



# Northlands House

Your local Bupa care home  
in Southampton.





# A peaceful spot in Southampton

**We offer a warm welcome to those in need of residential and nursing care. Our purpose-built home offers attractive surroundings indoors and out, and there's plenty to do on our doorstep.**

We're a short walk from Southampton Common's woodlands, lakes and parks, and there are two bowling clubs close by. The New Forest, and the popular boating areas of the Hamble and Solent, are within 15 minutes' drive.



## Our care team

At Northlands House, 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.



**"My mum has been a resident since June this year after being in hospital for 5 months. She has been well looked after and has made lots of friends. She enjoys the activities and being sociable. It has given me peace of mind knowing she is looked after and is happy."**

**Daughter of resident, November 2024**  
Source: carehome.co.uk



# What we offer

Each of our residents receive a high standard of care from top to toe, however long they plan to stay with us. With a range of therapeutic services on offer, and plenty of places to socialise or relax in, our home is a lovely place to be.

## Types of care

- Nursing
- Residential
- Convalescence
- Short stay
- Palliative care

## Nursing care

We have trained nurses 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 101 spacious rooms, all with an en suite W/C and shower. You can also expect:

- TV access
- garden view from many rooms
- telephone point (bills payable)

Residents are welcome to bring some cherished items from home, too, including their favourite armchair or some family photos.



## Services available to all

- GP visits within the home or at the practice
- Advice from a nutritionist
- Pet therapy
- Religious services
- Wifi throughout the home
- Laundry and cleaning

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

- eye care from an optician
- visits to a dentist
- chiropody
- podiatry
- physiotherapy
- on-site hairdresser and beautician
- daily newspaper delivery



## Shared areas around the home

Whether residents would like to do something together or alone, there's always a great spot available. They can enjoy some pampering in our salon, get together with loved ones in our lounge, or get creative in our activities room.

Outside, there's a large mature garden with a summerhouse for making the most of fresh air and sunshine. Residents can do a bit of gentle gardening or have a drink and a chat on the patio. The choice is always theirs.



## 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

# 023 8098 3948

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



# Life inside our home

**We want our residents to settle in quickly and be really happy here. Our home is cheerful and friendly, with strong links to the local community. There's always good company, great food and lots of interesting things to do.**



## Activities

Our activities coordinator plans a wide variety of entertainments and treats for our residents, including those who are less mobile. For example:

- visiting singers, dancers and magicians
- trips to the shops, cinema and theatre
- board games and jigsaws
- crafts and knitting
- outings to garden centres
- frequent residents' meetings
- visiting local schools
- take-away nights



Residents can continue to enjoy most of their existing hobbies at Northlands House. And they can always suggest something they'd like to try, as a group or in their room.



## Fresh, healthy food

Our delicious meals and snacks can be enjoyed in the social dining area or in the comfort of the resident's own room. There are plenty of favourites on our menu, with themed days throughout the year.

When they move in, we talk to each resident about their likes, dislikes and any special dietary requirements.

## Meal times

Set meal times ensure that residents can enjoy their food without interruption. If they need to eat at a different time, just let us know.

## Celebrating special occasions

We have two dining areas where families can host private events such as birthday parties. We'll just need to know in advance. Plus, if you need catering we can arrange this for an additional fee.



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## Visits from family and friends

