



LIDDER CARE

LOWMOOR
NURSING HOME

Nursing, Dementia and Specialist Care



Message from the Manager

As the manager of Lowmoor Nursing Home, I take immense pride in delivering exceptional care to all our residents, ensuring they find a forever home within our care setting. We prioritise the resident's experience and strive to provide person-centred care of the highest standard. Our values are engrained into our care, with loyalty, dignity, dedication, respect and equality guiding how we deliver quality care.

Our care team share a collective appreciation for the supportive environment that has been created at Lowmoor. We believe by working collaboratively, we achieve better outcomes for our residents. We actively engage in creating partnerships with external professionals to maximise the quality of care that we provide.

We are proud of the culture of excellence that we have created at Lowmoor Nursing Home, where compassionate and dignified care enables our residents to live as independently as possible. At Lowmoor Nursing Home, we prioritise unity and inclusivity when delivering dignified care. We work to ensure our residents enjoy outstanding care whilst being celebrated as integral pillars of their local community.

Chris Morrisson

Chris Morrisson
Home Manager

The staff are absolutely incredible, a credit to the home. The understanding care and kindness my husband receives could not be better. I thank them from the bottom of my heart.

M W - Wife of resident

About Us

Established in 1994, Lidder Care is a leading, family run care provider in Nottinghamshire, made up of two CQC registered Care Homes, Lowmoor Nursing Home and Newgate Lodge Care Home. We take great pride in delivering high quality care for the elderly both in our homes and within the community through offering care at home.

Located in the market town of Kirkby-in-Ashfield, Lowmoor Nursing Home is a 48 bed home, located a short distance away from the picturesque settings of Sherwood Forest and Newstead Abbey. We are extremely proud of our beautifully designed home and the outstanding care that we provide at Lowmoor Nursing Home, distinguished by its specialist provision of complex dementia, nursing and specialist care.

Our highly trained team ensure our care is exemplary, selecting our team based on their qualifications, professionalism, personality and compassion. We have created a safe environment to allow our residents to receive the highest standard of care. Our dedicated Lifestyle and Wellbeing team offer a variety of engaging, person-centred activities tailored to the needs and abilities of our residents.

Please visit us today to see why so many people choose to live in a Lidder Care Home.





Tailored For You

At Lowmoor Nursing Home, we take great pride in getting to know each resident as a unique individual, delving into their care needs and their personal preferences.

Embracing individuality, we provide a wide range of engaging activities tailored to the needs and abilities of our residents. Our dedicated team empower residents to make their own lifestyle choices, from activities, dining and dietary choices to bedroom decoration.

Our highly skilled team conduct thorough assessments to craft personalised care plans, tailored to you or your loved one's specific needs. We actively engage residents and their families in decision making processes, ensuring their voices guide every aspect of their care journey.

Recognising the challenges of transitioning into a nursing home, we provide unwavering support to reintroduce a sense of normality into our residents' lives. Our team are here for you every step of the way; our door is always open.

If you would like to find out more about transitioning to Lowmoor or how to support your loved one, please visit our blog page at www.liddercare.com where we have extensive information about funding, what to expect when moving into a nursing home and other care topics to help guide you.



Our Care and Support

We provide a range of long-term and short-term care options for those that require complex dementia and nursing care. We offer personal care assistance for our residents, supporting them with washing, dressing, toileting and administering medication. Our catering team prepare bespoke, healthy meals catered for a variety of diets including diabetic, coeliac, kidney disease and dairy/glucose intolerance. Our catering team ensure that each person satisfies their dietary needs and nutritional requirements.

We focus on addressing the unique needs and challenges faced by individuals with dementia, whether that is Alzheimer's, Lewy Body, Vascular, Frontotemporal or other rarer forms, with a view to enhancing the individual's health and well-being. Our highly professional team is trained to help understand how living with dementia feels so we can support our residents to feel relaxed and happy.

Prioritising holistic care for our nursing residents, our skilled, compassionate care team address both physical and mental health needs. We offer regular respite care to support you when you need a break, whether it's for recovery after surgery, a well-deserved holiday, a short respite for a caregiver, or assistance during illness.



The staff treat my friend with dignity and respect at all times and make her life so much better. All staff are friendly and can't do enough for you.

Lynn C - Friend of resident

Activities

At Lowmoor Nursing Home, we choose activities that stimulate both body and mind. Our dedicated Lifestyle and Wellbeing team possess the relevant skills and expertise to improve mood and wellbeing for residents through a range of interactive, stimulating activities.

EXAMPLE ACTIVITIES SCHEDULE:

MONDAY

AM - Sensory Time
PM - Arts and Crafts

TUESDAY

AM - Self Care
PM - Baking

WEDNESDAY

AM - Live Music
PM - Chair Exercises

THURSDAY

AM - Disco Party
PM - Sensory Time

FRIDAY

AM - Balloon Games
PM - Bingo

SATURDAY

AM - Movie Morning
PM - Games

SUNDAY

AM - One to Ones
PM - Garden Time



The staff were very attentive and caring. I had a look through some of the residents taking part in activities. I am amazed at how much is on offer. it is very comforting to know that such an effort is being made.

