions, meals, or just to have a day out. There are plenty of opportunities to make friends with other residents and the friendly staff are always there for a chat.

Keeping active

Whether you want peace and quiet or a stimulating daily round, Carlisle Lodge will enable you to fill your days in the way you choose. You may wish to relax in the comfortable and spacious television lounge with an attractive conservatory attached or in the large dining room. If the weather is warm enough, you can always take some fresh air and a cup of tea on the wheelchair accessible terraced balcony overlooking the garden. If you enjoy gardening, you can adopt an area in the garden to look after. You are encouraged to develop and pursue any hobbies or interests you may have.

The Activities Coordinator at Carlisle Lodge will always ensure that you are invited to join our events, excursions and any other activities that take place, however, your decision whether to take part or not will always be respected. Residents often visit local theatres and pubs, go on shopping trips, or have outings to parks, gardens, country houses and many other places of interest. There is also a bus stop a short walk from the home with regular services to the local and wider area, as well as a train station which is on the London Victoria line. Within the house we arrange sing-a-longs, quizzes, visiting entertainers and craft making – and new ideas are always welcome! We also compile a quarterly newsletter for our residents to enjoy. With all of these opportunities for activities in the home or for getting out for the day, you need never be without something interesting to do.



“...the range of activities is very creative – particularly the trips out which need a lot of organisation. Fiona has been amazing, offering quizzes, crafts, music events and a great Indian meal! Thank you...”

Resident's Relative

Fine food

The chefs take pride in the high standard of their home cooking, using fresh local ingredients. Menus are regularly reviewed, and we will make every effort to cater for your particular tastes and preferences or special dietary needs. All mealtimes are flexible and residents can arrange to have their meals provided in their rooms, or in the dining room.

Your care plan

Each resident has an individual care plan which provides the basis upon which Carlisle Lodge's care service is delivered.

The plan and profile include: a description of your preferred daily routine, any food you particularly like or dislike and any dietary requirements, what you like to wear and how you prefer to be addressed. The plan also has details of health care needs, medication, information about your GP and any community nursing or other therapeutic services provided, or that you have commissioned yourself. Your profile will also include details of your life history before entering the home, social interests and hobbies, and arrangements to attend religious services of your choice, all of which is intended to enable staff to understand your needs and relate to you well.

Each resident is assigned a member of the care staff who becomes their key worker. Their role is to monitor, review and coordinate your care plan, under the supervision of senior staff, who share responsibility for reviewing care plans and communicating with outside professionals on your behalf. The resident's dignity is respected at all times by employing good and thoughtful care practices and sensitive situations are always dealt with in a respectful manner.



"As soon as I entered Carlisle Lodge I sensed a welcoming and caring atmosphere. Small enough to provide the homely touch, and with the bonus of a lovely garden. I immediately felt that it was the right place for my mother."

Ann Caffyn, Resident's Relative

Having your say

It is important for the residents, as well as their friends and relatives, to be able to have their say about the running of the home. We hold resident and family meetings every six months and have regular reviews with residents. To be able to continually improve the delivery of your care, we listen actively to you. Individual meetings can also be arranged at any time to discuss more personal matters. The manager or your key worker are also on hand to discuss any concerns, at any time.

Complaints are rare but if they do arise we try to address your concerns immediately. The home has a complaints policy and there are procedures in place to ensure that any complaint is properly, promptly and fairly investigated. Independent Inspection Officers regularly inspect the home, and you have free access to these officers should you feel it necessary to discuss your concerns with them.

The first step

If you feel that you might like to make a new home here, just get in touch, and we will be happy to send you an information pack with more particular details about the home and its services. Then please come and visit us to meet the staff and residents, and inspect the quality of care and accommodation for yourself. If you like what you find, we invite you to apply to join us at Carlisle Lodge.

If you are privately funded, you may apply directly for a place. If you need financial assistance, an application will need to be made to the Local Authority who will carry out an assessment of need, including assessing financial means, to determine your level of entitlement as a contribution toward the costs of accommodation and care. Carlisle Lodge carries out a comprehensive pre-admission assessment on each prospective resident, and there is a one month trial period to ensure that the home is able to offer you the appropriate care, and that you are content with our ability to meet your needs and requirements.

"I cannot praise matron and the staff enough for making it such a comfortable and happy atmosphere to be in. The staff are always there ready to help and nothing is too much trouble for them. Carlisle Lodge is first class."

Rosemary Rutland, Resident







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Nursing Home

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