

Social and Recreation Activities

The Villa provides an informal environment in which activity organisers play an important role. Weekly programmes include:

- Group activities
- Community trip
- Games
- Art and craft
- Video sessions
- Music therapy
- Theme night



Referrals

Referrals can be made by any health or social services professional. Funding may be provided by the local Primary Care Trust, Social Services, solicitors, the individual or any major private medical insurance company.

For enquiries regarding referrals and admissions, for more information about our services or to arrange a visit to The Villa at Sycamore Care Centre please contact the Manager Jimmy Cockburn on 0191 522 5736

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."

How to find us



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

Brain Injury - Neuro Disability and Rehabilitation Centre

Nookside, Grindon, Sunderland SR4 8PQ

Tel: 0191 522 5736

Email: care@sycamorecarecentre.co.uk

Fax: 0191 522 8618

Website: www.sycamorecarecentre.co.uk

Sycamore
care centre



The Villa

Brain Injury - Neuro Disability and Rehabilitation Centre

The Villa-Brain Injury and Neuro Disability Care and Rehabilitation

The Villa at Sycamore Care Centre is a private 7-person specialist bungalow, tucked away in 3 acres of tree-lined grounds at Nookside in the City of Sunderland. You can find us just off the A19 and are easily accessible from Newcastle, Durham, Washington and South Shields.

The Villa Brain Injury and Neuro Rehabilitation Unit specialises in acquired brain injury and neurological rehabilitation. Our service offers excellent care, support and encouragement to help patients regain their maximum physical, emotional and social capabilities in an environment that offers individual care and positive outcomes.

At The Villa, Sycamore Care Centre, we understand that brain injuries or neurological conditions can have a profound effect on a person's functioning. Severe brain injuries and neurological conditions can cause serious physical disability as well as changes in thinking and behaviour.

The effects of brain injury and neuro disability are not only confined to the patient themselves but affect the whole family, friends and work colleagues of an individual. At The Villa, Sycamore Care Centre, we actively encourage families and carers to be part of our rehabilitation and reablement ethos. Research suggests that patients who make the best recovery are those whose families are actively involved.

A high percentage of people make a good recovery from brain injury but appropriate input and at the right time, from a multi-disciplinary team in a specialist environment like The Villa is vitally important. We adopt a rehabilitation model of care for patients with brain injury and neurological disease. Our multi-disciplinary team is responsible for setting goals and a nurse-led team then coordinates the care, which focuses on maintaining or improving the patient's quality of life.

Meet Our Team

- Linda Wrout: Managing Director of the Company
- Judith Dolan: Centre Manager
- Jimmy Cockburn: Manager, Villa and Mews
- Elaine Hoggett: Deputy
- Florence Wright: Company Secretary



Admission Criteria

- Adults 18 years and over
- Medically stable
- Acquired brain injury
- Stroke
- Subarachnoid haemorrhage
- Huntington's disease
- Parkinson's disease
- Multiple sclerosis



We Envisage Our Patients to Need Care of:

- Tracheostomy
- Posture and spasticity management
- Dysphasia
- Low awareness state
- Challenging behaviour

Treatment and Care Programmes

By following a model of rehabilitation our team delivers individually tailored, goal led rehabilitation programmes that meet specific patient needs:

- Person centred
- Joint goal setting
- Individual rehabilitation programme planning
- Community integration
- Continuing rehabilitation
- Accessing community integration and support

Patient Goal, Progress & Achievements & Discharge Planning

Patient goals, progress and achievements and discharge planning are reviewed at regular team meetings and at a quarterly case conference. Active rehabilitation focuses on the person's ability to:

- Regain lost skills
- Build confidence
- Cope with changed expectation for the future

Discharge planning is central to the goal setting process. This ensures that an appropriate discharge environment is identified in consultation with funders and other outside agencies whereby the recommended programmes can be implemented.

Family Support

Support is given to families by providing them with:

- The opportunity to be actively involved in treatment planning
- One easy point of contact for information and advice through our Manager and key worker scheme



Multidisciplinary Team

The unit has a dedicated, caring and experienced team who work closely together to meet our patient's needs. We also have access to a wide range of professionals including:

- Consultants
- GP's are provided from local practices
- Clinical Neuro Psychologist and Psychiatrist
- Speech and language therapist
- Physiotherapists
- Occupational Therapists
- Social workers
- Activity Coordinators
- Qualified nurses and rehabilitation assistants
- Dietitian
- General therapy assistants

Staff Training

Staff training and professional development programmes are established and continuous.

Facilities

The Villa has open and spacious modern facilities, designed and equipped to meet the specific needs of clients and their families. Our general facilities include:

- 7 single bedrooms with ensuite wet room shower and shower toilets
- 1 hi-low specialist bath with hoist system
- 1 shower/wet room
- Rehab gym within the adjacent Mews at SCC
- Accessible kitchen
- Dining room
- Lounge
- All bedrooms have French doors that open onto peaceful grounds
- Level access through out
- Mini bus with wheelchair lift
- Laundry service and we provide machines for those who want to wash their own clothes
- Wheelchair friendly kitchen
- Electric profiling beds with pressure relieving mattresses
- Flat screen televisions in all bedrooms

