



 Beeston Rise, Nottinghamshire

# Your Happiness Is Our Reward

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





# Welcome

Welcome to the Senior Living family, part of the Tanglewood Care Homes Group. Where we are delighted to introduce you to our exceptional homes, each offering a unique and enriching experience.

At Beeston Rise, our purpose-built haven, we take great pride in our unwavering commitment to delivering top-tier residential and dementia care. Our meticulously designed community beckons you to explore lush gardens, terraces, and balconies, while our indoor offerings, such as a cinema, craft room, relaxation area, foot spa, and hairdressing salon, cater to a wide range of interests. Our mission at Beeston Rise is to deeply understand you, your loved ones, and your aspirations to craft a residence that mirrors your thoughts, feelings, and ideas. Our dedicated team are waiting eagerly to join you on this remarkable journey.

Meanwhile, Tanglewood boasts a storied history of exceptional care. Our dedicated team members, chosen for their expertise, empathy, and unwavering commitment to enhancing lives, are dedicated to nurturing an environment that fosters independence, dignity, and a strong sense of belonging. We celebrate the unique stories and journeys of each resident, striving for excellence in personalised care that consistently surpasses expectations.

Join our vibrant Tanglewood community, and together, we will provide comfort, companionship, and a profound sense of belonging to all who make Tanglewood their home.



**Mandy Jackson**  
CO-CEO TANGLEWOOD CARE SERVICES LTD



**Daniel Rowark**  
CO-CEO TANGLEWOOD CARE SERVICES LTD

# Why choose us?

Welcome to Senior Living by Tanglewood, where we excel in luxury senior living. Our commitment to exceptional care in a safe and comfortable environment sets us apart. Our compassionate, highly trained team fosters independence and choice, valuing and celebrating every resident.

At Beeston Rise, we offer tailored activities, bespoke care plans, comprehensive facilities, and a dedicated team for your peace of mind. We prioritise comfort, safety, well-being, and happiness.

We understand the challenge of transitioning to care, and our friendly team is here to provide the support you need. Your loved ones are in capable hands at Beeston Rise care home.

# Facilities

Beeston Rise offers exceptional amenities that enhance residents' lives. Enjoy our cinema for the latest movies or classics. Rejuvenate in our wellbeing and relaxation rooms. Engage in activities in thoughtfully designed spaces or gather in the coffee and tea room. Step onto balconies for fresh air or find tranquillity in the first-floor garden—a peaceful oasis amidst the hustle and bustle.



# Menu & catering

Our chefs offer a four-week seasonal menu that changes daily, using the freshest ingredients. We provide 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

### TEA

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

### DESSERT

Jam sponge & custard  
Fresh fruit platter & cream

### 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

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

We cater for residents who need all varieties and levels of care.

We assess every prospective resident subjectively on an individual basis.

We follow this process with a personalised recommendation, made by our team of highly-trained and dedicated staff members.

We provide any new resident with 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 or family and friends.

## Respite Care

Senior Living by Tanglewood understands the universal need for a respite, a haven away from home. Our respite care services offer a temporary refuge, where individuals receive the utmost in compassionate care, affording caregivers the vital opportunity for self-care. During their stay, respite care residents enjoy full access to our extensive amenities, tailored care, and engaging activities, mirroring the experience of our permanent residents. With our dedicated and skilled team, families can find solace in the knowledge that their cherished ones are enveloped in a secure and nurturing environment.

## Residential Care

Our residential care services are meticulously customised to cater to the distinctive requirements and preferences of residents in need of assistance with daily tasks. We furnish a cosy and supportive living environment, where residents preserve their independence while receiving individualised care. Our dedicated team is available 24/7, providing assistance with medication management, personal care, and other daily activities. Our central focus is on nurturing independence and overall well-being, cultivating a warm and interactive community where residents feel esteemed and cherished.

## Dementia Care

Our specialised dementia care offers residents with Alzheimer's and other forms of dementia a safe, supportive environment. Our team understands their unique needs, providing person-centric care that promotes cognitive engagement, emotional balance, and purpose in a secure and tranquil setting. We prioritise residents' dignity, independence, and offer compassionate 24/7 support.

## Day Care

Our day care services present a flexible and supportive solution for seniors in need of daytime assistance and social interaction. Designed to provide respite for caregivers or offer seniors opportunities for enriching activities, our day care program delivers a spectrum of services tailored to individual requirements. From personal care assistance to engaging social engagements and nutritious meals, our compassionate team ensures each day care participant receives personalised attention and enjoys a fulfilling day within a vibrant and inviting ambiance.

