

### Location

Sycamore Care Centre is located at Nookside, Grindon.  
Easily accessible from the A183 Chester Road.

### By car

#### From A19 North & South

Come off the A19 at the A183 slip road for Sunderland / Chester -le-Street. Follow the A183 over two roundabouts. At the 3rd roundabout turn left. Take your first right into Nookside and Sycamore Care Centre is 1st on the left.



### Sycamore Care Centre

Nookside, Grindon, Sunderland SR4 8PQ

Tel: 0191 525 0181 Fax: 0191 528 8908

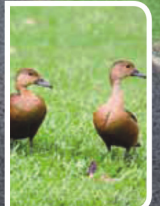
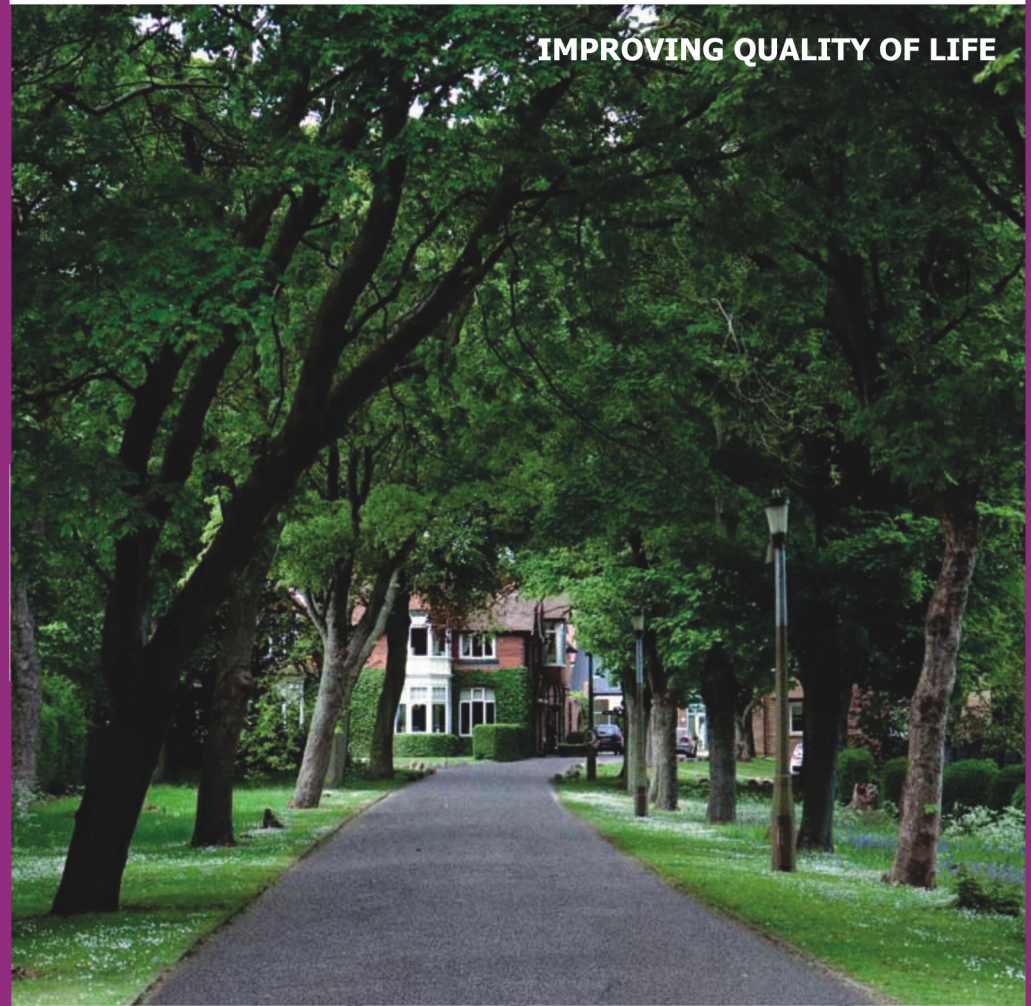
Email: [care@sycamorecarecentre.co.uk](mailto:care@sycamorecarecentre.co.uk)

Website: [www.sycamorecarecentre.co.uk](http://www.sycamorecarecentre.co.uk)



# Sycamore care centre

IMPROVING QUALITY OF LIFE





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## Our Home

Sycamore Care Centre is a private care facility set in 3 acres of mature tree lined grounds at Nookside in Sunderland, providing a superior service of care in an elegant and luxurious environment.

Clients using our service can enjoy a real 'home from home' environment which is of the highest standard. They will experience a real quality of life in an environment of quiet hospitality. We recognise our clients as individuals and we believe in a higher level of care, tailored to personal needs.

Whether it is for yourself or a loved one, we fully appreciate that choosing a care home, certainly the right one, is one of the most difficult decisions you will ever have to make. Whether you require short stay or permanent care, our aim is to make your time with us as comfortable and homely as possible, giving you the support and care that is needed.

