

Southend
*excelling in care
enhancing lives*

Care





"We wanted to say a massive thank you to all the staff at Brook Meadows House. They have shown great kindness towards my mum and helped her so much in all aspects of her recovery and care. We are all extremely grateful"

Family Member of Resident

Welcome to Brook Meadows House, our... *'Home from Home'*

Brook Meadows House is a modern and spacious purpose-built care home that provides home-from-home style living, and is set in beautiful, landscaped gardens that offer the perfect place for our residents to sit and relax. Situated in Southend on Sea, we are easily accessible with close public transport links, a large visitors car park and only a short walk to scenic and picturesque Priory Park.

Brook Meadows House is skilfully designed to encourage residents to retain their independence and to be settled and happy. We offer a full range of amenities including all single en-suite bedrooms, a café, private dining rooms, a choice of living rooms, on site Chef, hair salon, Wi-Fi, and landscaped gardens with shaded seating areas.

Our qualified, skilled and dedicated care team and lifestyle activity co-ordinators offer our residents an extensive and ever-evolving calendar of activities from sing-alongs to seated yoga, creating a lively community within the home and encouraging new friendships.

We offer the very highest quality of residential and respite care for adults and older people. We are proud to be rated "Good" by the Care Quality Commission.



Our Staff

We offer a warm and friendly home environment where people with varying levels of care support needs, including complex care, receive 24-hour care and support from our committed and well-trained staff team in a family environment feel.

As well as providing quality care, we encourage and promote interests and hobbies by getting to know each person individually. Our team are passionate in meeting resident's needs and encouraging independence whenever we can.

All care staff complete a comprehensive induction programme and receive regular training and development. Our Senior care staff are required to achieve NVQ Level 3 in Health & Social Care or higher, and are also qualified First Aiders, ensuring

a high standard of expertise and safety in all aspects of care. Our care team are supported by a wider team of catering staff, housekeepers, maintenance and reception team to ensure our residents have the highest quality of service.

Our staff turnover is low, with many of our staff having worked with us for many years, and we have very low usage of agency staffing. This enables our staff to build strong and supportive relationships with our residents.

Supporting you

Your loved one matters to us, we consider not only medical, personal and dietary needs but also the individuals likes and dislikes, and religious preferences.

We build strong relationships with family members and welcome feedback and suggestions to make life more enjoyable for their loved ones. We also work in close partnership with our health partners, and receive daily visits from a range of professionals, and offer a range of additional services such as hairdressing, chiropodist, Dentist and opticians.

We encourage the involvement of family and friends by offering flexible visiting times, provide opportunities for families to have meals together, and encourage the use of our facilities.

"The home's caring team has a familial, relaxed and person-centred approach. We encourage residents to enjoy their lives, to celebrate, together or with their families.

Residents have the freedom to decorate their rooms to enhance existing furnishings. We know how important it is to make the past, part of the future."

Brook Meadows House

Through the use of Personal Care plans you can be assured that your loved one is receiving care and support unique to their needs, and our aim is to offer people a home at Brook Meadows House for as long as they need it by adapting to their changing needs.



Modern Delivery of Services

Our significant commitment to digital platforms allows Brook Meadows House to develop customised care plans based on precise residents' assessment information that is monitored and reviewed.

We also use a range of assistive technology to support the safety of our residents, and to promote independence.

We have a full range of equipment to support people with a variety of changing needs, including assisted bathrooms, hoists etc.

Good Nutritional Care

At Brook Meadows house we offer a range of locally sourced fresh produce for residents, some are even grown in our own gardens!

We know good nutrition is key to maintaining a healthy balanced diet. All our residents have individual food profiles that meet their own special dietary requirements and cultural preferences.

We have an on-site Head Chef with many years of experience, who alongside their team, cater daily for our residents by providing nutritious home cooked meals.

Our menu is seasonal as we believe in the Farm to Fork policy, so our produce reflects the season. The menu is varied with a roast dinner with all the trimmings offered twice a week and choices at each mealtime.

Our on-site café provides the opportunity for extra treats and refreshments for visitors and residents.





