



Brightside MANOR

Dignity in Care



Dignified Senior Living



BRIGHTSIDE MANOR RESIDENTIAL CARE HOME

We believe our relaxed, unique caring service has an ideal setting in Rumney, situated on the outskirts of the city and is easy to reach by car and public transport. Our residents can enjoy panoramic mountain views whilst being a stone's throw away from local amenities of Rumney Village, and only a few minutes away from the city centre. Tastefully decorated Brightside Manor in its own grounds offers a "home from home" atmosphere in a close knit community.



DIGNITY IN CARE

RELAXED ATMOSPHERE

The relaxed atmosphere at Brightside Manor means you can spend your day as you wish. Whether you wish to participate in our exciting activities schedule, spend your day reading or watching TV in our light and airy lounges or enjoy a chat and cup of tea in the garden's gazebo; there is something for everyone.

We aim to help you live a fulfilling, comfortable life and to enable you to feel like a valued member of the community.



We look forward to brightening up your life!



FACILITIES

Brightside Manor offers the latest facilities whilst remaining homely and comfortable.

The adapted manor house boasts many of its original features including high ceilings, large airy windows and staircases. It is fully accessible by wheelchair and suitably adapted for those with increased care needs.

These facilities include:



26 Single rooms & 1 double room for couples



TV aerial points



Telephone points



WIFI access available



Many of the rooms have en-suite facilities and close to communal toilets and bathrooms.



COMMUNAL AREAS

We have two lounges for your comfort - the main lounge/ dining area where group activities, events and parties are held. Comfortable sofas and a large screen TV, as well as stunning mountain views through large windows. We have a quiet lounge which can be enjoyed for reading/ family visits/ relaxing for those that prefer a quieter atmosphere. Addition of a dedicated recreation room and smoking area is planned.

Specialist Equipment:



Specially equipped bathrooms, ramps, hand rails, hoists, chairs, beds etc. Brightside is able to source any other specialist equipment you may require to suit your assessed needs.

Garden:

A large garden with a beautiful gazebo and comfortable garden furniture. Gardening activities are also available to residents.



Security/ safety:

Entrances and exits to building are managed with entry system for your own safety and security.

ACTIVITIES



Stimulation through meaningful activity is important in promoting well-being. At Brightside we have a dedicated activity co-ordinator who will facilitate any activities you choose. Group activities are organised every week day and range from arts and crafts, sing-alongs, reminiscence sessions, board games, interactive games, quizzes, bingo etc. Brightside is also proud to be a part of the Care Home's Activities' Group in which we host and attend events held at other local care homes including pub style quizzes, parties etc.

We also invite the local community to celebrate key events with us including Christmas, Easter, St David's Day etc. Our local Church visits the home monthly and holds services for those wishing to be involved. This allows our residents to mix with individuals from the wider area of Cardiff in line with feeling like an active member of the community.



STAFF TRAINING AND DEVELOPMENT

We have an experienced team of care staff, many of whom have been with us for over a decade. The benefits of a modest size means consistency in care staff allowing you to build meaningful relationships and in turn provide excellent care. The care team is lead by our Registered Manager who has over 25 years' experience in providing care to the elderly.

All members of our care team have achieved the Qualification and Credit Framework (QCF) award in Health and Social Care levels 2,3 or 5 depending on their position. All joiners are required to register and obtain this qualification.



QUALITY ASSURANCE

Brightside Manor is proud to be accredited by **Investors in People (IIP)** which is probably the best known Quality Assurance system in the UK. As members of Investors in People Brightside places emphasis on staying up to date on the latest care methods through internal and external staff training. It provides an independent assessment of quality standards and is designed to promote and improve the overall performance of the care home through the management and development of our staff.



DEMENTIA CARE

Brightside is a dementia friendly care home, offering high quality dementia care in a homely manor house setting. We are dedicated to improving the care, environment and quality of life of Dementia sufferers through person centred care delivery.