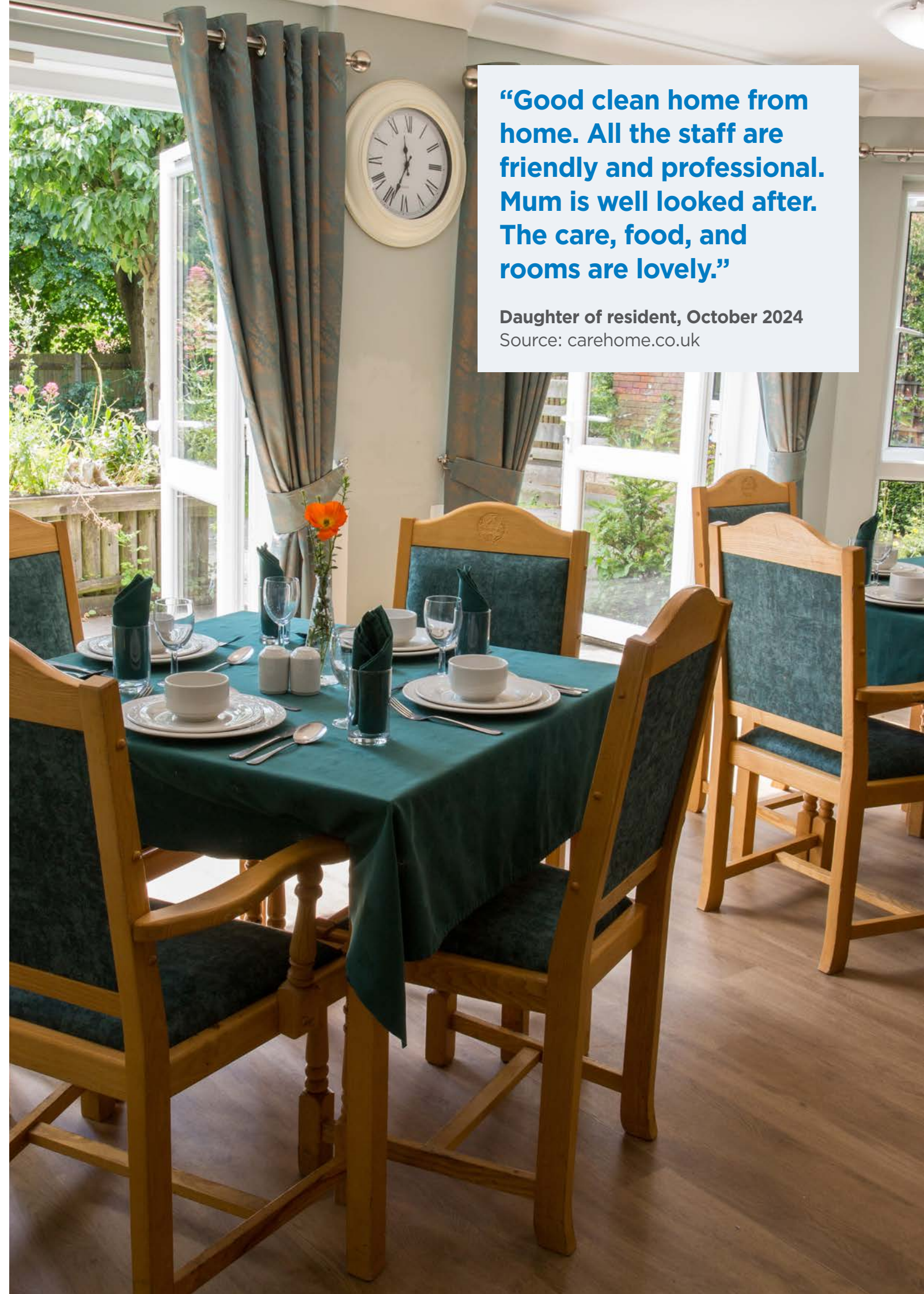
Family and friends can pop by at any time for coffee or an activity. If you'll be having a meal with us, just give us a quick call beforehand and tell us about any dietary needs. Then we can cook up something you'll really enjoy.



**"Good clean home from home. All the staff are friendly and professional. Mum is well looked after. The care, food, and rooms are lovely."**

Daughter of resident, October 2024

Source: carehome.co.uk





# Visiting Northlands House

**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 four miles from Junction 5 of the M27, and we have plenty of on-site parking. Or we're just a mile and a half from Southampton Central train station.

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

**023 8098 3948**

**[bupa.co.uk/northlands-house](http://bupa.co.uk/northlands-house)**

** BupaCareHomeNorthlandsHouse**

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9am to 12.30pm Saturday.  
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## **Northlands House Care Home**

6 Westrow Road, Southampton SO15 2LY

Inspected and rated

**Good**



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