

# River Court



**Watford, Hertfordshire**

0333 321 4720 | [hc-one.co.uk](http://hc-one.co.uk)

Belonging to HC-One, The Kind Care Company

Situated in a peaceful residential community of Watford, River Court is a friendly care home, offering nursing, residential and memory care for those living with dementia.



### **Living with us**

With sitting rooms, space for Residents to pursue their hobbies and interests and a lovely dining room, River Court has a host of places in which to relax, dine, exercise, socialise and be creative. The delightful landscaped garden and patio is the perfect spot to spend time with friends and family, and is happily looked after by some of our Residents. The bright, comfortable bedrooms and living areas are all easily accessible by wheelchair.

The home's caring team has created a family atmosphere, encouraging everyone to eat and celebrate special occasions together. Residents are invited to decorate their rooms with small items of their own furniture and treasured belongings so that it feels just like home. Daily life is thoughtfully designed to support mind, body and soul.

### **Your personal care plan**

River Court's Home Manager makes sure that all Residents receive the kindest possible care. Our extensively trained team will deliver all the nursing, specialist care and support services that your loved one requires. Personalised care plans consider not only medical, personal and dietary needs, but also the individual's likes and dislikes, religious preferences, and suggestions from family members that might make their stay with us that little bit more enjoyable.





## Lifestyle and community

The carers and Residents at River Court enjoy playing an important part in their local community. The home encourages an atmosphere of fun and inclusion and runs a weekly programme of events, which includes talks and demonstrations from local people willing to share their knowledge and talents. Performers from the area regularly visit and entertain Residents with songs, sketches, singing and dancing, and members of neighbourhood groups, volunteers and other locals often drop in for a cup of tea and a chat.

Assisted by suggestions from our Residents, our home's Wellbeing Coordinators organise a varied year round programme of things to do. Many Residents take pleasure in hobbies, including baking, writing, gardening, dancing, painting, quizzes, and playing chess. Some enjoy being a member of the Residents' forum. There's plenty to do outside the home too, and our specially adapted minibus takes Residents on trips to nearby places of interest to them, such as animal sanctuaries, the theatre, gardening and shopping centres.

By getting to know each individual Resident, our carers are able to encourage everyone to take an active part in the life of the home. Simple pleasures are hugely important: the morning walk, feeding the birds, a little light weeding, baking cakes for one of our fundraising tea parties, laying the dining table, arranging flowers or distributing the post each day. But we also know and respect that our Residents value having some time alone too and we want these moments to be as joyful as any other.



## Food and nutrition

Our hospitality team prides itself on making mealtimes a special, stimulating part of each day. In our homes, meals are as much about providing nutritious, tasty food as they are about enjoying a social occasion.

Residents are served three meals a day, as well as a mid-morning snack and afternoon tea. We use fresh ingredients, locally sourced wherever possible, with the emphasis on providing delicious seasonal meals. We understand the nutritional needs of older people and create meals that offer the correct calorific and nutritional content. We consider meals to be a fundamental part of every Resident's care plan.

Eating is a social and an emotional experience, and our dining rooms are designed to create a relaxed and happy atmosphere, with menus that offer plenty of variety. We make a point of celebrating birthdays and special occasions – from Valentine's Day to Ascot Ladies' Day, as well as world festivals, such as the Chinese New Year and the Indian Holi Festival. We have built-in music systems to provide ambience and we dress our dining rooms in the evening.

### Available on Request

HC-One printed information is available in a wide range of accessible formats

## Visiting our home

As a result of the coronavirus pandemic our "open visiting policy" has been adapted to ensure that we offer the safest possible visiting options for Residents and Relatives, our coronavirus visiting policy is individual to each Resident and is determined off the back of a risk assessment that identifies the best and kindest way for families to visit their loved one.

Please speak to our Home Manager or Careline Advisor to find out more about our current visiting policy.

## Call us on 0333 321 4720



- A** River Court, Explorer Drive, Watford, Hertfordshire, WD18 6TQ
- W** [hc-one.co.uk/Carehomes/River-Court.aspx](http://hc-one.co.uk/Carehomes/River-Court.aspx)
- E** [careline@hc-one.co.uk](mailto:careline@hc-one.co.uk)

