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BEDE HOUSE

DEVELOPED, OWNED AND OPERATED BY THE PRESTWICK CARE GROUP





WELCOME TO BEDE HOUSE

Welcome to Bede House, part of the Prestwick Care Group and within our premium Platinum range.

Situated in the coastal village of Ryhope, opposite St Paul's Church, our 66-bedroom care home is ideally located close to local services and amenities,

helping residents remain connected to the local community. The home also benefits from excellent surrounding views and a peaceful seaside setting.

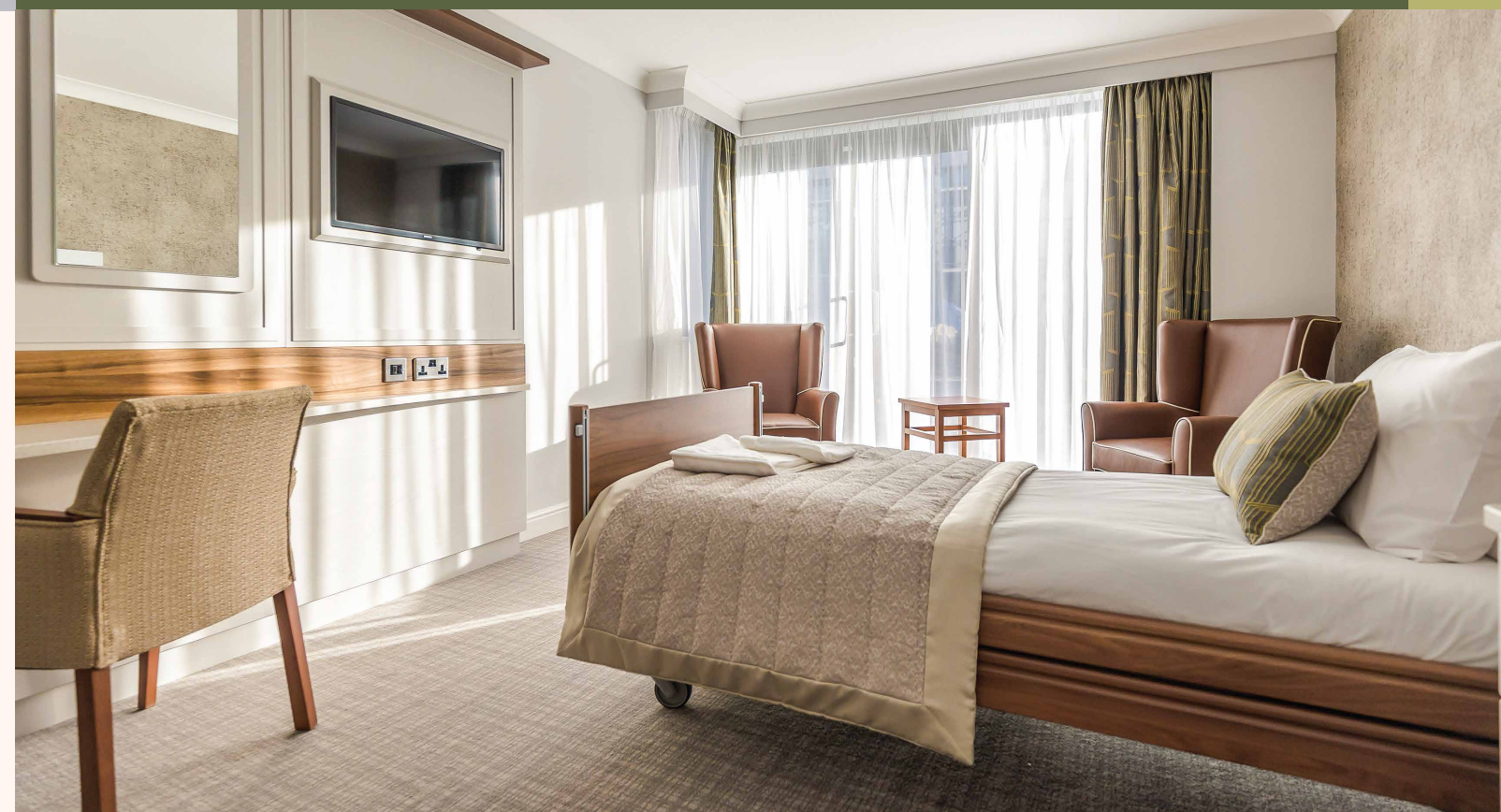
Our home offers luxurious facilities in a spacious, modern, and welcoming environment across two floors, with two passenger lifts providing easy access throughout. Wide corridors and doorways ensure full wheelchair accessibility, while bedrooms include mobility aids where required to support residents' comfort and independence.

