



# WITHENS NURSING HOME



Where our family cares for your family





# Welcome

to Withens Nursing Home

Withens Nursing Home is dedicated to creating a vibrant, person-centred home that is engaging, stimulating, and tailored to residents' needs.

We are proud to have dedicated and skilled teams who, regardless of their role or department, view supporting your loved ones as a vocation, not just a job.

Our values of Respect, Care and Honesty were chosen by our teams because those are what they felt were the most important attributes to bring to each moment of every day.

Threaded throughout all of the care and support our teams provide is a commitment to continually strive for excellence by ensuring innovation and diversity are fundamental to all that we do.

Each and every member of the team at Withens Nursing Home is dedicated to ensuring each resident is able to continue living an engaging and fulfilling life centred on their individual needs



# OUR HOME

Nestled in the picturesque village of Southfleet near Dartford, Withens Nursing Home offers bespoke, person-centred care for individuals with nursing needs, whether on a permanent or short-term basis.

Surrounded by beautiful countryside, our home provides a tranquil and welcoming environment with spacious living areas and comfortable bedrooms across the ground and first floors. Thoughtfully designed to support residents' individual needs, our setting promotes both independence and emotional well-being.

More than just a care home, Withens is a vibrant community, much like the village itself. We enjoy close connections with local amenities, including charming country pubs, the village hall, and a delightful garden centre with a café.

Our convenient location near the A2 also offers easy access to Beacon Wood Country Park and Bluewater Shopping Centre.

At Withens, we take great pride in our strong community ties, regularly engaging with local groups to enrich the lives of our residents.



Watch our  
*Welcome to  
Withens Nursing  
Home*  
video here!

*Scan to view*



# A HOME FROM HOME

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At Withens Nursing Home we create a home from home experience which is tailored to each residents' personal needs and preferences.

Our facilities have been designed to a high standard using modern equipment and technologies to support daily living, whilst the living areas and bedrooms are decorated to a high standard using quality bespoke furniture and soft furnishings.

## Bedrooms

Our bedrooms are contemporarily decorated and beautifully designed. The bedrooms come complete with a full set of furniture consisting of profiling bed, wardrobe, bedside table, chest of drawers, television and a relaxing seating area.

All bedrooms include a nurse call system giving you reassurance that a member of the care team is always on hand.



## A day in the life of a resident at Withens Nursing Home

Mornings at Withens Nursing Home begin with a delicious breakfast, followed by the comforting aroma of freshly brewed coffee and a mid-morning indulgence of homemade cake. Residents can enjoy this in the lounge while reading a book, working on a crossword, or simply relaxing in good company.

For those who love the outdoors, a leisurely stroll around our beautifully landscaped gardens offers the perfect opportunity to take in the fresh countryside air and admire the views from our patios. If socialising is more your style, you can join in with one of our many engaging activities or enjoy friendly conversation with fellow residents.

Mealtimes are a highlight of the day, with our contemporary dining rooms creating a warm and welcoming atmosphere. Our chefs prepare delicious, seasonal menus designed to cater to all tastes and dietary needs, making every meal something to look forward to.

As the day winds down, there's no better place to relax than our cosy conservatory, where you can take in the peaceful views and perhaps even catch a glimpse of a rabbit or squirrel in the gardens.





# TYPES OF CARE

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At Withens Nursing Home, there is an experienced kind and compassionate Nursing and Care Team on hand 24-hours a day, 365 days a year. Our teams provide care and support to enable the people who live with us to lead a fulfilling life, whilst maintaining as much independence as possible.

## Our Nursing Care

Our nursing communities provide 24-hour nursing care for people who require help with daily living and have a condition that requires the regular daily supervision of Registered Nurses supported by trained Care Assistants.

With extensive clinical experience, the team of nurses, each registered with the Nursing & Midwifery Council, are trained to the highest standards and can support those who have complex healthcare conditions which require regular nursing procedures. These may include administering certain types of medication, managing pain and clinical interventions.

## End of Life Care

End of life care is the term used to support and care for people with life limiting conditions in their final years, months, weeks and days of their life.