S W - Daughter of resident

We understand that everyone is unique and has different hobbies and interests. Using our 'This is me' booklet, we take a holistic, individualised approach to activities. This allows our lifestyle team to gain a deeper understanding of each resident, their preferences and their unique capabilities.

We provide residents with a comfortable environment, featuring well-appointed private bedrooms and generous communal spaces. These include lounge and dining rooms, sensory areas, a secure courtyard and an outdoor decking area to spend quality time with loved ones, take part in activities and enjoy the fresh air.



Living Well



Music of the Past

Our plethora of live music performances and nostalgic tunes from the past allow our residents to reminisce and enjoy the music of their youth, boosting relaxation, enriching memories and improving mood.



Community

We encourage community engagement in our home by regularly arranging external visits for residents, including tailored sports sessions led by Rise Sports and visits from the local police force.



Memory and Mind

We engage residents with a variety of activities that stimulate memory, problem-solving and logical thinking, developing meaningful interactions and exploring their creative pursuits and achievements.



Creative

We ensure our residents continue using their creativity, with a diverse range of creative activities like painting, singing, dancing and balloon games, all encouraging joy and building meaningful connections.



Active

We prioritise an active lifestyle for residents through activities like music movement, balloon games, walking and armchair exercises to enhance their mental and physical well-being.



My husband moved to Lowmoor from its sister home. He has settled well due to the dedication, love and care of the whole Lowmoor team. I am so grateful to everyone at Lowmoor for their support.

Adele W - Wife of Resident







SILVER

Andy : Diabetic
Doreen = Diabetic " Typ
David H = Level 4 Dair
Margaret L = 1 (



Our Meals

Meal times serve as a social occasion for many of our residents. With a diverse range of menu options, each day the residents have the freedom to choose from the menu what they would like which is then freshly made in our kitchen.

Our trained head chef and catering team are dedicated to providing locally sourced, fresh and seasonal food that caters to the specific dietary requirements of each resident.

Hydration is a key part of a healthy lifestyle, so we ensure there is a wide selection of drinks offered to the residents. We offer a curated selection of comforting night-time hot drinks such as herbal teas, rich hot chocolate and comforting Horlicks.

Malnutrition is common as people grow older, this can be due to smaller appetites, physical challenges, medical conditions or even dementia. The delicious meal plans we offer allow for balanced, nutritious and balanced diets ensuring our residents are full, strong and happy.

We firmly believe that we have achieved the perfect solution for a fulfilling life at Lidder Care. Our residents enjoy the benefits of a picturesque environment, compassionate and skilled care, tasty and nutritious cuisine, and the freedom to continue making lifestyle choices that suit their preferences.

I have been visiting Lowmoor Nursing Home on a weekly basis for the last 2 years and find the home clean, homely and the staff very caring and friendly. The residents love to join in celebrations and those who are able, have a little dance.

Joan W (Sister of Resident)

Sample Menu

MONDAY

BREAKFAST

Poached Eggs on Toast.
Selection of Cereals, Porridge,
Toast & Preserves,

All Served with Tea,
Coffee and Fruit Juices

LUNCH

Sausage Casserole with Creamy Mash
Potato and Seasonal Vegetables

Or

Ham, Egg and Chips

Followed by

Rhubarb Crumble Served with
Custard/Ice Cream

EVENING MEAL

Leak and Potato Soup, Sandwiches
or Tomatoes on Toast.

Followed by

Cake of the Day

TUESDAY

BREAKFAST

Bacon and Mushrooms on Toast.
Selection of Cereals, Porridge,
Toast & Preserves

All Served with Tea,
Coffee and Fruit Juices

LUNCH

Roast Pork with Creamy Mash
Potato and Seasonal Vegetables

Or

Burger and Chips.

Followed by

Rice Pudding

EVENING MEAL

Vegetable Soup, Sandwiches
or Cheese Toastie

Followed by

Cake of the Day

WEDNESDAY

BREAKFAST

Bacon Toasties,
Selection of Cereals,
Porridge, Toast & Preserves

All Served with Tea,
Coffee and Fruit Juices

LUNCH

Cottage Pie and Creamy Mash
Potato and Seasonal Vegetables

Or

Chicken Goujons and Chips

Followed by

Apple Pie and Custard

EVENING MEAL

Beef Soup, Sandwiches
or Cheesy Mash

Followed by

Cake of the Day

Early morning, mid morning and afternoon
there will be tea/coffee/soft drinks and snacks!

