



Cedar Falls

Your Happiness Is Our Reward





Welcome

Welcome to Tanglewood, where we pride ourselves on our wealth of experience in providing exceptional care for our residents. Our dedicated team members have been carefully selected based on their expertise, empathy, and genuine commitment to enhancing the lives of those entrusted to our care.

Our vision at Tanglewood is to create a nurturing environment that fosters independence, dignity, and a sense of belonging. We believe that every individual's unique story and journey deserves to be cherished and celebrated. Our values are at the heart of everything we do. We strive for excellence in delivering personalised care that exceeds expectations, promoting well-being, and embracing diversity. We understand the importance of creating a home away from home, where residents feel cherished and supported.

We warmly invite you to experience the Tanglewood difference firsthand. Join our vibrant community and let us embark on this remarkable journey together, providing comfort, companionship, and a sense of belonging to all who call Tanglewood home.



Daniel Rowark

CEO TANGLEWOOD CARE
SERVICES LTD

Why choose us?

At Cedar Falls we provide something for everybody. Our engaging activities are tailored with our residents' preferences in mind. With personalised care plans, range of facilities and dedicated team members you can be sure your loved one is in safe hands.

At Cedar Falls care home, comfort, safety, wellbeing, and happiness are at the heart of all we do. Our personalised care plans will be tailored to include everything from medications to likes and dislikes. We acknowledge how hard the decision to move into care can be and our friendly team are on hand to support you.

Facilities

Cedar Falls is a 92-bed care home, offering a hair salon, sunlounge, comfortable lounge areas and ensuite facilities. Within the beautiful landscaped gardens there are 10 self-contained bungalows. The bungalows offer residents the chance to have an independent style of living whilst still receiving the benefits of a fully serviced care home on their doorstep.



Menu & catering

Our chefs offer a four week seasonal menu that changes daily, using the freshest ingredients. We cater for all dietary types such as vegan, vegetarian and diabetic. We also cater for different textured diets, including a soft diet and a fully modified diet. If there is nothing you fancy on the menu we always have alternative options available for you. We will discuss your diet along with any likes and dislikes on admission. The mealtime experience for you is very important to us. Catering is always on the agenda at the monthly residents meetings to enable you to give your valuable feedback first hand.

Sample menu

BREAKFAST

Cereal of Choice or Porridge
Toast & Preserves
Freshly Prepared Fruit
Full English Breakfast

DINNER

Hearty Beef Stew & Dumpling
Creamy vegetable risotto
Baby new potatoes
Fresh green beans & carrots

DINNER DESSERT

Jam sponge & custard
Fresh fruit platter & cream

TEA

Fish goujons & sauté potatoes
Cream of vegetable soup
Selection of sandwiches

TEA DESSERT

Lemon posset
Selection of cakes



“I am so pleased that we chose this place, I felt surrounded by love here, they are all so friendly, everyone talks to you and I have never felt lonely once”

—Tanglewood Care Home resident

Our 'UNIQUE' Values

United

We will work together as a team
We will acknowledge that everyone is important
We will celebrate our achievements

Nurturing

We will value and support each other
We will promote empowerment and independence
We will acknowledge and enhance strengths

Innovative

We will find innovative solutions to the challenges we face
We will welcome new ideas to help us evolve
We will embrace change and adapt accordingly

Quality

We will deliver excellence as our standard
We will continually improve and enhance our service
We will keep people safe

Understanding

We will be kind and compassionate
We will respect and honour individuality and diversity
We will take accountability and responsibility for our actions

Empathetic

We will respect and trust each other
We will be humble and positive role models
We will embrace new relationships

Our Mission Statement

Our aim is to:

Provide high quality care for our residents, in safe and comfortable surroundings, always promoting independence and choice

Give the families of our residents peace of mind, reassurance and confidence in our service

Attract and retain the best team members, giving them the skills and career pathways they deserve

