

# **Cottingley Hall**

Your local Bupa care home in Bingley.



# A beautiful house and gardens

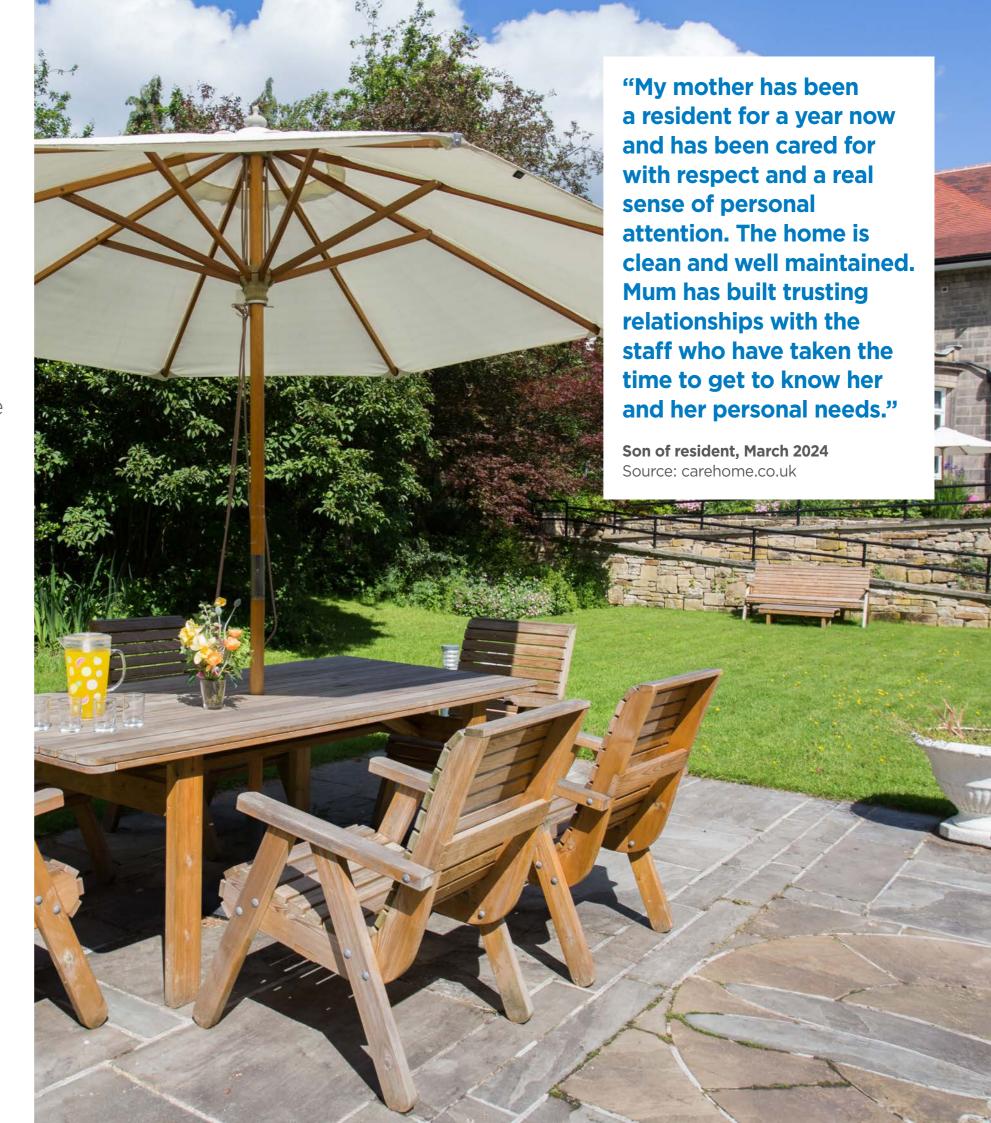
Our large home is both elegant and cosy. Having recently been refurbished to a high standard, it's the ideal place for welcoming those in need of nursing or residential care.

We're five minutes from Salts Mill at Saltaire, and nearby Myrtle Park has tennis courts, a café, a playground, and crown green bowling. There are lots of canalside walks, and you can pay and play at Shipley Golf Course just a mile away.



