



# Elmstead

Your local Bupa care home  
in Chislehurst.





# A real homely atmosphere

**Our home offers a warm welcome to anyone in need of residential care, including those living with dementia.**

We have great transport links, with regular bus services running to and from Bromley and Eltham from a stop just outside our home. Nearby, you'll find Chislehurst Caves and Scadbury Park – a 300-acre nature reserve with lots of wildlife trails.



## Our care team

At Elmstead, 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.

**“Every member of staff made the experience of her going in a very easy transition. Since then, all staff have taken care of her every need with care and love. The food and activities are of a very high quality.”**

**Son of resident, January 2024**  
Source: carehome.co.uk





# What we offer

Kindness, care and respect is at the heart of everything we do. Whether someone is staying with us for a few weeks while recovering from an operation or making a long-term move, we want them to feel at ease and free to make the most of our spacious home.

## Types of care

- Residential
- Dementia residential
- Short stay
- Convalescence

## Dementia care

Our dementia trained specialists can help residents lead a better quality of life. With the help of their loved ones, we'll build a picture of their life story and their likes and dislikes. Then we can personalise their care and help them live the way they want to.



## Variety of comfortable bedrooms

We have 40 cosy rooms, each with a large window. You can also expect:

- en suite W/C in some rooms
- shared bathrooms all around our home
- garden views from ten rooms
- telephone point (bills payable)

Residents are welcome to bring some personal items, like pictures and ornaments, to help them settle in.



## Services available to all

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

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

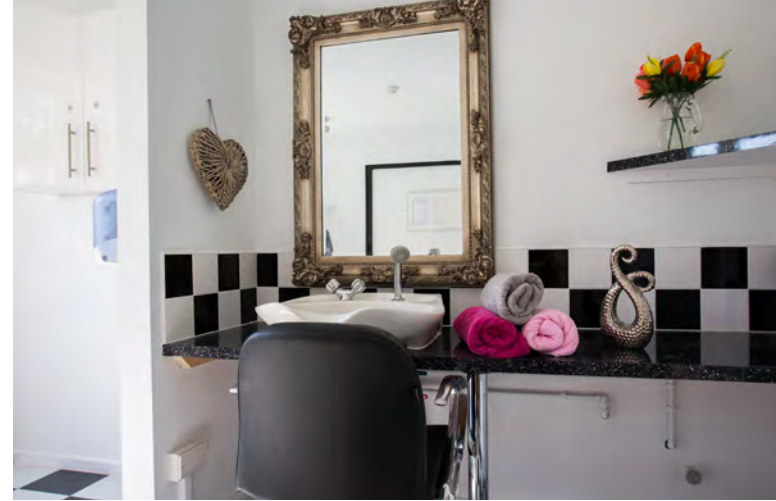
- chiropody
- on-site hairdresser



## Shared areas around the home

There are lots of places to relax or socialise here. We have a choice of lounges, a dedicated craft and activities area and a lovely café where they can catch up with loved ones over coffee and cake. Plus, a popular bar and games area – perfect for a round of cards or Mahjong.

Outside, we have a large garden with a raised fish pond for easy viewing and lots of seating.



## 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 8108 3904

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 Elmstead

Everyone gets a say in what they eat and how they spend their time here. We run a full activity calendar, providing residents with a choice of entertainment seven days a week, and family and friends are always welcome to join in.



## Activities

Our coordinators plan a variety of fun and engaging activities based on our residents' interests. This includes things like:

- reading, baking and cooking clubs
- gentle exercise to music
- craft mornings with nursery children
- summer fêtes, garden parties and themed events
- visiting entertainers like dancers and musicians
- reminiscence sessions
- pen pal scheme with local school
- visiting animals from Orion Tree



There's also a 'wish tree' mural on the wall, where residents can add things that they've always wanted to experience or try their hand at. We always do our best to make these a reality.



## Fresh, healthy food

Our chef prepares tempting meals for residents to enjoy in our café or in the comfort of their own room. Every Tuesday, we run a breakfast club where residents are greeted by waitresses with a dish of their choice.

There are plenty of favourites on the menu, but we also speak to each resident 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 two private dining areas that families can use for small events like birthday parties. We'll just need to know in advance. For an additional cost, we'll happily prepare a buffet or some hot meals.



Issued May 2022



## Visits from family and friends

Loved ones can pop by at any time. 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.



**“Very friendly staff, make you feel very welcome. Nothing is too much trouble. Residents are treated very well.”**

Daughter-in-law of resident,  
January 2024  
Source: carehome.co.uk



# Visiting Elmstead

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

You can meet the team and get a real feel for the atmosphere. We're a short drive off the A20 and just down the road from Elmstead Woods. From there, you can catch regular trains to and from Central London.

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

**020 8108 3904**

**[bupa.co.uk/elmstead](http://bupa.co.uk/elmstead)**

** BupaCareHomeElmstead**

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9am to 12.30pm Saturday. We may record or monitor our calls.

## Elmstead Care Home

104 Elmstead Lane, Chislehurst, Kent BR7 5EL

Inspected and rated

Good



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