Work in partnership with all external agencies, building relationships that support our visions & values

Our Vision

To be the service of choice for our residents and their families

To be the employer of choice for our team members

To be the health provider of choice across the Health & Social Care Network

Our Care

In a Tanglewood care home, we cater for residents who need all varieties and levels of care. We assess every prospective resident subjectively on an individual basis. Following this process, a personalised recommendation is made by our team of highly-trained and dedicated staff members. Any new resident receives a bespoke Personal Care Plan, ensuring the most comfortable transition as they begin to write the next chapter of their lives. Our core values underpin everything that we do, delivering the best possible care and service to all our residents, plus peace of mind for family and friends.

Respite Care

Respite care is generally 'short term' for people who are usually looked after by a relative or professional carer at home. It is also for people who have been in hospital but require a period of convalescence. Many people arrange a trial stay as a temporary resident to see if the home is the right long term option for them.

Residential Care

Residential care is generally for people who require a low level of support. It may include assistance with washing and bathing, and other activities of daily living. It is primarily for those who are finding it difficult to cope at home, or who need more help than home carers are able to provide.

Nursing Care

At Cedar Falls, we also offer nursing care. This is for individuals that require more support than residential care due to an increase in health needs that require 24 hour support from a registered nurse.

Dementia Care

Our team members are trained to support people living with dementia. Through daily interactions, activities and compassion, our team learn about the individual's needs and help them feel settled and safe. We make sure people with dementia receive the quality of care that suits them best.

Palliative Care

At Cedar Falls we understand that end of life care is an extremely difficult time, and we want to support you in this process by providing a warm, welcoming atmosphere. Our teams are compassionate and caring, and will provide you with all the support you and your loved one require.

Activities

Cedar Falls offers a range of activities that appeal to our residents, regardless of interests and abilities.

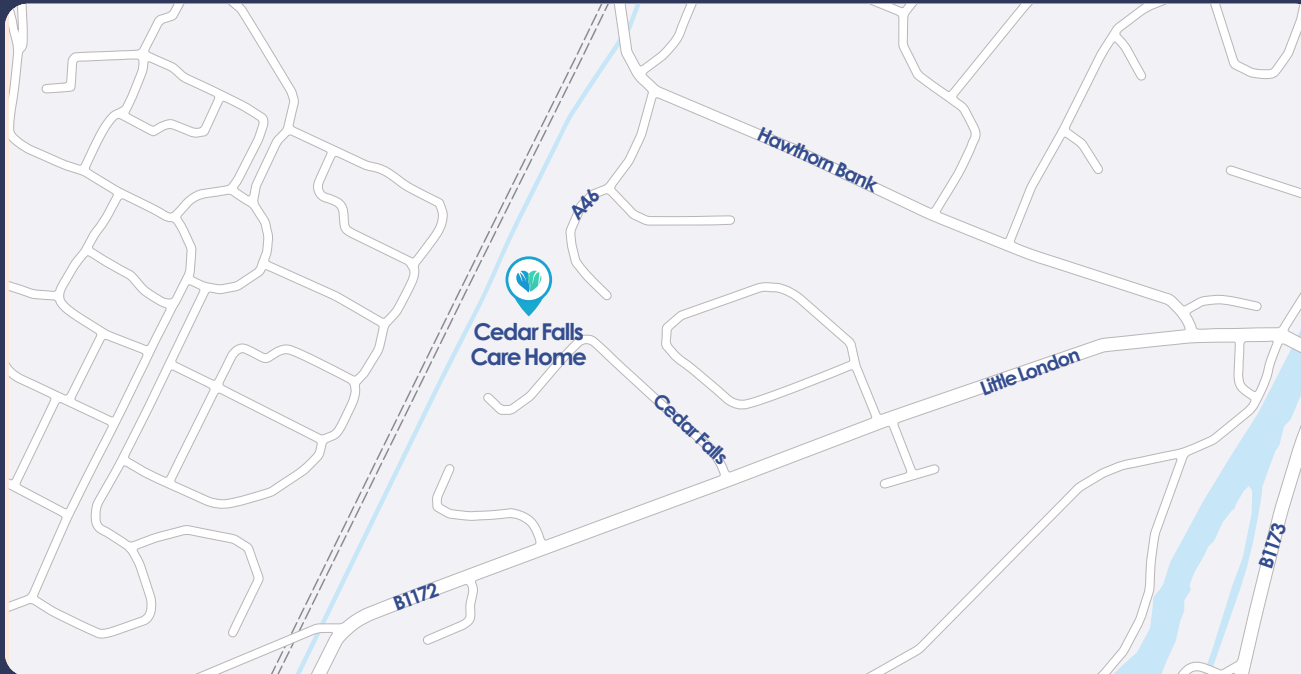
All activities are of course optional, but we do encourage our residents to be involved to increase their social interaction, mental stimulation and, most importantly, their enjoyment. Activities take place in groups, small task groups or one-to-one.

