



welcome

*"Care that is as individual as
the people we care for"*



BROOK HOUSE



"I have found that if you love life, life will love you back"

Arthur Rubenstein

Welcome

It is only natural for all of us to want the very best for those we love as they get older. Life at home can become increasingly more challenging and difficult to manage as the years pass, particularly if someone is trying to cope with Dementia. The decision to look at residential care can be extremely hard to make and, for many, a deeply emotional one. However, should you decide this is the right choice to make for your relative or friend, we will be there to help you every step of the way.

The friendly faces, homely facilities and comfortable, modern accommodation at Brook House will make the transition much easier. We provide residential, respite and palliative care for older people, including those with Dementia, as well as Day Centre services. Our professional and experienced Care Staff are committed to ensuring that the people that use our services live as independently as possible and continue to live life to the full. Here at Brook House, we provide a personal service which respects and values people.





"There is no place like home"
L. Frank Baum



"There is nothing nicer than to sit and natter with friends or to lose oneself in a good book"



Home from Home



Brook House has been specially designed to provide maximum comfort, convenience and stimulation for the people who live there. We have a beauty salon, a Day Centre, a variety of attractive lounges, a welcoming dining room and some lovely outdoor spaces for sitting and enjoying time with friends and family.

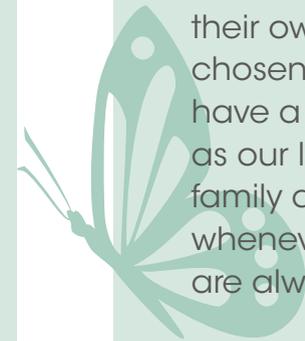
People are encouraged to plan their own daily activities, as they would in their own homes, and dine in their chosen locations. To receive visitors, we have a number of quiet rooms as well as our landscaped gardens, where family and friends can be entertained whenever they visit. Light refreshments are always on offer for these occasions.

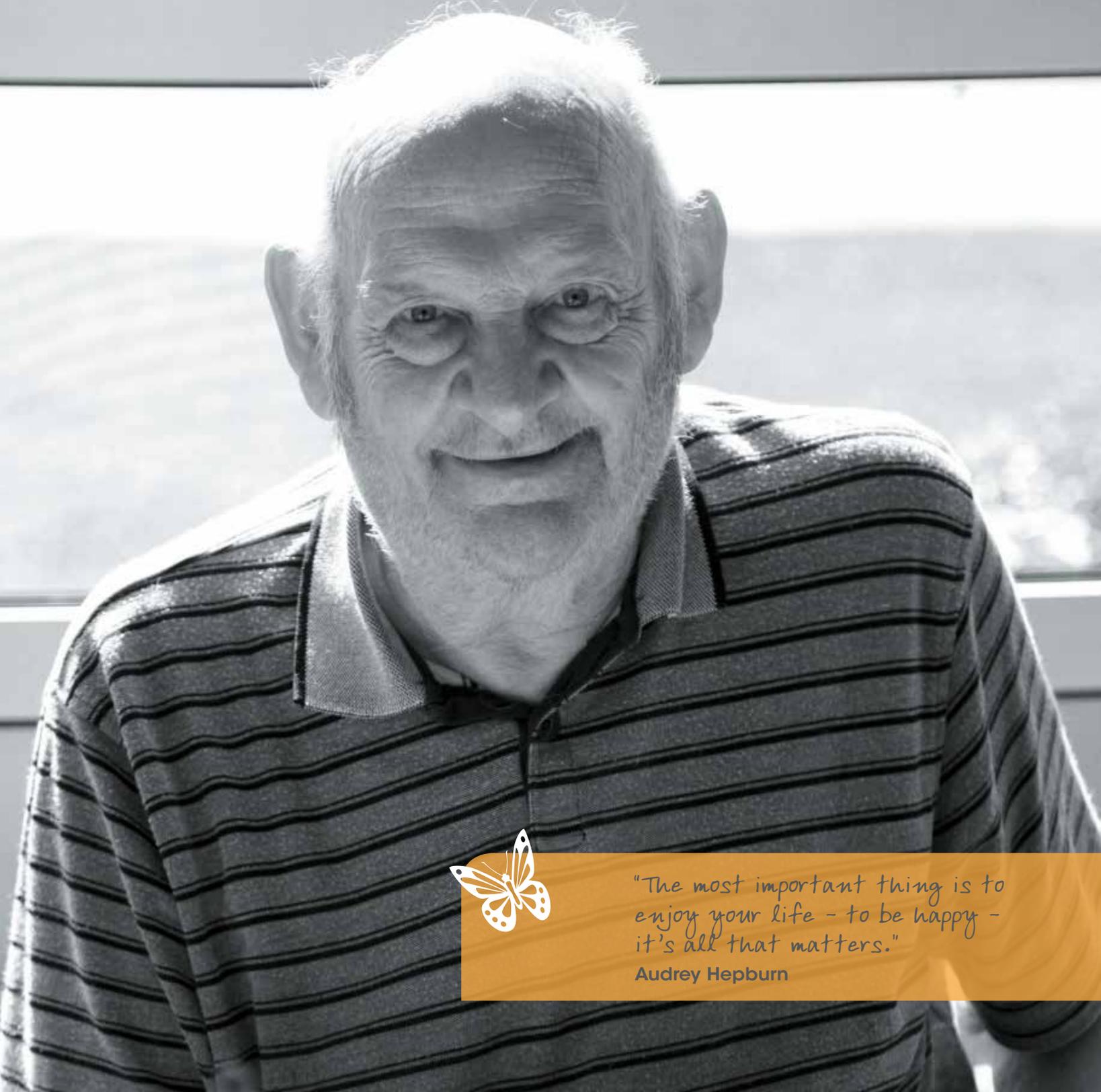
Our bedrooms, which are beautifully decorated and ready for people to add their own personal touches. Life can be confusing at the best of times, yet even more so when it involves moving away from home where special memories

