

The Old Vicarage



Allithwaite

www.theoldvicarage.care



The Old Vicarage
Allithwaite



About Us

Thank you for requesting our brochure; we hope the information included provides a good insight into what level of care we can offer you or your loved one/s.

The Old Vicarage is a registered residential care home providing quality care and accommodation for up to nineteen residents. There are sixteen rooms, of which thirteen are single, three are large and six have ensuite facilities. Nursing care is provided by local General Medical practices. Our home is nestled on a quiet country road in the village of Allithwaite, which is 1.5 miles from the coastal town of Grange-over-Sands. We are fortunate to be located within a short distance from the English Lake District and have excellent views of the majestic Morecambe Bay. Regarding transport links – we are just 20 minutes away from Junction 36 of the M6 and we have three railway stations which are Grange-over-Sands, Kent's Bank, and Cark.

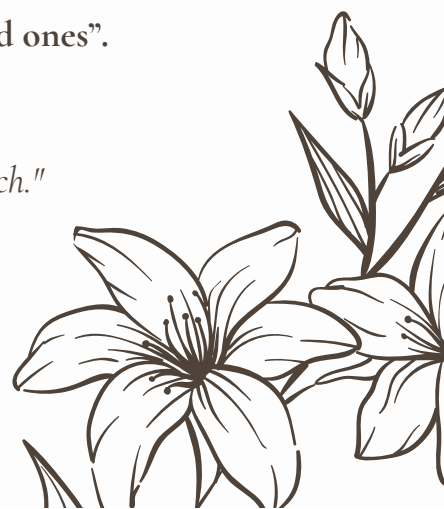
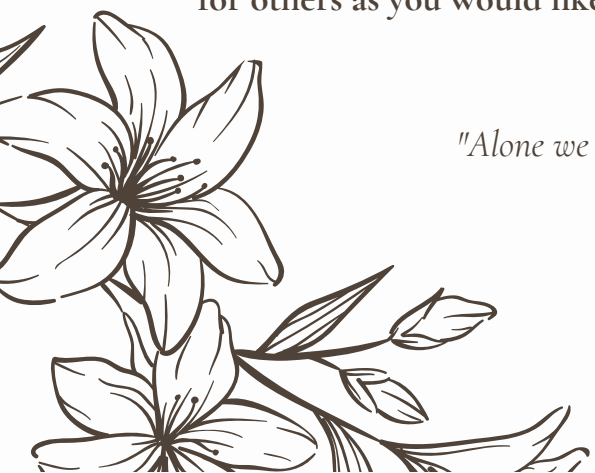
Kamal Siddiqi is the registered owner of The Old Vicarage; Kamal's parents bought the home in 1994 and their legacy is the continuation of our ethos of care - "to care for others as you would like others to care for you and your loved ones".

"Alone we can do so little; together we can do so much."

Helen Keller



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Our Care

The Old Vicarage can offer a personalised care package for a range of conditions and specialises in the care of those diagnosed with dementia. We offer care packages for those aged sixty-five and over, including married couples or partners, who because of physical or mental incapacities, are no longer able to live at home. However, currently, most of our residents are aged eighty and over. We operate a strong diversity policy with respect to both residents and staff alike and are committed to ensuring that no one is excluded on the grounds of their ethnicity, religion, or culture. We endeavour to meet the cultural needs of each resident. We offer a 'one-month occupancy trial agreement' which enables you and your loved ones to decide if The Old Vicarage is suited to their needs. This first month provides the opportunity for both the staff and your family member/friend, to get to know each, to identify needs and lifestyle preferences, and to develop an agreed care plan. We also provide a Day Care package and Respite Care which ideally provides an insight into the care we can provide to suit either you or your loved one/s.

"It isn't what we say or think that defines us, but what we do."

Jane Austen



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Person Centred Care Plan

A Person Centred Care Plan Agreement includes the following:

- The resident's choice of daily routines, which includes food preferences and any specific dietary requirements and similar matters.
- It will cite preferences with reference to how they prefer to be addressed and provide clarity regarding the residents' perspective regarding dignity, respect, and privacy in relation to their care.
- We find this is particularly important in relation to any intimate personal care which requires staff assistance.
- It includes details of health care needs, medication, details of GP and any community nursing or other therapeutic services provided or that the resident commissions for her or himself.
- The care plan also includes details of residents' social interests and activities and how these are met including any arrangements to attend religious services of their choice.
- Notes the choice of each resident to request flexible mealtimes and a choice of taking their meals in either the dining room or within their own bedroom.
- Agreed arrangements for contact with relatives, friends, and representatives

"Age is an issue of mind over matter. If you don't mind it doesn't matter."

