



# ASTLEY HOUSE

NURSING HOME

**A warm  
welcome  
is waiting**



[www.astleyhousenursinghome.co.uk](http://www.astleyhousenursinghome.co.uk)



Our home  
is your home

# Welcome home to Astley House Nursing Home

Situated in the peaceful setting of historic North Berwick, as part of the Fairfield Care Home family, Astley House Nursing Home provides the highest quality care and accommodation for a total of 40 elderly guests.

Surrounded by picturesque scenery, with access to the seashore and within easy reach of local amenities, Astley House is a warm and homely environment for all. Providing the perfect blend of traditional and modern, our residents enjoy state-of-the-art upgraded and newly built accommodation and facilities, while retaining the charming period features of our home. Although equipped with every modern comfort, Astley House nevertheless retains an air of unhurried tranquillity, a welcoming atmosphere and a sense of family that ensures residents feel relaxed and at home.

Please feel free to visit us at any time: we look forward to welcoming you and your family soon.

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## Our Aims & Philosophy

While our main aims are to provide a caring, comfortable and homely environment in which all of our residents needs are met, and to always provide the best of care, we believe that it is equally important that our residents feel at home at all times.

Your comfort and wellbeing are of utmost importance to us, and we always ensure that our residents have privacy and personal choice in all that they do. Residents are encouraged to pursue their own interests and hobbies, and we respect privacy, dignity, views, choice and belief at all times.

## Accommodation

Astley House offers a total of 36 bedrooms, 32 single and 4 double, the majority featuring en-suite facilities. Each of our rooms are tastefully decorated and refurbished regularly, and have a TV point as well phone points available if required. You are also welcome to bring some of your own furniture, and are encouraged to bring photographs, ornaments and personal items to truly make your room feel like home.

In addition to the comfort of your own room, our excellent lounge and dining areas are delightful to relax in, and our bright, airy conservatory restaurant is perfect to enjoy our home cooked, healthy and nutritious meals and home baking.

While Astley House is primarily non smoking, we do appreciate that some of our residents have been smokers their whole life and therefore have a designated external smoking area ensuring non-smoking residents are protected from any second hand smoke.

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Warm welcoming rooms  
with views over our  
gardens, the sea and  
the local countryside



**With a friendly smile and welcoming arms our staff are here to make every day special**



## A Bright Outlook

Outside at Astley House we enjoy mature, attractive gardens to both front and rear, with a tree lined front garden leading to our entrance, coupled with ample car parking. Our well-maintained rear gardens are large and secure, and provide a fantastic space to relax and enjoy the sunshine, in addition to delightful areas in which to wander, and a spacious patio area to watch the world go by.

## Care at Astley House

All residents are cared for by experienced and highly trained staff, with a Nurse on duty 24 hours a day. The independence of our residents is encouraged but where assistance is required, our experienced staff will be available at all times.

Policies and procedures for managing all aspects of care are in place and can be viewed at any time: these are constantly updated and enhanced to meet any new legislation and best practice guidelines. We will provide a comprehensive assessment of your needs on admission and plan, with you and your family, a programme of care with on-going assessment and reviews.

We're also pleased to have a wide range of activities, entertainment and events on offer at Astley House, with our programme created by our Activities Coordinator based on the wishes and requests of our residents. Having our own Mini Bus also offers the freedom to arrange outings on a regular basis, whether to the cinema, local shops or further afield.

We're also keen to ensure that everyday activities are also accommodated: our residents' families are welcome to visit at any time, and can even join us for Sunday Lunch or to enjoy our delicious home baking with Afternoon Tea!



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## Costs

At Astley House, our fee changes yearly – normally in April – and can vary by room. However, while our rooms are priced based on standard and size, the care you receive will be of the same high standard no matter which room you choose.

Our fee covers all care, accommodation and food, in addition to our detailed activity programme, although additional charges apply for external services such as Day Trips, Newspapers, Hairdressing and Chiropody.

