



ASHTON  
MEADOWS

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NURSING HOME



# Discover

Ashton Meadows provides a tranquil setting in a beautifully landscaped one acre site in the heart of Coombe. Our philosophy of care is to provide our residents with a safe, relaxed and homely environment in which their care, well-being and comfort are of prime importance.

# Why us

In a nutshell, because the Ashton Group have been offering exceptional Nursing Care for the past 20 years and have a track record of care tailored to the individual resident's needs. Our nurses have been through our rigorous training program and only the best were promoted internally to work at Ashton Meadows our flagship home.

Our Director was born in Kingston Hospital and thus wants to make this service the best Ashton Nursing Home in the Group. The Group has a tradition of promoting from within and as such the best staff from the Ashton group will be working in Kingston led by Nicola Ambler a Nurse Manager with 30 years' experience and 25 years experience within the Ashton Group and has a proven track record hands on nursing care.

Our highly specialised nursing home was designed by John Bell, the famous architect who has won a number of Pinders Awards for the best nursing home, and Ashton Meadows will be nominated in 2024. Our new facilities have been built by BCP a Yorkshire firm experienced in building Nursing homes of the highest quality. The interior of the home was carefully created by the team at DesignLSM who specialise in designing some of the best restaurants in London. The home offers a 7 diamond facility in the heart of Coombe Hill close to Kingston Hospital.

# Our Care

## DEMENTIA CARE

Our team have twenty five plus years in Dementia Nursing Care. This is our speciality and we are very excited to bring our expertise to Kingston and make things as comfortable as possible for your loved one.

## NURSING CARE

Our dedicated team of experienced nurses and caregivers are committed to delivering personalised care that respects the dignity and individuality of each resident. With a warm and welcoming environment, Ashton Meadows is more than just a care facility—it's a place where residents feel valued and cared for like family.

## PALLIATIVE and HOSPICE CARE

Understanding the unique challenges of this stage of life, our skilled team focuses on alleviating pain and other distressing symptoms, ensuring comfort and quality of life for both residents and their families. With a deep commitment to emotional and spiritual support, we tailor our approach to meet the individual needs and preferences of each resident, fostering an environment of dignity, respect, and peace during these significant moments.

## RESIDENTIAL CARE

Rest assured that your family member will receive the highest level of care and attention regardless of their specific needs. Our residents enjoy the liberty to engage with others or relax as they please. Our staff is dedicated to personalising activities that align with each resident's interests and hobbies. We also encourage residents to personalise their bedrooms with cherished items and mementos, fostering an atmosphere that truly feels like home.



# Care Facilities

At our nursing home, we believe that an active and engaged life is a happier and healthier one. That's why we offer a diverse range of activities designed to enrich the lives of our residents. From arts and crafts to music sessions, from gentle exercise classes to interactive games, we tailor our activities to suit all interests and abilities.

Our dedicated activities coordinator ensures there's always something stimulating to do, fostering a strong sense of community and friendship.

Our residents can enjoy movie nights, book clubs, garden parties, and local outings, ensuring that every day is filled with joy and purpose.

## OUR PHILOSOPHY OF CARE

Our philosophy of care is to provide our residents with a safe, relaxed, and homely environment in which their care, well-being and comfort are of prime importance. Ashton Meadows differentiates itself from other homes through the way we approach through our creativity and innovations on our engagement with our residents. There is no idle time at Ashton Meadows. We lead the way in our approach.



## FACILITIES AT OUR RESIDENTIAL

- Free WIFI
- Regular Activities
- Dining Hall
- Luxury Amenities
- Lift to all Floors
- Personalised Care
- Ensuite Rooms
- Modern Technology
- Golf - Putting Green
- Bistro
- Hairdressers Salon
- Library

## ORGANISATION'S APPROACH TO DEMENTIA CARE

### Namaste program

We have launched Namaste Care in August 2018 in our homes. We were the first in West Sussex to launch such a program which specializes in sensory approach when engaging with residents with dementia by stimulating their senses- touch, taste, sight and hearing. We offer spa days, aromatherapy sessions, light chair exercises touch/textures therapy including activities that uses lights and sounds. We have taken in Cancer hospice patients and have supported them and their families in this difficult time. The End-of-Life Namaste Care Program for People with Dementia is designed to give more compassionate and dignified care to older people with advanced dementia towards end of life.

### Footprints

We are also the first home in Sussex to launch Intergenerational Care which links pre-schoolers to the older generation. Footprints project was launched in February'20, which is an Inter-generational project with preschool children visiting our homes every month for a storytelling session with their older friends. For our residents this enables them overcome loneliness and gives them a sense of purpose.

### Dementia Cafes

We support Dementia Action Alliance (DAA), Alzheimer's society as well as the local dementia cafe/ Memory Cafe. All of which are organizations with similar vision as Ashton in ensuring that those living with dementia and their Carers have a good quality of life with access to information and support.

### Case studies for Dementia residents

We undergo case studies for residents with behavioural challenges. Every Friday, a staff will present a case study of their selected resident and does a presentation to staff.

### Interactive table and use of technology

We have 'interactive table'. We purchased an Interactive mobile table in 2020 to enhance activities in room and small group activities following social distancing policies.



## Our Team

We are experienced Nursing Home Operators since 2004 and have had Good CQC inspection reports for all our established 4 nursing homes in Sussex. As well as Investors in People Gold Award in all our homes. Ashton Meadows is our 5th home. This new home will have an acute, post-operative care wing and also a dementia nursing wing located less than a 100 yards from Kingston hospital.

### EXPERIENCED NURSING STAFF TEAM

Nicola Ambler, Registered Mental Health Nurse with over 30 years experience and a Senior manager at the Ashton group, will be leading this flagship nursing home. She will be supported by 2 deputy nurse managers who have worked for 5 years as deputies within the Ashton group. The team will have 10 of our existing senior nurses from Sussex lead the floor, with their nurse station located throughout the home in all the separate nursing sections, 24 hours per day.

Our experienced staff team tailor the care dependent on the needs of each individual resident whether is palliative end of life care, dementia nursing care or any type of nursing care. The key to truly good care is the kindness and experience. Our staff are trained in Namaste Care, a person centred support through sensory stimulation and meaningful activity.

### MEDICAL CARE

Medical care is provided by the local General Practitioner. The home has retainer GPs who visit weekly. Referrals to specialist services and facilities can be arranged through the GP. Every six weeks we are visited by a chiropodist and other services can be arranged by appointment.



**ADMISSIONS**  
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