



# Abbotsleigh Mews

Your local Bupa care home  
in Sidcup.



# A leafy residential setting

Here at our purpose-built home in South East London, we welcome those in need of nursing and residential care, including Parkinson's and specialist dementia care.

The bus stop outside will soon take you into Sidcup, just a mile away. Within easy reach are Chislehurst Caves and lovely walks at Scadbury and Danson parks. The Royal Observatory Greenwich, Canary Wharf and the O2 are also less than ten miles away.



## Our care team

At Abbotsleigh Mews, we're all highly trained in providing 24-hour tailored care. We get to know each resident personally, so we can make sure we get the balance between support and independence just right. This provides peace of mind for families and a safe and comfortable home for residents.



**“We have nothing but praise for the loving and caring way he is looked after by every single member of staff.”**

Daughter of resident, May 2023  
Source: carehome.co.uk

# What we offer

**Our home is arranged into different areas for different types of care, but all of our residents can enjoy pleasant surroundings, high quality care and real friendship. The way we look after our residents, and the activities we offer, are all tailored to their own needs and interests.**



## Types of care

- Nursing
- Residential
- Dementia nursing
- Dementia residential
- Short stay
- Convalescence
- Palliative
- Parkinson's

## Dementia care

Our dementia specialists and activity planners can help residents to lead a better quality of life. With the help of family, we'll explore their life story and preferences in order to personalise their care. We also run a support group for relatives.

## Nursing care

We have trained nurses on duty at all times for residents in need of nursing care, which is particularly helpful if their condition requires regular medical attention.



## Variety of comfortable bedrooms

We have 120 rooms, some with their own patio, and there are shared bathrooms around the home. Every bedroom offers:

- garden view
- en suite W/C
- flat screen TV
- telephone point (bills payable)

Residents are welcome to bring personal items from home, such as pictures and knick-knacks.



## Services available to all

- GP visits within the home or at the practice
- Visits from Parkinson's and specialist district nurses
- Eye care from an optician
- Advice from a nutritionist
- Pet therapy
- Wifi throughout the home
- Laundry and cleaning

**Plus, for an additional cost, residents can benefit from:**

- chiropody
- visits to a dentist
- physiotherapy
- on-site hairdresser



## Shared areas around the home

Residents can relax or socialise in a number of spaces across the different areas of our home. This includes our beauty salon, the café, our tea room, and pleasant lounges and conservatories.

Our award-winning landscaped gardens are perfect for enjoying the fresh air and sunshine, or even joining in with a spot of gardening. For residents with dementia, there are safe indoor and outdoor gardens where they can even wash a car or watch football in a cabin.



## Speak to us about costs

Our fees vary depending on the care needed and the bedroom chosen. We'd be happy to run through costs and answer any questions.

## Call us for more information

**020 3930 5479**

Lines are open 8am to 6.30pm, Monday to Friday, 9am to 12.30pm Saturday. Closed Sundays and bank holidays. We may record or monitor our calls.

# Life at Abbotsleigh Mews

We're a warm and friendly community where everyone's welcome, including the friends and family of our residents. It's very important to us that our residents are happy, so we make sure that we listen carefully to their thoughts and ideas as well as those of their loved ones.



## Activities

Our team of coordinators plan enjoyable, stimulating things to do for all of our residents, according to their needs and mobility. For example:

- outings to places like garden centres and the local shops
- arts and crafts
- flower-arranging and baking
- sewing and knitting
- gentle gardening
- visits from pre-school children for stories, games and colouring



Residents can still do most of their existing hobbies here. They can also suggest something they'd like to try, as a group or in their room.



## Fresh, healthy food

Good food is an important part of life, so we prepare delicious meals which can be enjoyed in our social dining areas or in the comfort of the resident's own bedroom.

There are plenty of favourites on the menu, but we also talk to each resident when they move in about their likes, dislikes, and any special dietary needs.

## Meal times

Set meal times ensure that residents can enjoy their food without interruption. If they'd prefer to eat at a different time, that's okay, too.

## Celebrating special occasions

We have several dining areas where families can host private events such as birthday parties. We'll just need to know in advance. Plus, we can arrange catering for an additional fee.



Issued Nov 2022



## Visits from family and friends

Loved ones can pop by at any time for coffee or an activity. If you'll be having a meal with us, just give us a quick call and also tell us about any dietary requirements.



**“My father has been at Abbotsleigh Mews for over two years. He is safe, well looked after and his needs are well met. He gets plenty of fresh air and is engaged and entertained.”**

Daughter of resident, April 2023  
Source: carehome.co.uk



# Visiting Abbotsleigh Mews

**If you've never been here, why not come for a visit?**

You can meet the team and get a feel for the atmosphere. Trains run from London to Sidcup in under 20 minutes, and we're an easy walk from the station. If you're driving, we're a couple of miles off the A2 and there's plenty of on-site parking.

**To arrange a visit or to find out more, call us on**

**020 3930 5479**

**[bupa.co.uk/abbotsleigh-mews](https://bupa.co.uk/abbotsleigh-mews)**

** BupaCareHomeAbbotsleighMews**

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## **Abbotsleigh Mews Care Home**

Old Farm Road East, Sidcup DA15 8AY

Inspected and rated

Good

