



# WOODLANDS CARE CENTRE



Where our family cares for your family





# Welcome

## to Woodlands Care Centre

Woodlands Centre 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 Woodlands Care Centre is dedicated to ensuring each resident is able to continue living an engaging and fulfilling life centred on their individual needs.

# OUR HOME

Woodlands is situated in the historic town of Cambridge. We offer bespoke person-centred care for individuals living with Nursing and Dementia needs on a permanent and short-term basis.

Our home is set over three floors, with each community dedicated and designed to care for the resident's specific needs.

We have specially designed Dementia friendly environments, which promote independence and emotional wellbeing.

At Woodlands Care Centre, we are very proud of our community links and regular involvement with local community groups.

Woodlands Care Centre enjoys a prime location close to a variety of local amenities, including shops, cafés, and restaurants. Our home is surrounded by Cambridge's rich history, with landmarks such as the River Cam, renowned museums, and beautiful churches just a short distance away. We are also only 10 minutes from the scenic Milton Country Park.

Easily accessible, the home is near Junction 32 of the A14 and just 10 minutes from Cambridge Train Station, with excellent connections to local taxi services for added convenience.



Watch our  
*Welcome to  
Woodlands Care  
Centre*  
video here!

*Scan to view*





# A HOME FROM HOME

At Woodlands Care Centre 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

The en-suite 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 Woodlands Care Centre

After breakfast, why not continue your day with a freshly brewed coffee and a slice of homemade cake in one of our welcoming lounges, where you can also enjoy a good book or challenge yourself with a crossword at your leisure.

Take a gentle stroll through our beautiful gardens, soak in the peaceful surroundings, or join friends for a chat and one of our many engaging activities. We offer a vibrant social calendar with something for everyone, including pottery classes, choir sessions, a friendly coffee group, flower arranging, and themed reminiscence gatherings. Residents can also enjoy our film club, regular outings to the local garden centre, and even trips to the seaside for a breath of fresh coastal air. Of course, you can always simply relax and unwind in the comfort of your home.

Looking to indulge in a little self-care? Visit our fully equipped hair and nail salon, where our professional hairstylist offers everything from a quick blow-dry to a full cut, colour, or restyle.

Mealtimes are a delight in our contemporary dining rooms, where you can enjoy a warm, homely atmosphere and savour freshly prepared, seasonal dishes crafted by our talented chefs.



# TYPES OF CARE

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At Woodlands Care Centre, 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.

## Our Residential Dementia Care

Our care is underpinned by the philosophy that residents should lead meaningful lives, with the opportunity to be active and independent despite any physical, sensory or cognitive impairment they may have.

A large part of living at Woodlands Care Centre is feeling empowered to live life to the full; the teams are here to enable you to spend each day doing the things you love and enjoy.

Personal care is for people who require help with daily activities such as washing, getting dressed, eating and drinking, getting around and interacting with others.

For people living with dementia, personal care can also include support with communication, assistance with their daily routines and help choosing how to spend their day in a way that improves their mood and makes them feel settled.



## 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.

The team of Registered Nurses and Care Assistants 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 Woodlands Care Centre, 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 Woodlands Care Centre, 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 Woodlands Care Centre, 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."***

Woodlands Care Centre, 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 dementia 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.

## The use of Montessori approach for those living with dementia

The Montessori approach in our home supports residents' strengths, fostering creativity, independence, and individuality. Familiar items, like household tools or craft materials, are available to evoke memories and encourage engagement, whether it's arranging flowers, tidying up, or making a drink. Residents have the choice to interact as they please, promoting a sense of independence, achievement, and belonging.

## Technology and Innovation

These include the Rainbow Digital Tablet, a giant touch screen that offers fun therapeutic benefits through simple word games, puzzles and brain training in a friendly, accessible format.

Also, 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.





## 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**
-  **Garden Room**

### 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**

# DEMENTIA FOCUS

At RCH, we are passionate about providing excellent care for residents, delivered by teams who are committed to making a difference.

The RCH Care Homes' Dementia Strategy, 'By Your Side', guides us in the delivery of care and support that recognises the individual needs of residents living with dementia in our homes. We train the team to see the person first, and take a holistic approach to understanding everyone's unique experience of living with dementia.

**The RCH Care Homes' Dementia Strategy's five pillars of excellence provide us with a clear focus for the delivery of person-centred care.**

## Pillar One

### Partnership Working with Carers, Family and Friends

We ensure all residents' carers, family and friends are recognised and valued as vital partners in care by encouraging them to be involved in planning the support strategy for their loved one, helping them to feel confident that we are delivering truly person-centred care.



## Pillar Two

### Our Home Environments

We have created beautiful homes and gardens that meet residents' changing needs and help to make day-to-day life as comfortable as possible. The environments have been specially designed to promote and enable independence, reduce anxiety and increase wellbeing, helping residents to live well with dementia.





## Pillar Three

### Nutrition, Hydration and a Mealtime Experience

Our team of chefs provide freshly prepared meals which help create a mealtime that meets each resident's individual needs, whether that is a dining room experience, food on the go or in-room service. We help residents to experience community and friendship fostered by social mealtimes, and to continue to take pleasure in eating and drinking.



## Pillar Four

### Lifestyle, Activity and Meaningful Engagement

The Lifestyle Team help 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 dementia care. By gathering an individual's life history, we can discover residents' interests, needs, wants and wishes, enabling us to provide an activities programme that is interesting and enjoyable, focusing on what they can still do and providing appropriate levels of support and encouragement.



## Pillar Five

### Specialist Training

Supported by a team of Dementia Leads, all team members that care for people with dementia receive ongoing specialist training and support, drawing on the latest evidence-based approaches. We also partner with industry leaders to deliver a range of projects aimed at improving resident wellbeing and supporting team development.



## 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.

Woodlands care Centre 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



***"My dad has been at Woodlands for nearly 12 years now and we have never had any issues. The staff are friendly and the care he receives couldn't be better which gives me and my family peace of mind. If I could give 10 stars I would."***

Daughter of resident,  [carehome.co.uk](https://carehome.co.uk) 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 has been living at Woodlands for over three months and I have been extremely impressed with the friendliness, attentiveness and professionalism of the staff. Rubina, the general manager, inspires great confidence and I am able to sleep better knowing that my mother is in a safe environment where she is provided with all of the care she needs."***

Son of resident, Google review 2025







"We very much appreciate the quality of care provided by all the staff at Woodlands. The home is clean and relaxing with lots of activities for the residents. Much thought and effort has been put into making the whole atmosphere so peaceful. The staff along with the Manager are very dedicated and gentle in nature. They take time to discuss things with us and always respond with a cheerful smile. I would highly recommend Woodlands for your loved ones in need of care."

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



# WOODLANDS CARE CENTRE INFORMATION

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## How to find us

**Woodlands Care Centre**  
**Hawkins Road, Cambridge CB4 2RD**

Travelling around Hawkins Road, the small sideroad to our home can be found on a bend near house number 78.

## Public transport

1.7 miles      Cambridge North Railway Station  
1.7 miles      Junction 32, A14  
3.0 miles      Cambridge town centre with good bus links

## Contact us



01223 324 444



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



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





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