Our continual investment in Dementia training means we are able to form creative ways to assist dementia sufferers in living a comfortable and fulfilled lives. We encourage our residents to be active and get involved with domestic tasks they may enjoy, such as laying the tables and light chores around the home.



We are proud to announce that every member of the care team has achieved Alzheimer's Society accreditation to foundation level in dementia care. Themed floors, coloured bedroom doors and recognition sign posts stimulate and encourage independence and orientation. Reminiscence

activities, musical afternoons and events are regularly held to stimulate residents and promote interaction. Brightside is committed to improving the lives of our residents and will continually invest in dementia friendly care. Our care is based upon dignity, choice and independence.



**Alzheimer's
Society**

Leading the
fight against
dementia

Foundation certificate in
dementia **awareness**

SERVICES INCLUDED IN WEEKLY FEES



Your room and individualised residential care and support.



All meals including all snacks and beverages. Special dietary requirements are also catered for.



Laundry including personal clothing, bedding and towels.



Activities and entertainment including day trips, group activities etc.



Escort service and transportation to all medical appointments



Medication administration

Services available at extra cost



Hairdressing



Private chiropody, physiotherapy, any other therapies



Newspapers/ magazine delivery



Personal phone line



Taxis/ transport for non- medical appointments/ visits/ outings outside of the activities' schedule.

LOCATION

Brightside Manor Care Home is situated on Newport Road, Rumney Hill. The Home is close to shops, restaurants, public house, post office, banks, leisure centre and churches, with a frequent bus service to and from the City Centre.

FREQUENTLY ASKED QUESTIONS (FAQs)

Are my friends and/or family welcome?

Brightside actively encourages family and friends to visit, escort you out and be a part of care planning. After all who knows you best other than your loved ones? We have an open visiting policy and accept visiting at any reasonable time. For practical and security reasons we encourage visiting from 10.30- 19.30, however visiting outside of these times can be arranged with prior notice.



Are there set times for me to get up/ bath/ have my meals?

Brightside does not have rigid set times as we aim to achieve a relaxed atmosphere where resident choice is at the heart of the care we deliver. This mean you are free to plan your day as you please and staff will do their utmost to suit you preferences.



Can I decorate my room?

We encourage you to make your room as homely as possible, this includes bringing your own furniture, soft furnishings, paintings and photographs etc. We can decorate the room to your taste should you wish.

What are the meals like?

Brightside has an in-house cook seven days a week. We have a varied menu created by our nutritionist which aims to be both delicious and healthy. The cook visits every resident with a choice of the days meal, residents are also able to make a special request should they fancy something different. Brightside provides home cooked, traditional British meals as well as catering to different cultures. Residents are not limited to meal times and can request a snack/ drink 24 hours/ day.



What our residents and their families say

"It wasn't an easy decision to place mum in a home, but I had a good feeling the moment I walked into Brightside. It was my first time in this type of place and it was far from what I imagined. Staff weren't dressed in uniforms, the building itself felt warm and inviting too. From the décor to the furniture I just knew mum would be happy here. It was the best decision I ever made, Brightside offers me peace of mind."

Stephanie, 53, St Mellons



"We are constantly having a giggle with the staff. I was worried about coming to a home for a long time. I didn't want to be told what to do and when to do it, I'm an independent man, I was a police officer for many years! I get help with the things I need help with and my wishes are respected. I enjoy visiting the pub and local shops, the staff encourage me to be active and they are there when I need them."

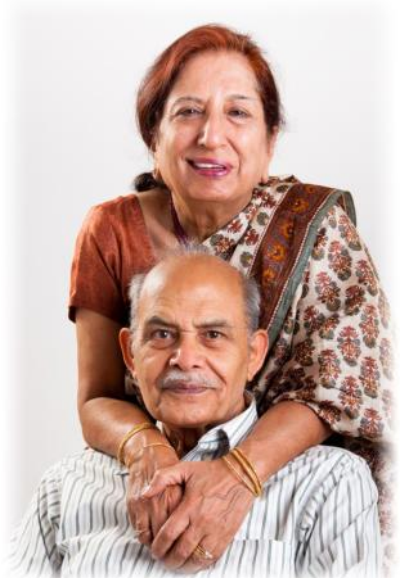
James, 64, Roath

"Nobody wants to be alone at my age. Knowing that people that really do care about me are around me is why I like living at Brightside. Nothing is ever too much effort. My health has improved massively since coming to the Home, I have even surprised myself!"

