



Oak Lodge

Your local Bupa care home
in Bitterne.



Lovely views of Freemantle Common

Our stylish, purpose-built home is situated in the peaceful residential area of Bitterne. Here, we warmly welcome those living with dementia in need of nursing or palliative care.

We're in a great location, close to the River Itchen and a 20-minute drive from the beach. There's a lovely park just across the road, and you'll find plenty of small shops nearby. New Forest and the town of Ringwood are always worth a visit, too.



Our care team

At Oak 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.



"I found the home provided a nice and caring environment for my mother. The staff and management are very helpful and caring."

Son of resident, December 2024
Source: carehome.co.uk

What we offer

Our specialist nurses are here to help residents live the way they want to, which is made easier by having a home that's been designed with dementia residents in mind. We have lots of social lounges, secure gardens and a tranquil sensory area outside.

Types of care

- Dementia nursing
- Short stay
- Palliative
- Parkinson's

Dementia support

Our specialists can help residents with dementia to lead a better quality of life. With the help of their loved ones, we'll build a picture of their life story, 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 71 lovely rooms, split across four floors – all easily accessible by lift. You can also expect:

- en suite W/C and shower
- shared bathrooms around the home
- a garden view from most rooms
- telephone point (bills payable)

Residents are also encouraged to bring some familiar, treasured items from home, like pictures and keepsakes.



Services available to all

- GP visits within the home or at the practice
- Eye care from an optician
- Advice from a nutritionist
- 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

Residents can relax in a number of places here. We have at least one lounge on every floor, a designated quiet area and a hair salon – ideal for those who enjoy a good pamper session.

Outside, we have a sensory and flower garden and a conservation area. Residents can enjoy a stroll around our lovely gardens, or take a seat when the weather's nice.



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 8632

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

Life at Oak Lodge

Great food, stimulating activities and lovely company help everyone to feel at home. We're always asking residents what they'd like to do, and are happy to support them in any way we can. If ever they'd like some quiet time, that's okay, too.



Activities

Our coordinator plans activities based on residents' interests, and likes to get everyone involved, including those who're less mobile. Activities include:

- movie afternoons
- animal experiences with snakes, owls and lambs
- days out
- visiting entertainers like line dancers and singers
- social tea dances
- light exercises with hoops and balls
- gardening club
- visits from local nursery groups



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



Fresh, healthy food

Our chef prepares tempting and nutritious meals for residents to enjoy in our social dining room or in the comfort of their own room. We also do special dishes for themed days like Chinese New Year.

To help us get mealtimes just right, we talk to each resident about their likes, dislikes and any special dietary needs when they first move in.

Meal times

Set meal times ensure that residents can enjoy their food without interruption. If they'd prefer to eat a little later, they're welcome to choose something from our Light Bite menu until 10pm.

Celebrating special occasions

We're happy for families to host small events like birthday parties at our home. We'll just need to know in advance. Catering is available for a small fee per person, too.



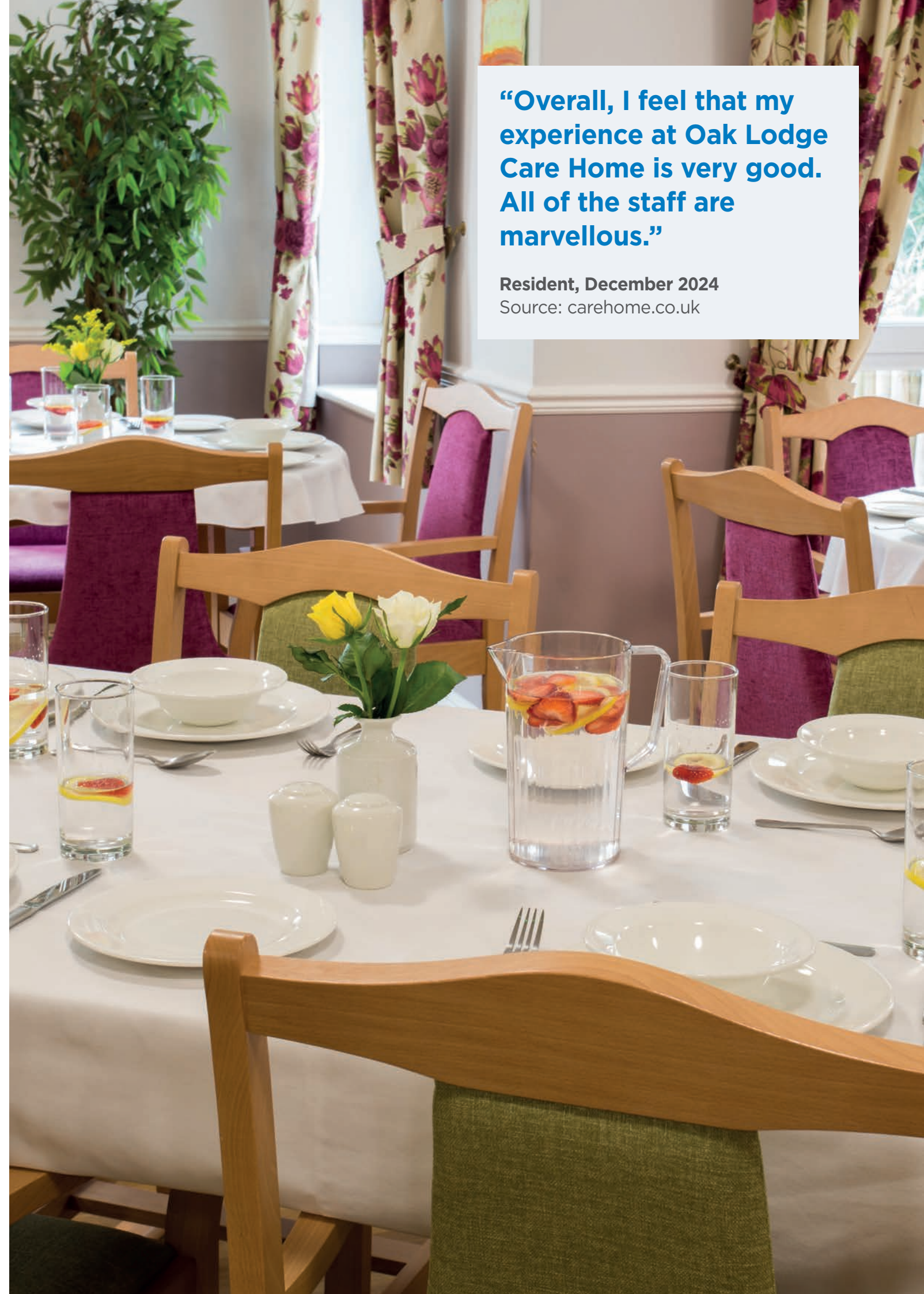
Visits from family and friends

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.



"Overall, I feel that my experience at Oak Lodge Care Home is very good. All of the staff are marvellous."

Resident, December 2024
Source: carehome.co.uk



Visiting Oak 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 about 10 minutes from Junction 7 of the M27, close to the centre of Bitterne. The number 9 bus stops just up the road, too.

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

023 8098 8632

bupa.co.uk/oak-lodge

 BupaCareHomeOakLodge

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

Oak Lodge Care Home

Freemantle Common Road, Bitterne, Southampton SO19 7NG

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.