Bede House provides general residential, general nursing, dementia residential, dementia nursing, Young Physically Disabled (YPD), respite and bariatric care. The ground floor incorporates smaller care units designed to promote choice, familiarity, and independence, while the first floor is dedicated to supporting younger adults with inclusive mental and physical wellbeing needs.

Each spacious bedroom features a full en-suite, specialist bed, bespoke fitted furniture, LCD TV, and free unlimited

internet access. Bedrooms also benefit from bespoke lighting and mobility support features, with residents encouraged to personalise their rooms with treasured belongings, photographs, and keepsakes to create a true home-from-home environment.

The home also includes a range of open spaces for residents, families & visitors including dining rooms, lounges, family rooms for quiet moments, hair dressing salon and a spacious outdoor terrace.



DELIVERING EXCEPTIONAL CARE

Our team is key to delivering the highest standards of care at Bede House. As a care group, we encourage and support both the personal and professional development of our staff, equipping them with the skills needed to provide the best

person-centred care for our residents. Our full-time training manager ensures that every member of staff completes the necessary qualifications and standards to achieve this.

At Bede House, social care is our highest priority. We work closely with everyone involved in our residents' wellbeing, from family and friends to GPs, carers, external professionals, and nutritionists. This helps us consistently provide the highest quality care. Our care home manager is always happy to answer any questions about the care and facilities available to residents.

“

When we are at our most vulnerable in life, what is required of others is not pity but understanding, compassion and dignified care.

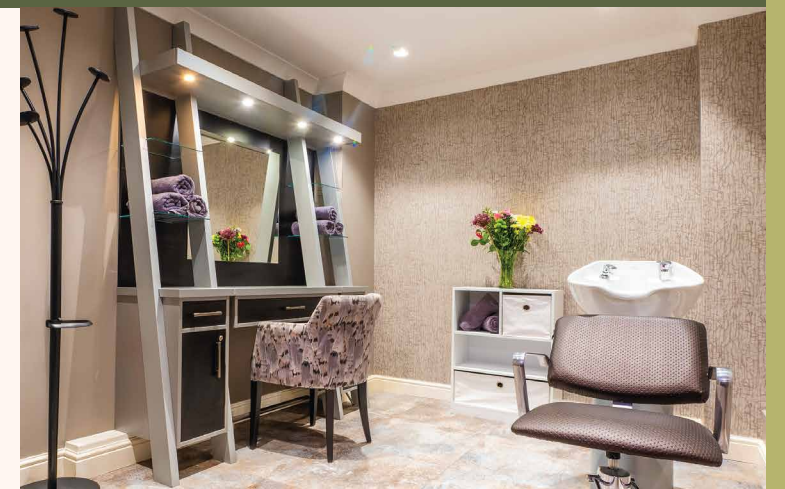
We believe in providing all of these as core elements of the Prestwick Care service.”

Devinder Malhotra
Chief Executive Officer
Malhotra Group PLC



HOME COMFORTS

There are plenty of open and spacious communal areas on each floor for use by residents and their families including TV lounges and dining rooms, as well as quiet rooms for reading and relaxing. The home also includes a hairdressing salon.



Activity programmes are a cornerstone of our holistic approach to care. Our own activities coordinator ensures a full and varied programme, designed to support residents' lives in a fun and homely environment.





A RANGE OF OUR SERVICES

PEACEFUL SURROUNDINGS



Bedd House is situated within beautifully presented landscaped gardens featuring seating and activity areas, including a greenhouse, bird feeding stations, water features, and an outdoor terrace, providing residents with relaxing spaces to enjoy outdoor living and social interaction.