Our dedicated Lifestyles Coordinator is an integral member of our team. They ensure monthly meetings are held with our residents to ensure that activities reflect their interests and choices.



Weekly Activity Planner

	Morning	Afternoon
Monday	MORNING WALKS & GARDENING 11.30am	LIFE STORY BOOKS 2.30pm
Tuesday	NAILS & HAND MASSAGES 11.30am	SING ALONG 2.30pm
Wednesday	COFFEE MORNING 11.30am	POETRY CORNER 2.30pm
Thursday	CHAIR EXERCISES 11.30am	PAINTING AND ART CLASS 2.30pm
Friday	BAKING CLUB 11.30am	FRIDAY AFTERNOON DRINKS & QUIZ 2.30pm
Saturday	GAMES & ACTIVITIES 11.30am	SATURDAY SOCIAL 6.30pm
Sunday	BOOK CLUB & APERITIFS 11.30am	SUNDAY ROAST 12.30pm



Get in touch

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From Boston: Head southeast on Irby Pl toward Tower St. Turn right onto Tower St. Turn right onto Station St. Turn left onto Trinity St. Turn right onto West St. At the roundabout, take the 1st exit onto Queen St/A52. At the roundabout, take the 1st exit and stay on Queen St/A52. Continue to follow A52. At the roundabout, take the 2nd exit onto Spalding Rd/A16. Go through 1 roundabout for the next 3 roundabouts, take the 2nd exit to remain on the A16. At the next roundabout, take the 3rd exit onto B1180. At the roundabout, take the 1st exit onto W Marsh Rd/B1180. At the roundabout, take the 2nd exit onto Commercial Rd/B1173. Continue to follow B1173. Turn right to stay on B1173. Continue onto Little London/B1172. Turn right onto Cedar Falls to arrive at Cedar Falls Care Home

From Peterborough: Head east toward Bishop's Rd. Exit the roundabout onto Bishop's Rd. 2nd exit onto Vineyard Rd. Continue onto St John's St. At the roundabout, take the 4th exit onto

Boongate. At the roundabout, take the 1st exit onto the Frank Perkins Pkwy/A1139 ramp to Wisbech/A47/Sleaford/A15. Merge onto Frank Perkins Pkwy/A1139. At the roundabout, take the 1st exit onto Paston Pkwy/A15. Take the ramp to Dogsthorpe/Paston/Werrington Industry/Bretton/Eye/Crowland. At Dogsthorpe Roundabout, take the 3rd exit onto Eye Rd/A47. At Welland Rd Roundabout, take the 1st exit onto A16. At the next 4 roundabouts, take the 2nd exit to remain on the A16. Continue onto B1173. Turn left to stay on B1173. Continue onto Little London/B1172. Turn right onto Cedar Falls and you will arrive at Cedar Falls Care Home.