THURSDAY

BREAKFAST

Beans on Toast,
Selection of Cereals,
Porridge, Toast & Preserves

All Served with Tea,
Coffee and Fruit Juices

LUNCH

Burger in Onion Gravy with Creamy
Mash Potato and Seasonal Vegetables

Or

Potato Croquettes and Spaghetti Hoops

Followed by

Rhubarb Crumble Served with
Custard/Ice Cream

EVENING MEAL

Tomato Soup, Sandwiches
or Cheese and Tomato Toasties

Followed by

Cake of the Day

FRIDAY

BREAKFAST

Tomatoes on Toast,
Selection of Cereals,
Porridge, Toast & Preserves

All Served with Tea,
Coffee and Fruit Juices

LUNCH

Fishcake, Scampi, Chips, Mushy Peas
and Parsley Sauce

Or

Sausage Rolls

Followed by

Lemon Sponge Served with
Custard/Ice Cream

EVENING MEAL

Mushroom Soup, Sandwiches
or Tomatoes on Toast

Followed by

Cake of the Day

WEEKEND

BREAKFAST

Full English,
Selection of Cereals,
Porridge, Toast & Preserves

All Served with Tea,
Coffee and Fruit Juices

LUNCH

Roast Beef with Creamy Mash Potato
and Seasonal Vegetables

Or

Ham, Egg and Chips

Followed by

Rice Pudding

EVENING MEAL

Tomato and Basil Soup, Sandwiches
or Tomatoes on Toast

Followed by

Cake of the Day

Amenities & Services



Our home offers 48 elegant and spacious bedrooms.



A five-star catering team that prepares and serves fresh, locally sourced meals.



Experience the utmost privacy in our dedicated dining facility for families.



A friendly, experienced team here to look after you or your loved one.



Outdoor areas featuring a fountain, new planting and secure seating areas.



Dedicated sensory areas that stimulate and support individuals with dementia.



A newly refurbished dining room and homely lounge with comfortable seating.

What is included at Lowmoor?

All of the amenities and services noted here are included in your care package. Food, personal care, cleaning, laundry, activities and entertainment!





Bedrooms with nurse call systems, private aerial and internet access.



Our Lifestyle team offer a range of engaging experiences for residents.



We have external entertainment visit our residents on a regular basis.



Relax, unwind and pamper yourself with Lowmoor's wellbeing days.



Our laundry team take care of washing, drying and putting away of clothes.



Loved ones are always welcomed, with birthday events held upon request.



Lidder Care maintenance team to help create your perfect bedroom.





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2

Exceptional Care

Lowmoor Nursing Home is renowned for its exceptional quality of care. We aim to exceed expectation by crafting an active lifestyle, nutritious and delicious meals and tracking hydration levels. We are proactive in coordinating with healthcare professionals and industry experts to enhance the quality of life of our residents.

The home was designed and built by Dr Lidder, a retired NHS consultant psychiatrist who specialised in mental health services for the elderly at King's Mill Hospital. The Lidder Care team are compassionate, genuine and skilled individuals, who are provided with rigorous training according to the CQC (Care Quality Commission) standards.



We work closely with the Alzheimer's Society to educate and inform our care team. Through the use of advanced technology, such as nurse call systems and sensor beams, we ensure that our residents receive prompt help. These systems are used to enhance the well-being and safety of our residents.

We work with Nourish, a leading digital care planning provider. This ensures our care is documented in real time which provides a more accurate reflection of care. It also allows staff to understand individual needs quickly, share information safely and securely and improves efficiency allowing for quality time to be spent with the residents. We have also implemented Radar which is a digital audit and compliance software to ensure all aspects of your loved ones care are up to date, safe and of exceptional quality.

Good



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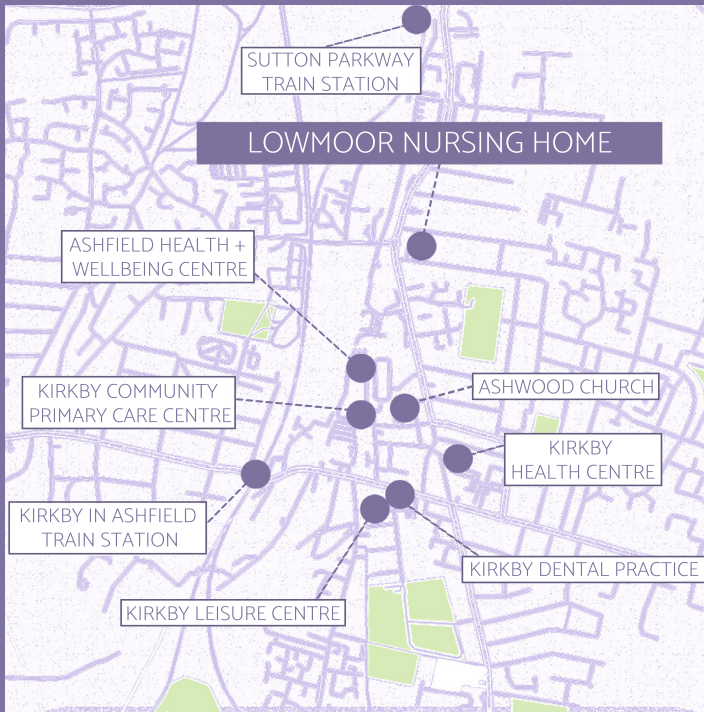
CARING FOR OUR COMMUNITY

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www.liddercare.com/lowmoor-nursing-home