The Lodge, the original main house, is a fine example of Victorian architecture. Its history dates back to 1891 when it was built for the Hedley family, who's daughter (one of seven) married a member of the Doxford ship building family, who were living at Grindon Hall at that time. It now provides a beautiful setting for our Care Centre.

We offer many types of care and support for adults of all ages. This includes nursing and care services for older people and people living with dementia. We aim to support each person individually to continue to do the things they are able to do, for as long as they possibly can and to recognise where we need to give care and support.

Sycamore Care Centre has 100 places, which comprises of;

**The Lodge**, a 41 bed residential care and a dedicated safe dementia care unit. The individual needs of our service users are paramount whilst ensuring that their dignity, independence and privacy are respected and preserved at all times.

**The Mews** is a purpose built, modern, friendly facility and has 52 beds separated into 4 smaller units providing nursing care for dementia patients; general nursing care; short break residential and short break dementia care; permanent residential and permanent dementia care.

We also provide Intermediate Nursing Care for medical patients who transferred to us from Sunderland Royal Hospital for convalescent care and reablement before returning home.

**The Villa** is a self contained 7 bedroom bungalow caring for patients with Acquired Brain Injury or other nursing needs.

*"The individual needs of our service users are paramount"*

## Accommodation

Sycamore Care Centre is equipped and furnished to a very high standard with quality furniture and fittings used throughout the building.

## Staff

Sycamore Care Centre employs a dedicated and experienced team of professionals committed to providing you with the highest standards of care. These include Registered Managers, experienced Registered Nurses, Unit Managers, Care Staff along with Chefs, kitchen and housekeeping staff. We also employ Activity Coordinators, Handymen, minibus drivers and gardeners.



## Medical and Personal Care

**DOCTORS** – Residents are encouraged to attend their own GP wherever practical. However, if this is not the case, the Manager will arrange a Doctor who practices closer to the home.

**HOSPITAL APPOINTMENTS** – and trips to Doctors will be arranged with an escort as required.

**DENTIST** – We have a visiting dentist who will carry out check-ups. It may be necessary to have some treatment at the Dentist's premises – we will arrange this if required.

**MEDICATIONS** – Residents are encouraged to administer their own medication whenever possible. However, our staff will coordinate ordering prescriptions and carry out medication administration and treatments whenever necessary.

**CHIROPODIST** – Visits to the National Health Service Chiropodists will be arranged as required. We will also have a visiting private Chiropodist who will see residents upon request.

**OPTOMETRIST** – We have a visiting Optometrist who regularly visits Sycamore Care Centre.

**CHAPLAINCY** – Whatever your religious beliefs, or even if you have none, the Chaplains who visit Sycamore Care Centre will be happy to help you. Your own Minister is welcome to visit at any time and we have Holy Communion once a month.

**HAIRDRESSER** – can be arranged upon request but also visits twice a week in our own hairdressing salon. Or if you prefer, your own hairdresser is welcome at Sycamore Care Centre.

**LAUNDRY** – A full laundry service is provided. However, this does not include dry cleaning.

**NEWSPAPERS** – Daily newspapers are delivered to the home.

## Catering

The dining rooms are comfortably furnished and pleasantly decorated. Any meal may be taken in the dining room or your own room. Any special dietary requirements are catered for by our own qualified catering staff. Fresh fruit is available at all times. All food is freshly cooked on the premises.

A typical day consists of the following:

- tea in bed to begin the day;
- breakfast - 7.30 - 10.30am;
- coffee and biscuits - 11am;
- lunch (three courses) - 12.30 - 2pm;
- afternoon tea - 3pm;
- evening meal 5 - 6pm; and
- late night snack and drink before bed.

## Activities

We employ Activity Organisers who with the assistance of staff, provide meaningful activity at a level appropriate to each service users individual needs.

Activities you may get involved in include daily routines, for example meal times, making a cup of tea or a snack, chatting to other service users, listening to music, reading the newspaper or having it read to you. Other activities with Sycamore Care Centre include:

Reminiscence sessions, various trips out to local places of interest in our mini-bus, pampering sessions, arts and crafts, in-house entertainment (singers and cabaret), eating out at local cafés, monthly Holy Communion and church sessions, daily armchair exercises, hairdressing days, garden fete, summer barbecues and harvest festivals.

Feeding our ducks that live in the grounds of Sycamore Care Centre has proved to be very therapeutic for everyone.

We celebrate Birthdays, Anniversaries, and special days for our service users.

## Admission Procedure

We offer a free no obligation day visit, with all care and meals provided, where you can meet fellow residents and staff and acquire a good basic idea of what we are about. We then recommend a four week trial period before you make a definite decision.

## Fees

Where people are looking to enter a care home, a financial assessment will be carried out by the Social Services Department to determine assistance with funding. Our Company Secretary Mrs. Wright will be available at your convenience to advise on any financial matters on 0191 525 0181.

## Quality and Regulation

You can be assured that the treatment our service users receive will be of the highest standard as we are continually monitored by the independent regulator the Care Quality Commission and our care centre is currently rated as an "Excellent 3 Star Service."

If you are looking for a truly caring residence for your family member or loved one, call us.

“It feels very homely, as soon as you step through the front door”

