



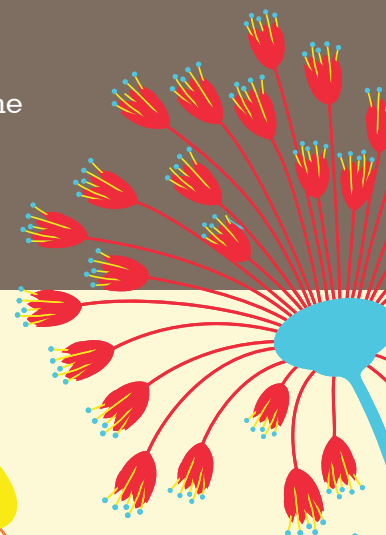
To find out more about Colinton, or arrange a visit, please call 0131 337 3340 and speak to our Home Manager.

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# Colinton

A beautiful care home in the  
South West of Edinburgh

**brighterkind**





## Welcome to Colinton.

We're here to make life easier, more settled and altogether better.

brighterkind is our approach to care. It focuses on understanding what quality of life means for everyone here, and then provides the right experiences to help residents live life to the fullest. These experiences are built from our specialist approach to quality care, recreation and activities, and food and dining.

By taking the time to understand you, we will provide the informed care that turns a move to our home into a welcome change for the better.





## Our home

A real home has as much personality as the people who live there. That's why we've made Colinton a place you'd be proud and happy to live in – just as you would your own home.

Set in large, landscaped grounds, Colinton is a beautifully secluded retreat in the suburbs of Edinburgh. With 53 bedrooms divided between our nursing and dementia care units, we think carefully about the type of room each resident needs. Our bedrooms are set across three floors, and each floor has its own smaller living and dining rooms, meaning peace and quiet is never far away. Our main lounge and garden summerhouse also give us all the opportunity to come together as a group.

We understand that moving into Colinton is a considerable transition for you, but one we try to make feel as easy as possible. By helping you arrange your room just the way you like, or bringing you your daily newspaper, we'll do the little things that make the biggest difference.

## OUR FACILITIES

- All en-suite rooms
- All single rooms
- Onsite hairdressing
- Quiet lounge
- TV lounge
- Wi-Fi internet
- Lifts
- Landscaped gardens
- Patio
- Summer house
- Sensory gardens
- Personal telephone

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My room is as close to being at home as you're going to get. And the lounge and the sitting rooms are comfortable and warm.



## Quality care

We want every day at Colinton to be as good as it can be. It's why we deliver brighterkind care, based around a complete understanding of each resident's needs. This means we'll create the right environment to keep you well and happy. You'll decide how you want to live; we'll make sure you always feel valued and comfortable.

Of our 53 bedrooms, 20 are specifically kept for people who live with dementia. Our dementia care is first rate: we provide the most up-to-date training for our carers, and support for our residents.

## How will I know what type of care is right for me?

When you arrive at Colinton, we'll sit down with you to understand you, your life story and your needs. This includes any objectives you have, or specific health concerns. We'll then create a personal care plan together with you, your relatives and our carers.



## Our people

We're a diverse group, from different backgrounds and with different roles, but we all have something fundamental in common – every single one of us is passionate about care.

It's almost like a sixth sense: people who are always on hand to help, but with enough empathy to know when to leave you be; people who don't have favourites, and who are always busy creating the little moments of kindness that make a real difference to life here.

As well as our team of highly trained carers and nurses, district nurses also visit the home regularly and are on call to provide services, should they be needed at any time. We also receive regular visits from GPs, dentists and opticians as required. And everyone gets stuck in together – whether to serve breakfast or join in our special activities.

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The atmosphere with the staff and the residents is really pleasant and nice. A happy, joyful place that's very calm and caring.



## Our recreation and activities

A willingness to get involved and try new things is something we see time and again, once people are given the opportunity. We have a Recreation and Activities Team who oversees everything, but all our staff regularly brainstorm new ideas, too. And our residents vote on their suggestions, so we can be sure everyone's looking forward to something, every day.

Activities vary each week: from cinema club to armchair aerobics and live music. And everything's flexible. If it's sunny we try and get outside, so everyone can appreciate the best of the day.

Technology has opened up the world for us here; keeping our residents connected and stimulated. From meeting a great-grandchild for the first time on Skype, to a live virtual tour of an art exhibition in Copenhagen, we make sure everyone gets exactly what they want from it – and it's something we plan on using more and more.

We've built excellent links to the community, allowing residents to continue their lives outside the home with ease. We regularly take trips to local shops, cafes and the Botanic Gardens.

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The staff here are excellent and are willing to help you in every way. There are activities too – people come to entertain us every week. We even had an Elvis impersonator, he was brilliant.







## Our food and drink

We firmly believe that when you eat well, you live well too. This is a core part of our brighterkind philosophy of care, centring on good nutrition and the importance of mealtimes as a social occasion.

Each day our chef prepares restaurant-style, three-course meals combining variety with a balanced diet and an emphasis on locally-sourced ingredients. And we can cater to any dietary or health requirements, however complex.

There is a dining room on each floor – spaces that always become a hub of conversation and laughter, and which give even our more frail residents a chance to come together and socialise. Whether it's tea and scones in the garden or a roast each Sunday, we encourage our residents to make the most of living in a friendly environment. There will be plenty of people to meet, and a lot of stories to share.

Of course, when, where and who you eat with is entirely up to you. Friends and family can join you as often as you'd like (at a small charge). Our extras menu gives you the option to order cereals, soups and sandwiches at any point in the day.

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I ask our residents every day about the food we serve. It's great to chat and get their feedback.

## Here are some of the most popular questions people ask us as we show them round Colinton:

### Can I come and go as I please?

We want you to be as independent as you like. So this is something we'll chat about when we sit down together to draw up your care plan.

### When can people come and see me?

It goes without saying that we want your friends and relatives to visit, so they can come as often as they like on any day – between the hours of 8am and 9pm.

### What will there be to do during the day?

That is completely up to you. Every day we have different activities, but you should spend your time exactly how you please. There's more about the type of things we do in the recreation and activities part of this brochure.

### How easy will it be to settle in?

It's completely natural to feel anxious about a big move. We encourage you to come along for a pre-stay visit so you can take part in an activity, meet other residents and have a meal. If you move in you can bring personal items and furniture with you to make you feel more at home in your room.

This document is available in large print, Braille and other languages if you require. Please contact us to request a copy.

This Care Home is registered and regulated in Scotland by the Care Inspectorate.