Mark Twain





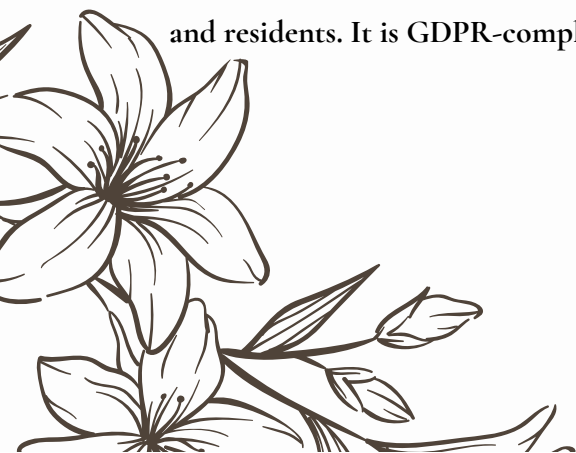
Adapting to Change

Personal Care Plans are continually reviewed to encompass the increase in levels of care and support when a resident's condition changes. Some of our long-term residents and many applicants may need higher levels of care and support than originally planned.

We strive to adapt to all changes in care needs and to work towards offering the highest level of care with respect and dignity according to their individual needs and wishes. The chief purpose of a care plan is to positively address individual and combined needs and is updated at least every 6 months, but more often if the resident's care needs change.

Transparency of Care

In February 2022 we phased out paper record keeping and introduced digital Mobile Care Monitoring, provided by Person Centred Care Software, one of the leading medical software companies in the UK. The benefits of this new system are: • It enables us to reduce the time spent on paperwork and focus more on providing excellent care. • Improves connectivity with hospitals and other care professionals with the instant transfer of medical information when required. We have also replaced the Visitor Book in our reception area, with a Digital Reception System which links with the MCM software. This enables us to accurately record the entry and exit of all staff, visitors, and residents. It is GDPR-compliant and CQC approved.





Activities Programme

We are fully committed to providing engaging activities for positive stimulus. We plan for both monthly and annual events with some examples below:

Coffee mornings

Barbeques

Annual Strawberry Fayre

The residents Christmas party

Easter egg hunt in The Old Vicarage gardens

Bonfire Night party for residents & their families

Monthly food theme meal

Making Old Vicarage chocolate

Visits to wild animal sanctuaries

Visits from harpists and other musicians

Visits from owls/ lambs, Shetland ponies & horses

Pamper days

Just to name a few....

We don't stop playing because we grow old; we grow old because we stop playing."

George Bernard Shaw



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Keeping Informed

We like to keep all families and friends of our residents informed of our latest news. The Old Vicarage Times for Families & Friends is produced once a month and can be either emailed or posted. The newsletter as seen here is published on a quarterly basis in Grange Now and is posted on social media. There is also a private Facebook page for the families and friends of relatives.

 <i>The Old Vicarage</i> <small>Allitwate</small>	THE OLD VICARAGE TIMES	June 2023 edition
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VIVE LA FRANCE!



Over the recent months, Jill and Karen decided to create activities that celebrate countries around the world! Many of our residents are very well travelled and the first 'Alan Whittaker' style activity, focused upon France, with emphasis upon Paris. Seen here, is a virtual experience of the Eiffel Tower lift with panoramic views from the top of the tower, viewed on our nine-screen immersive TV wall. Jill even said the visual impact was so lifelike, it could even trigger vertigo!

The 'Oh là là France jour' was a success and as Del Boy would say, "Bonnet de douche!." The next country to explore will be Australia, or so Skippy has told us!

WELCOME ABBIEJO!

We are delighted to introduce you to AbbieJo, our new Activities Coordinator. We wish her success in her new role, and we know many of our residents are looking forward to a new activities programme.

We are recruiting care staff and would love to hear from applicants who wish to join our team. For more information go to our website.



IMMERSIVE TV

To enjoy the full benefit of the Immersive Screen Project as provided by Lancaster University, who are researching the cognitive impact of the immersive screen as an aid for those with aspects of dementia, we decided to subscribe to 'My Life TV' which has a fabulous collection of vintage TV and British Film Institute classics, stimulating quizzes, reminiscent viewing, armchair exercise programmes and sing-along programmes. And not forgetting the very meditative 'Slow Television' programme which has such a calming impact on everyone at The Old Vicarage!



STRAWBERRY FAYRE

COME AND VISIT US AT OUR STRAWBERRY FAYRE ON 15TH JULY 2023. FOR MORE INFORMATION TAKE A LOOK AT OUR AD.





