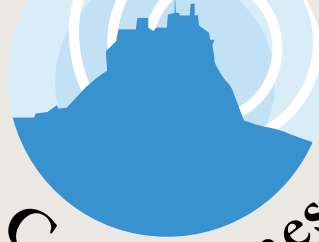


Gainford



Care Homes



St Mary's Nursing Home



Our Philosophy

Our aim is to provide a homely, comfortable and pleasant atmosphere to ensure that every single one of our service users enjoys living with us.

We continually invest in our specially designed homes to ensure we offer the best facilities and living environments.

We are renowned for our high standards of care and promise respect for the individuality and rights of each and every resident.

All of our homes have a dedicated team of nursing and care staff that are all carefully selected and qualified to the highest standards and have extensive experience in the care sector.

Whatever your requirements, we will work with you to ensure your needs and expectations are met.

Welcome...

St Mary's is a purpose built care home offering spacious accommodation across two floors catering for both nursing and residential care. The home is set in parkland surroundings within the centre of the market town of Chester-le-Street, close to all local amenities and easily accessed by public transport.

Our aim is to provide high quality care within a secure, relaxed, happy and homely environment, where service users can retain their individuality and live their lives to the full. StMary's is tastefully decorated and has a homely feel throughout. There are 53 single bedrooms with pleasant co-ordinated furnishings and all complemented by a nurse call system and closely accessible assisted bathrooms and toilets. Four of the bedrooms are en suite. Specialised equipment is available throughout the home.

The home is centrally heated and all windows are double glazed. A number of lounges are available throughout the home with televisions and music centres. The Home is surrounded by landscaped gardens which can be accessed from our dining area which is located on the ground floor. This area also benefits from a conservatory/ sun room which allows service users to view the gardens throughout the seasons.

We strive to provide a day to day programme of meaningful activity so as to enable all service users to maximise their independence and maintain their identity. We promote socialisation and encourage links with the community. We advocate open visiting and welcome families to stay for a meal.

The home is staffed 24 hours a day and through our primary nurse and key worker systems we strive to nurture positive relationships between staff, residents and




















Care Available

- General Nursing
- General Residential



Facilities

-  53 bedrooms
-  Dining room/ bistro with varied daily menu
-  Daily Activities
-  Full laundry service
-  Landscape gardens with seating area
-  Library facilities
-  Quiet lounges
-  Television lounges
-  Beauty & hair salon
-  Optician visit regularly
-  Chiropody visit regularly
-  Specialised bathing facilities
-  Specialised beds
-  Lift
-  Wi-Fi

Visiting Times

Gainford care homes operate an open visiting policy, visiting is usually between 8am and 10pm but again depends on individual needs.

We want your visit to be pleasant and enjoyable, we have private visiting areas around the home if you require privacy or you are welcome to stay in our comfortable lounges.



Nutrition

In our homes we have Chefs who pride themselves on catering for a variety of specialised diets.

Our Manager and chefs work to provide a well-balanced nutritional diet for all our residents. As well as running the kitchen, our chefs find time to introduce themselves to the residents to obtain information regarding their likes, dislikes and any special diets they may require.

They also liaise with the care staff and adapt menus to suit all individual needs.

We also encourage family and friends to partake in mealtimes with their loved ones to feel at home here.



Sample Menu

Early Morning Breakfast

Tea, Coffee, Fresh juice.
Selection of cereal or porridge
Full English breakfast
Toast and preserves

Mid-Morning

Tea, Coffee, Fresh juice
Selection of biscuits
Freshly prepared fruit
Fruit Smoothies

Lunch

Homemade vegetable broth.
Roast lamb and mint sauce, with roast
turnip and fresh vegetables
Scampi and chips.
Desert – poaches pears in chocolate
sauce or selection of ice cream

Mid-Afternoon

Tea, Coffee, fresh juice, fruit
smoothies.

Evening Meal

Corned beef pie and vegetables
Poached egg on toast
Desert – Fruit cocktail & Cream

Supper

Tea , fresh juice
Selection of salads and sandwiches
Late evening
Selection of milky drinks – including
Horlicks, hot chocolate and Ovaltine

*A caring service that is
second to none*



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