- Residential & Nursing Care
- Dementia Care
- Continuing Healthcare
- Spacious Single En-suite Bedrooms
- Specialist Beds
- Specialist Bathing Facilities
- In-house Physiotherapy
- Private Landscaped Gardens with Seating Area & Roof Terrace
- Full Laundry Facility
- Hairdressing Salon



NUTRITION



Prestwick Care takes pride in offering high-quality menus for our residents, featuring freshly prepared dishes made primarily with organic ingredients.

Nutritious food is a key part of daily life, supporting residents' health, wellbeing, and enjoyment. Our meals are served in spacious dining rooms, but residents' preferences and needs are always considered, so food can also be served in their bedrooms.

When preparing menus, we consult with residents, their families, and specialist suppliers to ensure our offerings meet a wide range of dietary needs, including vegan, vegetarian, gluten-free, low-fat, celiac, soft, and diabetic diets. Residents' requirements can change over time, so regular reviews are essential to maintain adequate nutrition and fluid intake.

To support residents living with dementia and other disabilities, picture menus are used, and staff are always on hand at mealtimes to offer guidance and choices.



Dietitian

We also work closely with a wide range of healthcare professionals, including dietitians who may be referred to us by a GP. We often include dietitians in discussions when preparing menu plans with residents and their families.

Visitor Meals

We recognise that mealtimes play an important role in daily life, offering valuable opportunities for socialising and companionship. While we encourage residents to dine in our dining rooms, family and friends are also welcome to join them when visiting for extended periods.



Special Occasions

We encourage our residents to celebrate birthdays and other special occasions, recognising the importance of sharing these events with family and friends. Our chefs are happy to cater for such occasions, and one of our lounges can be booked to host private social gatherings.

Sample Menu

Although our menus vary throughout the year, a typical menu example is shown below. In essence, our food is made to look good, taste great and most importantly help nourish our residents.

Morning Breakfast

Tea, Coffee, Fresh Juice | Grapefruit Segments
Selection of Cereal or Porridge
Continental Breakfast | Full English Breakfast
Bacon & Egg Sandwiches | Scrambled Eggs

Mid-Morning

Tea, Coffee, Fresh Juice
Selection of Biscuits | Freshly Prepared Fruit

Lunch

Homemade Vegetable Broth
Roast Lamb, Mint Sauce, Roast Turnip,
Fresh Vegetables
Scampi and Chips
Selection of Salads and Sandwiches
Soft Option: Lamb Purée
Dessert: Poached Pears, Chocolate Sauce
Selection of Ice Creams

Mid-Afternoon

Tea, Coffee, Fresh Juice, Fruit Smoothies,
Home Baking

Evening Meal

Corned Beef Pie, Vegetables
Poached Egg on Toast
Selection of Salads and Sandwiches
Soft Option: Corned Beef, Potato
Dessert: Cheese Scone

Supper

Selection of milky drinks including
Horlicks, Hot Chocolate and Ovaltine

PHYSIOTHERAPY

OUR SERVICES

Prestwick Care employs its own chartered physiotherapists, delivering evidence-based care to support residents' mobility, independence, and quality of life.

Assessment

Our physiotherapists conduct a thorough assessment of our residents to determine their individual needs and abilities. This includes a detailed review of their medical history and previous mobility, forming the basis of a structured, personalised programme tailored specifically to them.

Treatment

Physiotherapy goals are set collaboratively between the resident and their physiotherapist, and, where appropriate, with input from family or carers, before treatment begins. Sessions take place either in the privacy of the resident's room or in a dedicated physiotherapy treatment room.

Programmes are tailored to each resident, taking into account their symptoms and condition, and addressing all aspects of physical, psychological, and social wellbeing. Most residents are seen once or twice a week, but our physiotherapists can provide intensive daily treatment if required.

Our full-time training manager ensures that all staff complete the necessary qualifications and standards to support the delivery of this care.

Equipment

Prestwick Care offers a range of specialist physiotherapy equipment for use during residents' treatment sessions.

Our physiotherapists can also provide advice on suitable aids and adaptations to support mobility. For more details and pricing, please speak with our care home manager.

