



Southlands

Your local Bupa care home
in Harrogate.



Victorian spa town elegance

Here in the charming floral town of Harrogate, Southlands offers a warm welcome to those in need of residential and nursing care, including Parkinson's care.

Based in one of Harrogate's former premier hotels, Southlands offers beautiful surroundings indoors and out. Our award-winning landscaped gardens are perfect for enjoying fresh air and sunshine. We're also within easy walking distance of the town centre shops, museums and the famous Valley Gardens.



Our care team

At Southlands, 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.



“When I visit my husband, I find Southlands peaceful and the staff extremely caring. He enjoys the food, and he has a spacious ensuite room. When I leave, I know he is in good hands.”

Wife of resident, June 2023
Source: carehome.co.uk

What we offer

We want our residents to enjoy comfort, convenience and the pleasure of having familiar people and items around. They can bring personal belongings or small furniture from home, and catch up with loved ones at any time. And there's a real focus on taking care of their health, fitness, diet and appearance.



Types of care

- Residential
- Nursing
- Short Stay
- Convalescence
- Day care
- Palliative
- Parkinson's

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

Our 70 lovely bedrooms come in different sizes and options.

- 58 rooms have en suite W/C and washbasin (with communal showers and baths close by)
- 12 rooms have en suite W/C and shower
- 4 rooms are ideal for couples
- 14 rooms overlook our beautiful gardens
- All rooms have flat screen TVs
- All rooms have a telephone point (bills payable separately)
- There is wifi throughout



Services available to all

- GP clinic every Monday within the home
- External GP visits
- Laundry and cleaning
- Advice from a nutritionist
- Visits from a district nurse
- Group physiotherapy sessions
- eye care from an optician

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

- chiropody
- visits to a dentist
- one-to-one physiotherapy
- on-site hairdresser (or the resident's own can use our salon) and beautician



Shared areas around the home

Southlands offers lots of places to relax and enjoy both social and quiet times. That might be over afternoon tea, walking in the garden, or in our beauty salon.

Residents can drop by our coffee bar to watch a movie on our large-screen TV, dance together in our ballroom, or curl up with a book in one of our spacious lounges. The choice is 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

01423 593 936

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

Life at Southlands

Everyone wants to find a home they love. Southlands is warm, inviting and friendly, not only for our residents but for their friends and family, too. Enjoyable meal times, plenty to do and lots of opportunities to socialise make this a very special place to be.



Activities

A whole team of activity coordinators at Southlands brings music, laughter and enjoyment to everyone, seven days a week. That includes activities for those who are less mobile. And with trips into town and to local attractions, there's always plenty to do and lots of opportunities for socialising. This includes:

- flower-arranging, singing and colouring workshops
- competitive quiz nights
- dancing in the ballroom
- 'messy play' with local toddlers
- storytelling, painting and film sessions with regular visitors



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



Fresh, healthy food

Good food is so important, for so many reasons. 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 Yorkshire favourites on our menu, with cold snacks available at any time.

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

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 private dining area where families can host 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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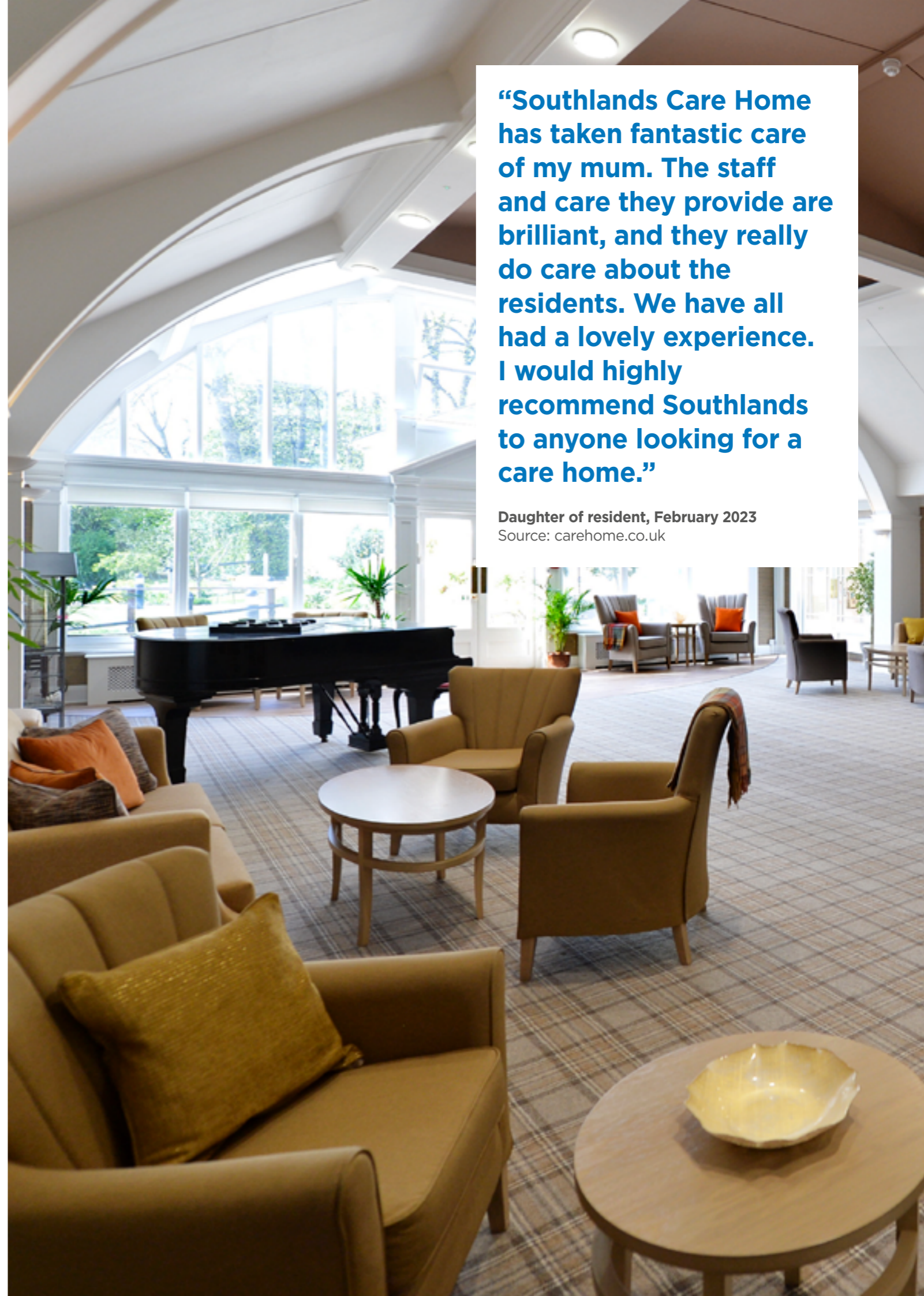
Visits from family and friends

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 in advance, and tell us about any dietary requirements. Then we can cook up something you'll really enjoy.



“Southlands Care Home has taken fantastic care of my mum. The staff and care they provide are brilliant, and they really do care about the residents. We have all had a lovely experience. I would highly recommend Southlands to anyone looking for a care home.”

Daughter of resident, February 2023
Source: carehome.co.uk



Visiting Southlands

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 just opposite the Majestic Hotel, and there's free on-site parking. If you're coming by train, we're only a 10-minute walk from Harrogate station.

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

01423 593 936

bupa.co.uk/southlands

 BupaCareHomeSouthlands

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Southlands Care Home

9 Ripon Road, Harrogate HG1 2JA

Inspected and rated

Good



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