

Lauriston,

St Leonards-on-Sea, East Sussex

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. Having worked with older people for nearly 70 years, we have used our experience to develop a special service at Lauriston 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.

Lauriston

Purpose built in 1997, Lauriston is a spacious care home for up to 60 residents, set within attractive grounds. The location is a leafy suburban setting, which ensures quiet surroundings and a relaxed pace of life. Here we provide nursing 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 Lauriston 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 creating the natural, homely atmosphere within Lauriston.

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.

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

Health Care

As a resident of Lauriston, 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

Lauriston has a number of shared areas for residents to enjoy, with six furnished lounges and three dining rooms. You'll find these areas very sociable and popular meeting places for residents. There is also a hair salon.

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

Set in a residential area of The Green in St Leonards-on-Sea, Lauriston is central and the local shopping and leisure amenities are within easy reach. Hastings and East Sussex are beautiful places to explore, with several museums, gardens and parks enriching the area. St Leonards-on-Sea itself is home to several picturesque gardens. These include the Coombe Haven Valley nature reserve, with the Filsham Reedbed – one of the largest in Sussex.

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?

St Leonards-on-Sea is accessible from the A21 (from the north) and A259 (from the south).

From the North

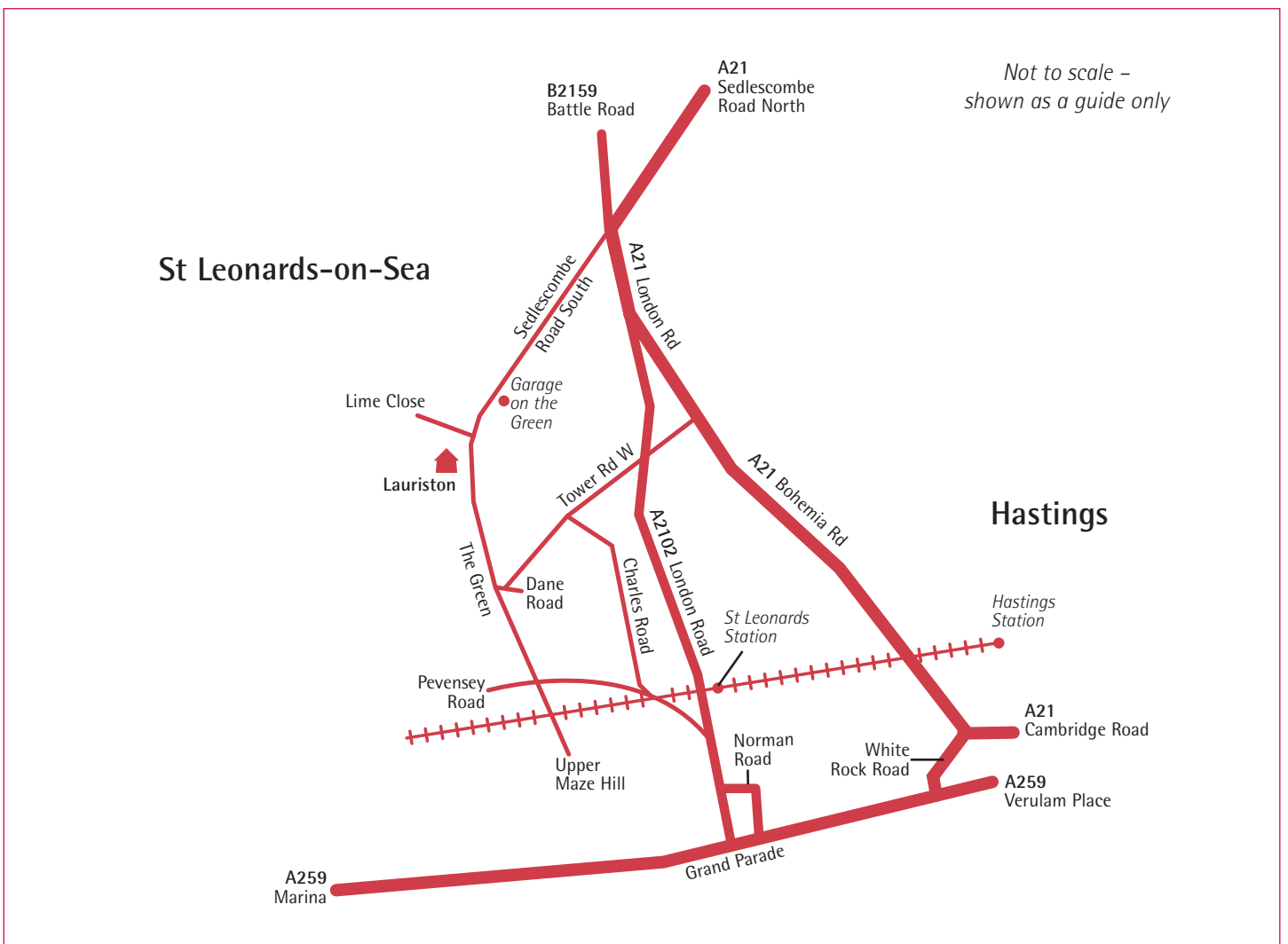
A21, travel south as the road becomes Sedlescombe Road North. At the fork in the road, with the A21 marked in the left lane and the A259 in the right lane, bear right to take Sedlescombe Road South.

Continue straight down this road past the Garage on the Green on your left. The road

will become The Green. Continue down The Green until you reach Lauriston on the right, just after Lime Close on the right.

From the South

Travel along the A259 until the junction with the A2102 towards London. Join the A21 London Road and continue on it until it forks with Sedlescombe Road South, marked on the road as A2100. Follow this sharp fork round to the left, joining Sedlescombe Road South, then follow the directions in italics.





Interested in finding out more?

Please give us a call on:

01424 447544

We will be delighted to talk to you.

Lauriston

40 The Green

St Leonards-on-Sea

East Sussex

TN38 0SY

Phone: 01424 447544

Fax: 01424 447522

Email: home.leo@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

Methodist Homes (MHA), registered as a Charity - No. 1083995
Company Limited by Guarantee - No. 4043124