Ensuring Quality

Providing a quality service is our aim, and we are registered and inspected by the Care Quality Commission, rated GOOD.

We also undertake our own internal monitoring of service quality, along with independent assessments to ensure continuous improvement our services and the care we offer. We also welcome feedback on our services through regular engagement with our residents and their family members so we can ensure we deliver the highest quality of care, that meets the individual needs of those we support.

Example Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2 One to Ones	3 Endangered Animal Bingo	4 Pancake Day	5 Coffee Morning Quiz	6 World Book Day	7 90th Birthday celebrations with Elvis Tribute And Tell me a Game!	8 One to Ones
9 90th Birthday celebrations with Afternoon Tea	10 Reading Aloud	11 Karaoke/ Joint activity at the Day Centre	12 Arts and Crafts / One to Ones	13 Karaoke / Bingo	14 Coffee Morning + Quiz/Manicures	15 One to Ones / Card Games
16 One to Ones	17 Karaoke	18 Card Games	19 Nature Walk to Priory Park	20 Bingo	21 Red Nose Day	22 One to Ones / Time with Students
23 One to Ones	24 Manicures	25 Coffee morning + Quiz	26 Toy Reminiscence Afternoon	27 Celebrating Shakespeare Week	28 Bingo	29 One to Ones
30 One to Ones	31 Reading Aloud					

Sample Menu

Lunch

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Option 1	Shepards Pie	Italian Meatballs In Rich Tomato Sauce	Stuffed Chicken Roulade	Sausages In Red Onion Gravy	Beer Battered Haddock with tartare Sauce	Chicken Kyiv	Roast Pork with Apple Compote
Option 2	Chicken Piccata	Vegetable Lasagne	Haddock Fillet with Capers	Butternut Squash Wellington	Ham, Egg and Chips	Butter Paneer Curry	Salmon Fillet with White Wine and Dill Sauce
Side Dish	Sliced Carrots and Savoy Cabbage	Sauteed Leeks and Balsamic Vegetable Medley	Roasted Root Vegetables and Broccoli	Steamed Vegetable Medley	Garden Peas, Minted Pea Puree and Tomatoes	Vichy Carrots and Broccoli	Roasted Root Vegetables and Savoy Cabbage
Starches	Herby New Potato and Creamed Potato	Lyonnais Potato and Creamed Potato	Roast Potato and Creamed Potato	Penne Pasta and Creamed Potato	Skin On Chips and Creamed Potato	Penne Pasta, White Rice and Creamed Potato	Roast Potato and Creamed Potato
Dessert 1	Syrup Sponge	Treacle Tart	Sticky Toffee Pudding with Custard	Coconut Rice Pudding	Spotted Dick	Brownie with Ice Cream	Apple and Blackberry Pie
Dessert 2	Chocolate Mousse	Eton Mess	Chocolate Orange Panna Cotta	Lemon Posset	Orange and Passion Fruit Tart	Banoffee pie	Summer Pudding

Afternoon Meal

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Option 1	Pasta Bolognese	Fillet of Fish Burger and Chips	Cheese and onion Quiche with salad or Beans	Mushrooms on Toast with a Poached Egg	Jacket Potato and beans and cheese or tuna mayo	Spanish Omelette with balsamic vegetables	Lemon Chicken with Fried Rice
Option 2	Carrot, Coconut and Coriander Soup with Sandwiches	Cream of Cauliflower Soup with Sandwiches	Leek and Potato Soup with Sandwiches	Roasted Vegetable Soup with Sandwiches	Mushroom Soup with Sandwiches	Tomato Soup with Sandwiches	Red Pepper and Sweet Potato Soup with Sandwiches
Dessert 1	Rocky Road	Victoria Sponge	Chocolate Eclairs	Pineapple upsidedown Cake	White Chocolate and raspberry Bread and Butter Pudding	Bakewell Cake Slice	Black Forrest Gateau
Dessert 2	Jelly and Ice Cream Upon Request						



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Got any questions? Talk to us today.

Email us

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Call us

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