



Fountains Lodge

Your local Bupa care home
in Southborough.



Lovely small town feel

Our purpose-built home is the ideal place for those aged 40 and above living with dementia. We're happy to support those with nursing or residential care needs.

We're located in the High Weald Area of Outstanding Natural Beauty, with good transport connections making it easy for family and friends to visit. Southborough is just three miles north of Royal Tunbridge Wells, where you'll find superb Georgian streets and a choice of shops and cafés.



Our care team

At Fountains Lodge, 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.

“The care and friendship extended to him by all the staff he comes in contact with has been superb. The building is well-designed for its purpose and well-maintained.”

Son of resident, April 2024

Source: carehome.co.uk



What we offer

Fountains Lodge is a beautifully designed home. Our spacious bedrooms all have en suite facilities plus cosy under-floor heating to keep those toes warm. And there's lots to do in our large, safely enclosed garden – including our very own putting green.

Types of dementia care

- Nursing
- Residential
- Short stay
- Palliative

Dementia support

All our staff are trained 'dementia friends' who can help residents to lead a better quality of life. With family support, we build a picture of each resident's life story and their likes and dislikes. Then we can personalise their care and help them live the way they want to.

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 74 beautiful rooms and will always do our best to accommodate couples. You can expect:

- en suite WC with shower
- shared bathrooms with accessible baths
- patio doors to the garden in most ground-floor rooms
- 32" flat screen TV
- telephone point (bills payable)

Residents are welcome to bring some familiar items from home to help them settle in.



Services available to all

- GP visits within the home or at the practice
- Advice from a nutritionist
- Visits from district nurses and specialist diabetes 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 places to relax here. Residents can watch a movie in our comfy cinema room, enjoy being pampered in our salon, or chat to loved ones in the café area or one of our lounges.

Outside, our wheelchair-friendly gardens have lots of seating. Plus, we also have raised beds for admiring the flowers or doing a bit of gardening. There's an elegant summerhouse, a greenhouse, outdoor fitness equipment, and a fantastic children's play area for visiting family.



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

01892 884 914

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

Life at Fountains Lodge

Creating enjoyable experiences and meaningful moments is an important part of looking after each residents' wellbeing. We offer lots of fun and stimulating activities, company over dinner and warm friendship to all.



Activities

We have a superb team of coordinators who plan a range of activities, including for those who are less mobile. For example:

- visiting entertainers like singers and musicians
- outings to the garden centre or pub
- reminiscence sessions
- knitting, aqua painting and dancing
- gentle gardening
- weekly yoga classes
- arts and crafts
- movie afternoons (popcorn included!)



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 so important for so many reasons. That's why our chef prepares tempting and nutritious meals for residents to enjoy in one of our social dining areas or in the comfort of their own room.

There are plenty of favourites on the menu, but we're always happy to provide an alternative. We 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 May 2024



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



“The care, both physical and mental, is exceptional. The staff are always so cheerful, helpful and attentive. They are also helpful and compassionate towards me and our family. We are pleased that my husband is in such a caring and well-managed environment.”

Wife of resident, April 2024
Source: carehome.co.uk



Visiting Fountains Lodge

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 a mile and a half south of the junction of the A21 and A26, and you can park here at the home. There's a train station the same distance away at High Brooms, on the line between London Charing Cross and Hastings.

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

01892 884 914

bupa.co.uk/fountains-lodge

 BupaCareHomeFountainsLodge

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

Fountains Lodge Care Home

13-17 London Road, Southborough, Royal Tunbridge Wells, Kent TN4 0RJ

Inspected and rated

Good



Bupa Care Homes (ANS) Limited No. 1960990 Bupa Care Homes (AKW) Limited No. 4122364. Bupa Care Homes (Bedfordshire) Limited No. 3333791 Bupa Care Homes (BNH) Limited No. 2079932. Bupa Care Homes (CFC Homes) Limited No. 2006738 Bupa Care Homes (CFH Care) Limited No. 2741070 Bupa Care Homes (GL) Limited No. 1587972 Bupa Care Homes (Partnerships) Limited No. 2216429 Bupa Care Services (Commissioning) Limited No. 3183275. Registered in England and Wales. Registered office: 1 Angel Court, London EC2R 7HJ. VAT Registration No. 239731641.