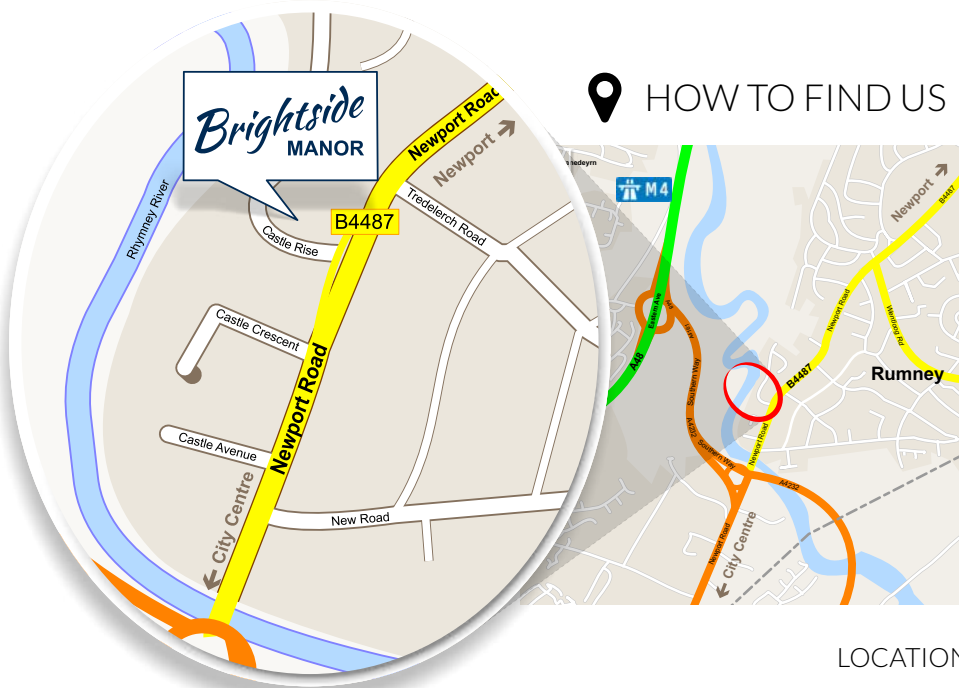
June, 93, Llanrumney

The staff at Brightside are friendly and thoughtful. I really enjoyed my surprise birthday party with all my family and friends. They always make a fuss over every one living here and that makes me feel part of a community.

Patel, 90, Pen-y-lan.





HOW TO FIND US







LOCATION

FIND US FROM THE CITY CENTRE

-  From Cardiff City Centre follow A4161 Newport Road (sign posted M4, Newport) leaving the city towards Newport until you reach the roundabout under a flyover. Carry on straight across the roundabout (taking second exit on B4487 – towards Rumney/Llanrumney) and follow Newport Road up Rumney Hill. Vehicular access to Brightside Manor is gained via Castle Rise, which is the third turning on the left.
-  Coming from the City Centre on any Llanrumney or Newport bound bus, alight at the first stop on Newport Road at the foot of Rumney Hill and walk up towards the traffic light about 100 meters. Pedestrian access gate is on Newport Road.

CONTACT US

 www.brightsidemanor.org.uk
 029 2040 8010

 info@brightsidemanor.org.uk
 029 2040 8001

637 Newport Road Rumney Cardiff CF3 4FB



Brightside Manor Care Home is a trading name of AVAN Limited

Company No: 8934796 Registered in England & Wales