RCH Care Homes provide end of life care to a high standard which includes the management of the physical aspects of the condition, such as pain and other symptoms, as well as providing emotional, social and spiritual support which fulfils each person's needs and wishes along with those of their family and friends.

Our End-of-Life care is resident-centred and all caring conversations involve the resident and those that they want involved.

Our team are fully trained and work as a multi-disciplinary team with local Hospices, Palliative Care Nurses and Health Professionals to ensure the principles of good end of life care are upheld.



## Short Stay care

At Withens Nursing Home, we offer short stay care (also known as respite care) which provides a variety of benefits for both the person needing care, as well as their family.

It is an opportunity for everyone involved to have a break knowing that their loved one's care and wellbeing needs are being met by the trained team in one of our safe and welcoming homes.

As with all the residents who live with us, if you are on a short-term stay, a personalised care plan will be developed in partnership with you and your closest relative.

This ensures all of your care needs are met during your time with us.

A short stay can be a way of checking if you would like to try living at Withens Nursing Home, especially if you are initially unsure whether moving into care is the right choice for you.

It will give you the opportunity to experience the high-quality care and support available, as well as get to know the amazing Lifestyle Team who organise an exciting and varied activities programme for you to choose from. There is something for everyone and we encourage you to take part in as many activities as you wish.

*Making friends*





# OUR CULINARY AND HOSPITALITY EXPERIENCE

Great food speaks volumes about how we care and, for us, food is at the heart of the home.

To create our culinary experience at Withens Nursing Home, the Catering Team consists of our Chefs and Kitchen Team. The team are committed to promoting each resident's health and wellbeing with wholesome and nutritional seasonal menus which are freshly prepared in our homes every day. The Chefs work alongside the whole care team to understand each individual resident's preferences and special dietary needs.

The warm, welcoming atmosphere of our dining experience is a perfect opportunity to connect and meet your friends for lunch, share stories, and relish the companionship that makes every bite more delightful. Whether you're catching up over a delicious meal or simply enjoying the lively conversation. Our dining experience is about more than just food—it's about community, comfort, and creating memories together.

***"Our qualified cooks work hard to ensure our menus are seasonal and tasty, regularly consulting with the residents to discover what type of foods they'd like to see on the menu. Personal choice and preference are important, so with 2-3 daily main meal and supper options to choose from our menus have just that! And if nothing takes your fancy then a special order can be placed. All of our meals are freshly prepared and cooked in our professional kitchens using fresh vegetables, meats and fish where possible and at all times maintaining a high standard of quality"***

Withens Nursing Home, General Manager



## Lifestyle and Activities

The Lifestyle Team support residents to enjoy the things they have always done and want to continue, as well as providing opportunities for new experiences using the latest technology and innovations in care. By gathering an individual's life history, we can discover residents' interests, needs, wants and wishes, enabling us to provide an award-winning activities programme that is interesting and enjoyable, focusing on what they can still do and providing appropriate levels of support and encouragement.

## Technology and Innovation

These include our Magic Table 360 projector, an innovative tool designed to enhance the well-being of our residents. By projecting interactive games and activities, it encourages engagement and social interaction.

These innovative technologies can be incorporated into daily social plans and allow residents and the Lifestyle Teams to explore together and chat through experiences.

***"We chose this home for Mum because it felt instantly homely and welcoming. All staff that I've met have been friendly, helpful and genuinely caring and even though Mum is bed-bound and can't take part in activities, the lovely activities staff do come in to chat to her too. We particularly liked the fact that some staff have been at Withens for many years. Mum's dietary needs are well catered for, the food is good and freshly cooked on the premises daily, there's always plenty on offer, even if it's not on the menu. Mum's room (with lovely garden view) seemed to have been freshly decorated before arrival and every effort was made by the caretaker to help make her room and outlook personalised, hanging pictures and he even put fairy lights up for her! It's been two months since Mum came here and I honestly feel we made the right and best choice in homes for her in our area. Thank you all."***

Daughter of Resident,  **carehome.co.uk** review 2024





## Our Housekeeping Experience

The dedicated Housekeeping Teams support residents by ensuring that all living areas of the care home are comfortable and clean. It's the little touches that make that homely difference, such as polishing the family photographs on the bedside cabinet and ensuring that a resident's clothes are laundered to a high standard.



