



The Sidcup

Your local Bupa care home
in Sidcup.



Fantastic town centre location

Here at our lovely home, located just 30 yards off Sidcup's high street, we warmly welcome those in need of a range of nursing and residential care.

There's so much to do and see in the local area, including Eltham Palace and Gardens, Danson Park and boating lake, and the 60 acres of parkland at Swanley Park – you'll find a lovely little café there.



Our care team

At The Sidcup, 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 cannot praise the home enough. The care, the cleanliness, the dedication, the meal choices, exceed all expectations. This care home is a real gem of a find, we honestly cannot fault it in any way."

Daughter of resident, June 2024
Source: carehome.co.uk

What we offer

Residents are free to choose how to spend their time here – whether that's joining in with activities, making new friends or just finding a quiet spot to read or enjoy a crossword. Teas and coffees are served regularly throughout the day, along with delicious freshly baked cakes.

Types of care

- Nursing
- Residential
- Short stay
- Convalescence
- Palliative

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 100 attractively decorated bedrooms and we always do our best to accommodate couples. You can also expect:

- en suite WC
- shared bathrooms around the home
- garden view from many rooms
- flat screen TV
- telephone point (bills payable)

Residents are welcome to bring personal items from home, such as pictures and knick-knacks.



Services available to all

- GP visits within the home or at the practice
- Advice from a nutritionist
- Visits from specialist district nurses
- Pet therapy, including bedroom visits
- Wifi throughout the home
- Laundry and cleaning
- Visits from a physiotherapist

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

- chiropody
- visits to a dentist
- eye care from an optician
- on-site hairdresser



Shared areas around the home

There are lots of places to relax here, including our on-site hair salon. Residents can also choose a book from our library, settle into a comfy sofa in one of our lounges, or enjoy a movie in our cinema room.

Outside, our lovely big garden is wheelchair friendly all the way around, and it's sheltered by mature trees. Pleasant seating areas enable residents to make the most of the fresh air and sunshine.



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

020 8023 7685

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

Life The Sidcup

Being just off the high street means we’re very much part of the community, and it’s easy for residents to make the most of the shops and cafés. There’s always plenty going on, and friends and family are welcome to join in at any time.



Activities

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

- visiting entertainers such as singers and a pantomime
- bingo, quizzes and a wide range of board and carpet games
- arts and crafts
- gardening and flower-arranging
- karaoke
- Tai Chi and gentle armchair exercises
- massages
- coffee mornings
- nursery children who come in and sing for residents



Residents can still do 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 tasty, nutritious meals and snacks for residents to enjoy in our social dining area or in the comfort of their own room.

There are plenty of favourites on the menu, but we also 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 a couple of spaces 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.



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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.



“I cannot praise The Sidcup enough. Excellent leadership and great carers - they genuinely care and are very compassionate and kind. Ten out of ten!”

Daughter of resident, June 2024
Source: carehome.co.uk



Visiting The Sidcup

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 just off the high street, with on-site parking. We can also be reached by number 51 and 233 buses from Orpington, Woolwich, Eltham or Swanley. Trains from London will bring you to Sidcup station in just 20 minutes.

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

020 8023 7685

bupa.co.uk/the-sidcup

 BupaCareHomeTheSidcup

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The Sidcup Care Home

2-8 Hatherley Road, Sidcup DA14 4BG

Inspected and rated

Good



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