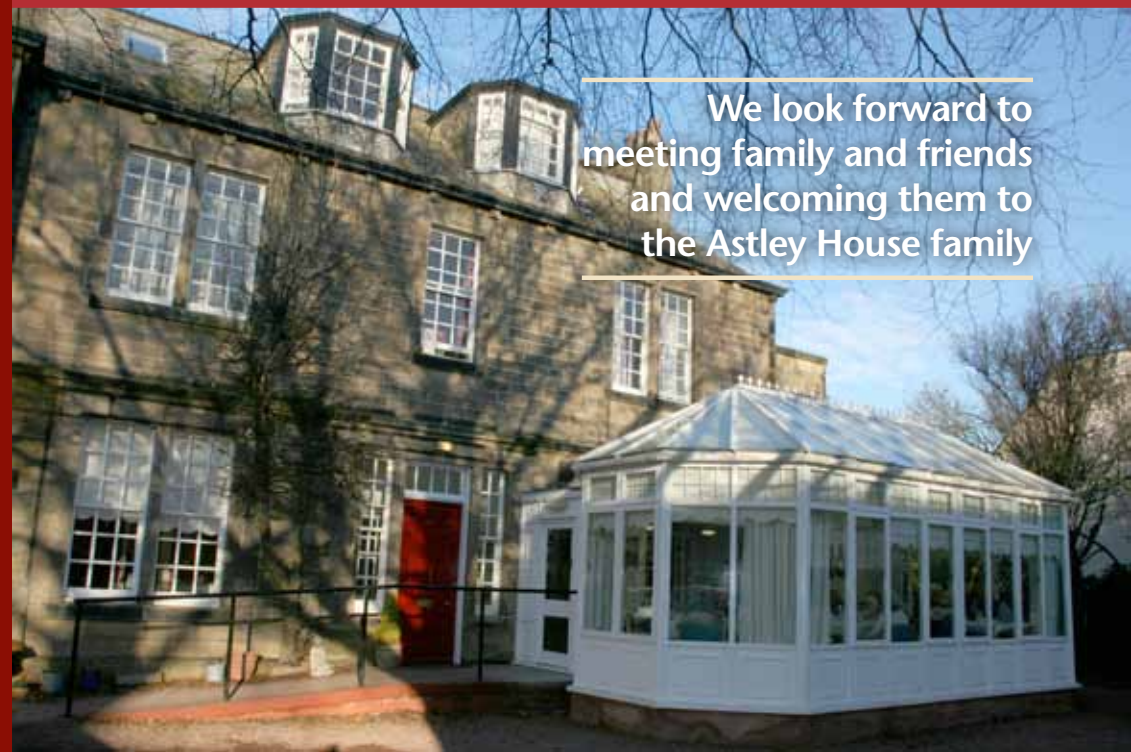
For a full list of up-to-date charges and details of our current fee levels please refer to the Residents Information Pack. We'd also be delighted to chat to you through applying for Free Personal or Nursing Care through your local authority; please don't hesitate to ask for any assistance or information.



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Dignity, respect and  
friendship are at the  
core of all our services

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We look forward to  
meeting family and friends  
and welcoming them to  
the Astley House family

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## Tell Me More...

### **Can I bring my own furniture?**

Of course! If there is space for it in your room, please feel free - we want you to feel right at home! Please note that any furniture must be fire retardant.

### **Can I smoke?**

Yes, we have a designated external smoking area where you can enjoy a pipe, cigar or cigarette.

### **Do I have a choice of meals?**

Yes, you do - as you would in your own home. While meals are prepared and cooked by our own experienced staff, there is always a choice from the menu. Special diets, vegetarians and any personal tastes are also catered for. Meals are served in the dining areas, and you can have tea or coffee in your room at any time, day or night.

### **Is my laundry taken care of?**

Yes, all laundry is done on the premises and is usually returned to you within 48 hours. There are no promises we won't lose a sock now and again, but you would expect that at home as well! It is the family's responsibility to ensure all clothes are labelled before arrival.

### **When are the visiting times?**

Relatives and friends are welcome to visit at any time! Whether you are an early riser and would like to enjoy toast with your loved ones before their working day begins, share a cup of tea before bed, or prefer a lunchtime chat, Astley House is your home and we encourage residents to enjoy their own routine, visiting times included.

### **Can I keep my own Doctor?**

If he or she agrees, then yes! If this is not possible through issues of location etc, we can arrange for you to be registered with one of our local medical practitioners. In addition, other services such as opticians and dentists can be arranged as and when required.

### **Are there any activities?**

Yes, at Astley House we have a monthly activities plan, with regular events taking place throughout the year. We also arrange regular outings, and encourage residents to continue to pursue their own hobbies and interests.

### **Can I bring a pet?**

Perhaps! Depending on the pet, and any relevant circumstances, each request will be considered individually.

### **Will I have anything else to pay for?**

All aspects of care and accommodation are included in our weekly fees, including meals: only extras such as hairdressing, newspapers and escorted trips will have an additional cost.

A full list of prices is available in our Residents Information Pack, or please don't hesitate to ask a member of our Team if you'd like to know more!



To find out more, or arrange a visit to Astley House Care Home, simply give us a call on **01620 892 037** or email **info@fairfieldcarescotland.co.uk**  
We look forward to hearing from you soon.





We look forward  
to welcoming  
you to our home



# ASTLEY HOUSE

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