## Palliative Care

At Senior Living by Tanglewood, we understand the importance of providing compassionate and dignified care for individuals with life-limiting illnesses. Our palliative care services focus on managing pain and symptoms, enhancing quality of life, and providing emotional and spiritual support for residents and their families.

Our interdisciplinary team of healthcare professionals work closely with residents and their loved ones to develop personalised care plans that address physical, emotional, and spiritual needs. With a holistic approach, we strive to create a supportive and comforting environment where residents can find peace and comfort during this challenging time.

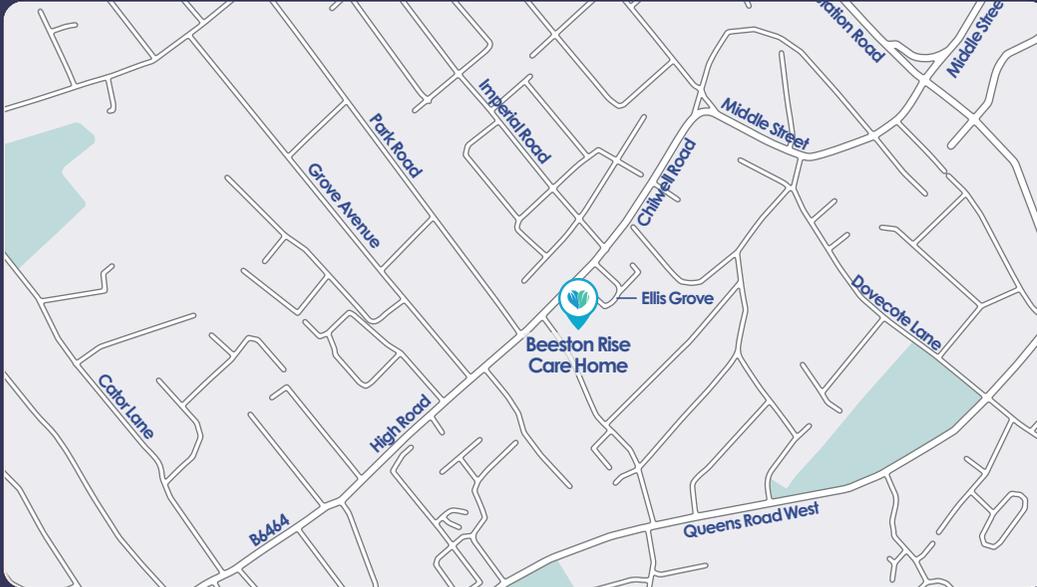
# Lifestyles

Beeston is definitely the place to embark on a new chapter in life with an assortment of daily activities ensuring enjoyment for all. A space to embrace life at your rhythm. It 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 Lifestyle Programme

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



# Get in touch



## Beeston Rise

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### From South Nottingham to Beeston Rise:

- Begin your journey at Dunkirk Island, and proceed along the A6005 road, passing by the Nottingham Tennis Centre.
- Upon reaching University Blvd, take a left onto Queen's Road East A6005.
- After passing Hylands Hotel, make a right turn into Dovecote Lane.
- At the end of Dovecote Lane, take a left onto Middle Street, which becomes Chilwell Road.
- On your left-hand side, you'll spot Ellis Grove, and on your right, you will find the entrance driveway to Beeston Rise Care Home.

### From North Nottingham to Beeston Rise:

- Exit the M1 at Junction 25 and head towards Bramcote Island.
- Take the exit onto Town Street at Bramcote Island.
- Follow Town Street as it curves to the left, becoming Chilwell Lane and eventually Bramcote Lane.

- Make a left onto Bramcote Avenue, followed by a right onto Cater Lane.
- Continue by turning left onto High Road, passing the Co-op.
- Soon after, make a right onto Ellis Grove, where you will encounter the driveway and entrance to Beeston Rise Care Home on the right.

### From Derby to Beeston Rise:

- Exit the M1 at Junction 25, and take the A52 slip road towards Nottingham/Ilkeston.
- Merge onto Brian Clough Way, staying to the right.
- Continue onto B6003 and make a left onto Swiney Way.
- At the roundabout, take the second exit, staying on Swiney Way.
- Turn left onto Bypass Road.
- At the next roundabout, take the second exit onto High Road.
- Finally, turn right into Ellis Grove, where you will find the driveway and entrance to Beeston Rise Care Home on your right.