

Three Ashes Respite Care Home



Newent, Gloucestershire



Welcome to Three Ashes

Whether you're a professional carer or caring for a relative, respite care allows you to take a much needed break whilst knowing that your patient or relative is in safe and professional hands.

Three Ashes is a family run business providing the very best personal care for residents during their stay. And because we operate purely as a respite care home, it means that our primary focus is making sure our residents are well looked after, stimulated and entertained during their stay.

We offer 24 hour professional support and ensure that each resident is cared for according to their individual care plan. Our aim is to provide consistency and help them to remain in control of their own lives, as far as possible.

“We want
you to feel at
home”



A home from home

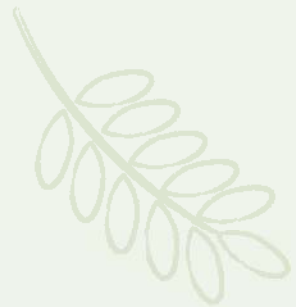
Designed specifically for respite care, our home offers a pleasant, comfortable and caring environment in which guests can feel safe and relaxed. We provide loving Christian care in a family atmosphere.

Located outside the market town of Newent (10 miles north-west of Gloucester) our home sits in over 3 acres of landscaped gardens, with wide-ranging views south to May Hill and beyond.

Our bedrooms are attractively decorated and furnished to a high standard, and afford guests a comfortable space to which they can retire at night, and to which they can retreat at any time when they need privacy or just peace and quiet in which to relax. To promote continuity and a sense of familiarity, we encourage guests to bring small personal items such as pictures, photographs and favourite ornaments.

This theme of comfort and relaxation is maintained throughout the home. We have a TV lounge, and a second lounge for reading, socialising and recreation, both of which overlook the garden.

The garden itself contains many interesting areas, and is a haven for wildlife, especially birds, and guests are encouraged to take advantage of the opportunities it offers for a quiet walk, some gentle gardening if they wish, or simply to sit and relax, either alone or with other guests. It also offers the facility for outdoor recreation and meals when the weather permits.



Caring for our guests

It is our mission to ensure that our guests receive the best possible care, attending to all their needs – physical, emotional and spiritual – during their time with us.

We understand how important periods of respite are for carers. We also know from personal experience how difficult it can be to leave a loved one in care for any period of time, and the feelings of uncertainty and anxiety to which this can give rise. Please be assured - with your loved one in our care, we will do all we can to ensure that those anxieties are minimised.

We instil in our staff our personal values and beliefs that every guest is an individual deserving loving care and attention. Because we are a small family-run home we can offer personal attention

to every guest, with the aim of making their stay as pleasurable and stress-free – for them and you – as possible.

That personal attention extends beyond 24-hour professional care. It embraces those other aspects of a close family – being aware of a guest's needs without them having to ask for help; being prepared to spend a few minutes chatting and reminiscing; being there to hold a hand when some reassurance is needed; and at times, just being there. We really do want guests to leave us looking forward to their next visit.



Caring for our guests

Meeting nutritional needs

A good, balanced diet is essential for guests' well-being, and meal times at Three Ashes are an important element of the daily schedule. They are not only the opportunity to eat good, nutritional food, but also afford guests the time for further socialising and, if they are able to do so, the chance to carry out small household tasks, such as laying tables and help with serving and clearing away. We pride ourselves on providing an interesting and tasty menu selection, and will always try and cater for a guest's individual preferences, including vegetarian and special dietary needs.



Sample daily menu

Breakfast

Fresh Fruit, cereals, toast and preserves, cooked breakfast, tea, coffee or fruit juice

Lunch

Pot roast or salmon fishcakes served with a selection of seasonal vegetables

Sticky toffee pudding with custard, rice pudding or fresh fruit

Evening Tea

Cheesy jacket potato

Selection of sandwiches

Assorted fruit yoghurt

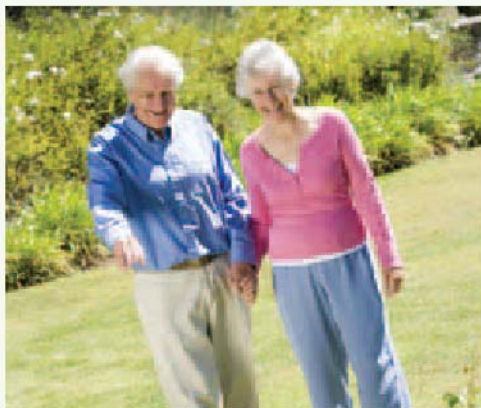
Caring for our guests

Activities - for body, mind and soul

Keeping guests stimulated is an important aspect of the care we offer. We have put together a programme of activities and entertainment to suit a wide range of tastes. Every day there is something for guests to enjoy, from a sing-along or other musical entertainment, to games, gentle aerobic/movement sessions, and arts and crafts demonstrations in which guests can participate. We have a wide range of movies and DVD's for guests to watch. We also encourage guests to help with normal household activities, such as dusting and laying tables, to give them a sense of purpose by contributing to the life of the home, and to maintain some element of independent living. For mental stimulation, we have appropriate games and puzzles, and run the occasional quiz, with small prizes for the winners.

Guests' spiritual needs are also catered for, and we welcome guests of any religion. Whilst we would never force our own beliefs on others, as practising Christians we are always willing to talk about our faith, and to pray with any guest for whom that might provide some comfort.

We are regular attendees at our local church, and any guest who wishes to join us for Sunday service is very welcome to do so. Our Minister is a regular visitor to the home, and is always happy to chat to any guest during those visits.



Sample activity programme

Monday	Morning	Reminiscence quiz
	Afternoon	Arts & crafts
Tuesday	Morning	Board games
	Afternoon	Sing a long
Wednesday	Morning	Bingo
	Afternoon	Cinema club
Thursday	Morning	Musical movements
	Afternoon	Manicures
Friday	Morning	Walks in the garden

Exceptional respite care

Respite care is so important to allow carers, whether professionals or family members, to take a much-needed break. Three Ashes is a small, family-run care home offering only respite care, so our primary focus is exactly that – the provision of respite care in an intimate environment in which personal care and attention are paramount.

We offer 24-hour professional support, and ensure that each guest is cared for according to their individual care plan. Our aim is to provide some degree of continuity, and help guests to remain in control of their own lives, as far as possible, by affording them as much independence as their circumstances permit. Guests will also have companionship, and interaction with each other, especially during our programme of social activities and at meal times.

See for yourself

The best way to see what sets Three Ashes apart is to visit us yourself. We have an open-door policy, so please feel free to pop in at any time, or contact our home manager on (01531) 820226 to arrange a visit.

How to find us

From junction 3 of M50, take the B4221 to Newent and then turn left onto the B4215 to Ledbury.

If travelling from Gloucester or the south, the B4215 leaves the A40 west of Gloucester at highnam. Stay on the road to Newent and turn right to Ledbury.

Three Ashes House is 1/2 mile on the left immediately before a cross-roads sign.





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