#### **Our care team**

At Cottingley Hall, 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.



# What we offer

Cottingley Hall was previously a private residence, giving it a real homely feel. Today, we still enjoy its gorgeous fireplaces, wood panelled hallways and high ornate ceilings. High quality furnishings give the home an extra special touch, along with our pretty landscaped gardens.

### **Types of care**

- Nursing
- Residential
- Short stay
- Convalescence
- Palliative

### **Nursing care**

Nurses are 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 35 rooms of varying sizes, and will do our best to accommodate couples. You can also expect:

- en suite WC or WC with shower
- shared bathrooms throughout the home
- garden views from many rooms
- patio access from five rooms
- flat screen TV
- telephone point (bills payable)

Residents can also bring personal items from home, such as pictures, ornaments or keepsakes.



## Services available to all

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

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

- chiropody
- on-site hairdresser and beautician



# Shared areas around the home

There are lots of ways to relax here. Residents can get their hair done in our very own salon, help themselves to a freshly-baked cake in our coffee bar, or enjoy our pleasant conservatory. They can see a movie in our cinema room or choose a book from the library.

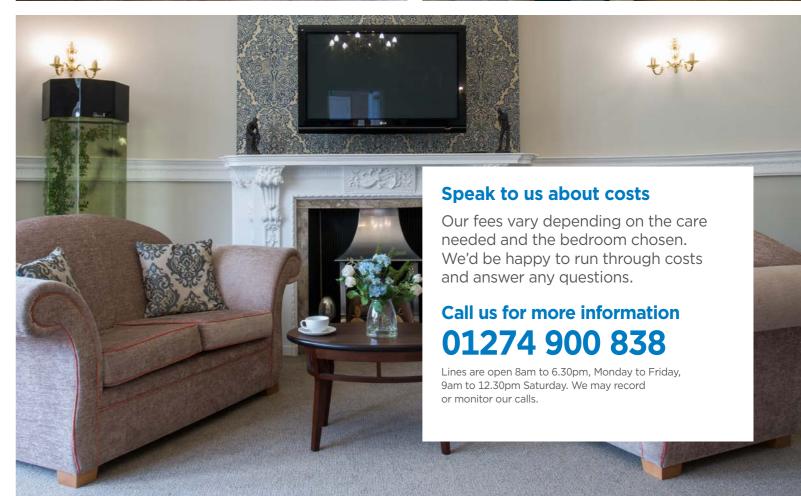
Our mature landscaped gardens are perfect for a stroll or a spot of gardening. There's plenty of patio seating, offering the chance of a good chat in the fresh air and sunshine.











# **Life at Cottingley Hall**

We offer all the important home comforts: a warm and friendly atmosphere, good food, kind staff, and plenty to do. We're a small and close community – and family members are a welcome addition at any time.



#### **Activities**

Our coordinator plans a wide range of enjoyable activities, including for those residents who are less mobile. For example:

- outings to the theatre, shopping and canal boat trips
- sherry and cocktail evenings
- Knit and Natter group
- arts and crafts and flower-arranging
- bingo and games
- film afternoons
- sing-a-longs and Music for Health
- gentle gardening club
- visits from local schoolchildren
- armchair exercise sessions

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

Residents can enjoy fine dining together or in the comfort of their own room. Every delicious meal is prepared by our own chef, who is happy to cook special requests too. There's also a 24-hour snack menu available.

We also talk to each resident when they move in about their likes and 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 an area 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.





# Visits from family and friends

Family and friends 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 tell us about any dietary requirements. Then we can cook up something you'll really enjoy.





### **Visiting Cottingley Hall**

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

You can meet the team and get a feel for the atmosphere. We're five miles north-west of Bradford, right next to the Yorkshire Clinic, with plenty of on-site parking. Bingley train station, on the line serving Leeds, Bradford and Skipton, is just two miles away.

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

01274 900 838

bupa.co.uk/cottingley-hall



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

### **Cottingley Hall Care Home**

Bradford Road, Cottingley, Bingley BD16 1TX

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