## Our Facilities

### Communal Areas

-  **Hair/Beauty Salon**
-  **Dining Lounges**
-  **Social Lounges**
-  **Conservatory**

### Bedrooms

-  **Bedrooms with en-suites**
-  **Television**
-  **Telephone points**
-  **Nurse call system**

### Supportive Facilities

-  **Nurse Call System**
-  **Lifts**
-  **Wheelchair accessible**
-  **Assisted bathrooms**
-  **Wi-Fi**
-  **Hoists**

### Outside home

-  **Secure dementia-friendly gardens and patios**
-  **Wheelchair accessible gardens**
-  **Car parking**

## Our Family, Caring for Your Family.

At RCH Care Homes, we understand the importance of delivering high quality care that is delivered by well trained, competent and confident team members. The General Managers and Heads of Departments are integral in managing and leading their care homes on a daily basis.

RCH Care Homes have adopted values-based recruitment for all appointments. In simple terms, we explore the values of our candidates, what's important to them, how they react in specific scenarios, how they work as part of a team and why they have chosen Health and Social Care as a career.

We operate a safe recruitment policy so all of our teams are thoroughly checked and validated prior to commencement of employment.

The Regional Training Manager delivers a bespoke 3-day induction for new team members. This covers all mandatory subjects (written, practical and theoretical components) and RCH-specific training, all of which are validated by competency assessments.

Once a new team member starts their induction in a care home, they are allocated a buddy / mentor to support them.

All care team members are required to complete the Care Certificate and relevant QSF/NVQs for ongoing development.

Withens Nursing Home is regulated by the Care Quality Commission (CQC) who is the independent regulator of health and social care in England. CQC monitor, inspect and regulate care homes. CQC publish their Inspection outcome including an overall rating.

[www.cqc.org.uk](http://www.cqc.org.uk)

Making friends



*"Lovely care home! Friendly, cheerful caring staff who know their residents well. The roast dinner was lovely and the entertainment this afternoon has had residents, visitors and staff singing along. A real homely, happy place to be."*

Google review 2024



# MY LIFE STORY

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When moving in to one of RCH's Care Homes, part of this process is supported by our 'My Life Story' initiative.

Understanding what a person likes or dislikes is important as that information can help to provide a lifestyle plan that suits them best. The involvement and guidance from the resident, family and loved ones can help us build relationships, an important step in being able to support that person to live the life they choose.

As part of our holistic approach, the 'My Life Story' initiative supports our teams with caring for the 'whole' person, covering their physical and emotional needs. This ensures they are recognised and valued as a unique individual, with experiences, skills, strengths and abilities, preferences and needs.

## Rediscovering You

*'My mother joined Withens at the end of August and I must say how impressed I am with her care so far. Any teething problems were quickly resolved by the superb management and the whole team. The fact that some of the staff have been at Withens for over 20 years speaks volumes. The food is excellent, and the ongoing refurbishments are making it even more comfortable for all of the residents and their families. Making it more like a home-from-home rather than a nursing home. Carry on doing what you are doing!'*

Daughter of resident,  [carehome.co.uk](https://carehome.co.uk) review 2024







"I have been visiting The Withens Nursing Home for a few months to see my friend. I have always been made to feel welcome. The home is genuinely a home from home to the residents who are so well cared for. From the carers to the activities, they really do try to cater for everyone. My friend is encouraged to join other residents in the lounge where they have many activities but on days when she feels like staying in her room the staff visit regularly to check on her and always with a smile."

Friend of resident,  **carehome.co.uk** review 2025



# WITHENS NURSING HOME INFORMATION

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## How to find us

**Withens Nursing Home**  
**Hook Green Road, Southfleet, Gravesend, Kent DA13 9NQ**

Our home can be found along the rural Hook Green Road, in-between Rectory Meadow and Sedley.

## Public transport

1.4 miles	A2
2.0 miles	Longfield High Street with good bus links
2.0 miles	Longfield Railway Station

## Contact us



01474 834 109



[care.withens@rchcarehomes.co.uk](mailto:care.withens@rchcarehomes.co.uk)



[rchcarehomes.co.uk](http://rchcarehomes.co.uk)





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