



Brightside MANOR

Dignity in Care



Dignified Senior Living



BRIGHTSIDE MANOR RESIDENTIAL CARE HOME

We offer residential care within the safe and friendly environment of Brightside Manor; ideally situated on the outskirts of Cardiff city and within easy reach by car and public transport. Our residents enjoy stunning panoramic mountain views whilst being a mere stone's throw away from the many local amenities of Rumney Village. Our maximum capacity of 28 residents enables our dedicated team of carers to deliver person centred care to meet individual needs of every resident. Tastefully decorated Brightside Manor is situated in its own grounds and offers a delightful "home from home" atmosphere in a close knit community.



DIGNITY IN CARE

RELAXED ATMOSPHERE

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

Our goal is to help you live a fulfilling, comfortable and enjoyable life, enabling 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, plus 1 double room for couples



TV aerial points



Telephone points



WIFI access available



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



COMMUNAL AREAS

We have two comfortable lounges for your benefit. Our main lounge/ dining area is where group activities, events and parties are held. Here you can enjoy relaxing sofas and a large screen TV, as well as gorgeous mountain views through large panoramic windows. We also have a quiet lounge which is enjoyed for reading/ family visits/ relaxing for those that appreciate a quieter atmosphere. Future plans include the addition of a dedicated recreation room and smoking area.

Specialist Equipment:



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

Garden:

We take delight in our large picturesque garden which has a magnificent gazebo and comfortable garden furniture. Much loved gardening activities are also available for the green fingered among us.



Security/ safety:

All entrances and exits to our building are managed with an entry system, this is designed for safety and security for everyone.

ACTIVITIES



Stimulation through meaningful activity is extremely important in promoting well-being. Here at Brightside we have a dedicated activity co-ordinator, ensuring activities are an integral part of our daily life and able to facilitate pursuits of your choice. Group activities are organised every week day and range from arts and crafts, sing-alongs, reminiscence sessions and board games, interactive games, quizzes and bingo. We are proud to be a founder 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 significant events with us including Christmas, Easter, St David's Day etc. Our local Church visits us here at the home monthly and holds services for those wishing to be involved. This allows us to enjoy the company of individuals from the wider area of Cardiff, as active members of the community.



STAFF TRAINING AND DEVELOPMENT

We have an unrivalled team of professionally experienced care staff, many of whom have been with us for over a decade. One of the many benefits of our modest size means consistency in our care staff, allowing you to build meaningful relationships and in turn ensuring excellent care. The care team is lead by our Registered Manager who has over 25 years of 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 new staff members are required to register and obtain this qualification.



QUALITY ASSURANCE

We are delighted to be accredited by **Investors in People (IIP)** which is undoubtedly the best known Quality Assurance system in the UK. As members of Investors in People, Brightside places emphasis on staying up to date with the latest care methods through continuing internal and external staff training. This provides an independent assessment of quality standards and improves the overall performance of the care home through the ongoing 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 our person centred approach.

Our continuing investment in dementia training ensures we are highly capable in forming creative ways to assist dementia sufferers in living a comfortable and fulfilled lives. We encourage our residents to be as active as possible and to involve themselves in any domestic tasks they may enjoy, such as laying the tables and light jobs around the home.



We are thrilled to announce that every member of our care team has achieved the Alzheimer's Society accreditation to foundation level in dementia care. Our 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. We are 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.



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 for personal clothing including bedding and towels.



Activities and entertainment including day trips, group activities etc.



Escort service and transportation to 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 conveniently situated in easy reach of shops, restaurants, public house, post office, banks, leisure centre and churches, with a frequent bus service to and from Cardiff 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 to be a part of your care planning. After all, who knows you best other than your loved ones? We have an open visiting policy and accept visitors 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?

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



Can I decorate my room?

Absolutely, 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 your room to your own taste should you wish.

What are the meals like?

We are fortunate to have our own in-house Chef. We have a varied menu, created by our own nutritionist, which is nutritious and appealing. Our Chef visits each resident with a choice of the day's meal; residents may also make a special request should they feel like something different. We provide 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 a day.



TESTIMONIALS

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

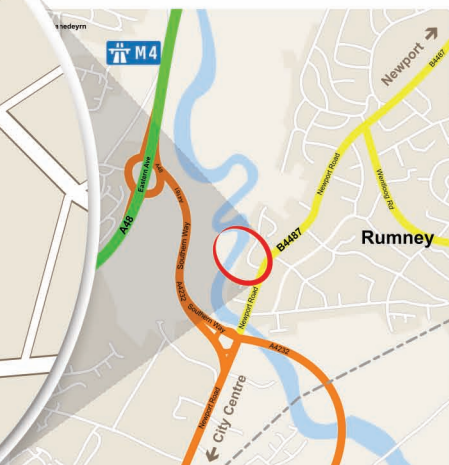
The staff at Brightside are friendly and thoughtful. I really enjoyed my surprise birthday party with all my family and friends. They always make a fuss over every one living here and that makes me feel part of a community.

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, get off 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

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Brightside Manor Care Home is a trading name of AVAN Limited

Company No: 8934796 Registered in England & Wales

