



# Wilton Manor

Your local Bupa care home  
in Southampton.





# In the heart of Southampton

**Our modern home offers a warm welcome to those living with dementia in need of residential or nursing care. New residents are instantly treated with kindness and quickly become a part of our community.**

We're within walking distance of the high street, with its choice of cafés and shops. And just five minutes from the Titanic Museum and Asylum Green.



## **Our care team**

At Wilton Manor, we're all highly trained in providing 24-hour tailored care, including our on-site nurses. 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.



**“My mum has now lived here for 3 years. The entertainment and stimulating games are so clever! She is so well loved and cared for, that saying thank you isn't enough to express our gratitude.”**

**Daughter of resident, September 2024**  
Source: carehome.co.uk



# What we offer

Our spacious home is split across three floors, each with a choice of spaces to relax or socialise in. We've made everywhere as accessible as possible, even adding clear focal points in the garden to make it easier for residents to find their way around.

## Types of dementia care

- Nursing
- Residential
- Short stay
- Convalescence
- Palliative

## 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 and what makes them happy. Then we can really personalise their care and help them live the way they want to.

## Nursing care

Friendly nurses are on duty at all times for residents in need of dementia nursing, which is particularly helpful if their condition requires regular medical attention.



## Variety of comfortable bedrooms

We have 69 bright and airy rooms, some with a lovely view of the garden. You can also expect:

- en suite W/C and hand basin
- showers and baths around the home
- flat screen TV in some rooms
- telephone point (bill payable)

Residents are encouraged to bring some familiar items from home to help them settle in. This could be some pictures or a keepsake. Even a small piece of furniture.



## Services available to all

- GP clinics within the home twice a week
- Advice from a nutritionist
- Visits from tissue viability, and speech and language nurses
- Physiotherapy
- Pet therapy (cat and dog)
- Garden therapy
- Religious services
- Wifi throughout the home
- Laundry and cleaning

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

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



## Shared areas around the home

There are lots of bright and inviting social spaces here. We have six lounges in total, half offering picturesque views of the garden. Residents can also spend time relaxing in our on-site salon, or meet with loved ones in our family room.

Outside, they can head into our secure garden for some fresh air. Everyone's given the opportunity to do a spot of gardening - we've even raised the fruit and vegetable patches and the flower beds for those who use a wheelchair.



## 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 3933**

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





# Life at Wilton Manor

Everything we do here is based on our residents' interests and how they like to spend their time. They're encouraged to get involved with fun events, as well as everyday activities like setting tables and folding clothes, to help keep them stimulated.



## Activities

Our activity coordinators plan lots of engaging things to do. There's something for everyone, including those who are less mobile, including:

- cooking classes
- reminiscence sessions
- visits from birds of prey and a zoo lab
- pamper sessions
- reading poetry and playing instruments
- flower-arranging and crafts
- visiting entertainers like singers
- trips to places where residents used to work or visit to encourage conversation



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 takes inspiration from residents' like, dislikes and any special dietary needs when preparing our range of delicious meals. We have a dining room on each floor, one leading into the garden area. Residents are welcome to eat in one of those, or in the comfort of their own room.

Around 8pm each day, a trolley of cold sandwiches and snacks is taken round to residents. For those that feel peckish after this, we have a 'Night Bite' menu they can order from.

## Meal times

Set meal times ensure that residents can enjoy their food without interruption. If they'd prefer to eat at a different time, we're happy for them to do so.

## Celebrating special occasions

Our family room is a great place for hosting private events like birthday parties – just book in with reception. For an additional fee, we'd be happy to prepare some food for everyone.



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## Visits from family and friends

Loved ones can pop by any time for coffee or an activity. You're welcome to stay for the occasional meal, or you can set up a regular plan to join us at dinner with reception – we just ask for a small donation for this.



**"I would definitely recommend this care home. It has a wonderful family atmosphere and all the staff are kind and caring. They all look after Mum so well and completely understand her care needs, as well as her likes and dislikes."**

**Daughter of resident, July 2024**  
Source: carehome.co.uk



# Visiting Wilton Manor

**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 on the corner of Wilton Avenue and Carlton Road, opposite St. Anne's Catholic School.

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

**023 8098 3933**

**[bupa.co.uk/wilton-manor](https://bupa.co.uk/wilton-manor)**

** BupaCareHomeWiltonManor**

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## Wilton Manor Care Home

Wilton Avenue, Southampton SO15 2HA

Inspected and rated

Good



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