Dining at The Old Vicarage

At the Old Vicarage we are fortunate to have two qualified cooks who provide quality, traditional, homemade food for our residents. We cater for all special dietary requirements and meals can be adapted to suit individual tastes. Menus are continually prepared in advance and as per the availability of seasonal produce. Fresh herbs are hand-picked from our kitchen garden, and we have a small orchard with apple, cherry, and pear trees, all of which are used for delightful desserts. We are also incredibly lucky to be able to pick our very own strawberries which are ideal for our splendid cream teas, which are served to our residents on the lawn, if the weather is permitting. All mealtimes are flexible, and residents can arrange to have their meals in their own rooms or in the dining room. We can cater for vegetarian, vegan, and special dietary requirements. Overleaf are some examples of the menus we offer.





A Menu Sample

Breakfast Menu Residents can choose from a wide range of foods & drinks including:

Freshly squeezed orange juice/ grapefruit juice/cranberry juice

Toast & Spreads Porridge Boiled / Poached / Scrambled Eggs

Prunes Grapefruit Segments

Cereals Bacon & Sausages

Lunch and Tea Menu Examples Sunday Lunch Menu

Roast Pork Or Roast Chicken Roast

Potatoes & Creamed Potatoes

Cauliflower Cheese & Swede with Gravy

Mini Trifles Or Yoghurt

Tea or Coffee

Sunday Tea Menu

A Selection of Open Sandwiches served with Crisps (Egg, Cheese, Ham)

Caramel Shortbread

*“If more of us valued food and cheer and song above hoarded gold, it
would be a merrier world.”*

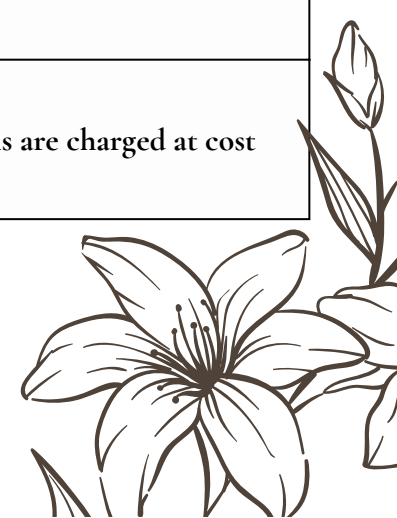
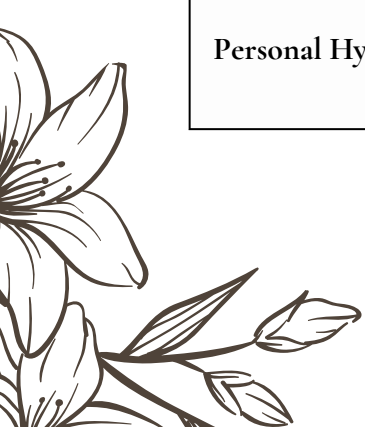
J.R.R.Tolkien





Care Costs

ROOM TYPE	ROOM PRICE PER WEEK
Long Term Stay (Low dependency clients)	
Single Room	From £1200
Double Room with one occupant	From £1200
Double Room with two occupants	£2400
Medium Dependency Clients	As above + £50
Short Term Stay	Standard rates apply
Day Care (full day)	£12 per hour
Hairdressing	Price set by hairdresser
Chiropody	Price set by chiropodist
Personal Hygiene Items	All personal hygiene items are charged at cost





Additional Costs

Individual Person Centered Care Plan Fees start from £1200 per week depending upon the level of care required and the size of the room. Fees are paid one month in advance and include care costs, meals, accommodation, and an on-site laundry provision. Fees are reviewed annually in April or if it is necessary to amend the service user's Care Plan in accordance with an increase in care. Additional costs include the following personal items and service provisions; hairdressing, chiropody newspapers, magazines, books, tapes, personal hygiene products e.g., incontinence pads, creams, denture cream, and deodorant, etc.

Invoices for both additional provisions and services are forwarded to either the registered fee payer or resident on a monthly basis. Or, residents may wish to make their own arrangements for buying such services. Please refer to The Old Vicarage Price List which provides itemised costs

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Helen Keller



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Enquiries & Applying for a Place

If you would like to ask for further information or apply for a place, our care home management team, under the guidance of Kamal Siddiqi (The Old Vicarage owner) are available to listen and offer professional guidance. We recommend booking a visit before continuing with an application, as we believe it is better to see the accommodation and care available beforehand, to form a clear perspective with regard to your requirements. We carefully consider each application for care and endeavor to provide confirmation of a place within seven days of receipt of your application.

Please email Kamal Siddiqi at theoldvicaragecarehome@gmail.com

or telephone 015395 33703.

We look forward to hearing from you.

"It's not the years in your life that counts. It's the life in your years."

Abraham Lincoln



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