have been formed. For this reason, we encourage everyone to personalise and decorate their bedrooms with small items of furniture and treasured objects, to provide comfort and familiarity in their new surroundings.

To assist people who are living with dementia, we have included a number of 'pockets of opportunity' around the home - small details designed to aid memory, provide sensory stimulation and promote conversation and interaction. We also have enclosed, safe, gardens where pets are welcomed. We encourage the development of personalised memory boxes which help people living with dementia to feel surrounded by familiar objects.

Brook House is conveniently situated in the centre of Cambridge, within the hustle and bustle of Mill Road. It is a stone's throw from some wonderfully quaint shops and the local Sainsbury's supermarket.





"The most important thing is to enjoy your life - to be happy - it's all that matters."

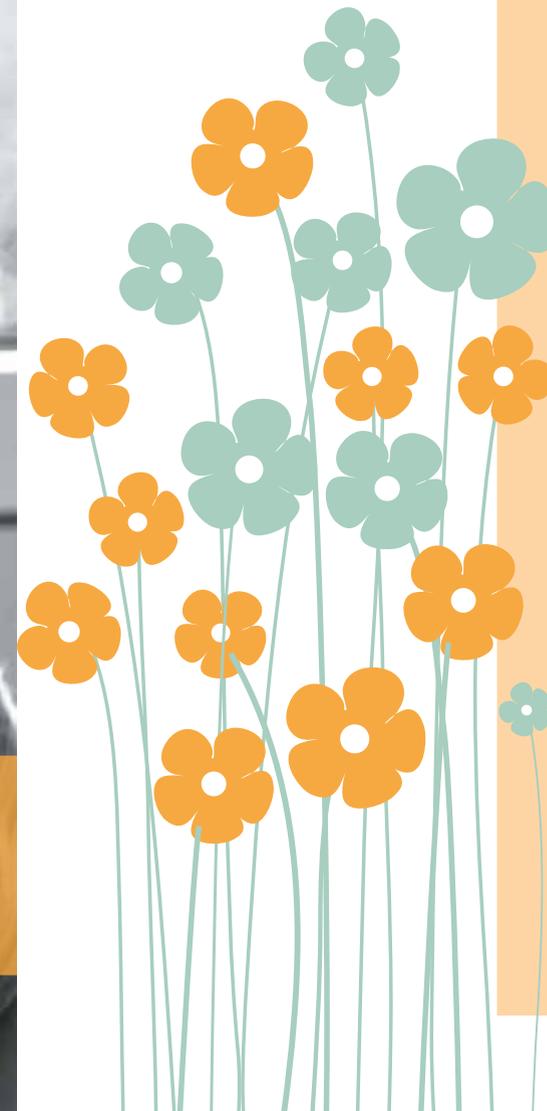
Audrey Hepburn

A Life Fulfilled

From our experience, the ability of older people to maintain the skills to do things for themselves offers significant advantages, particularly for those living with dementia. The benefits from improved health, self-esteem and increased confidence are obvious and ultimately enable people to continue life as they know it.

We encourage people to join in the everyday activities of life, such as making a cup of tea, laying the table or helping with flower arrangements. Everyone goes at their own pace, in their own way, with our support and companionship. To add a bit of spice to life, we arrange outings to places of interest and optional activities which are designed to engage the abilities and inclinations of people; some of the most popular activities include our movie experience, board games, quizzes and listening to their favourite music. We even have our own in-house drama therapist who runs hugely enjoyable, interactive sessions. People decide for themselves just how much they wish to participate - some prefer the more sociable activities whilst others prefer to read a good book in a quiet spot, or relax in the gardens. The choice is entirely theirs.

The sense of community at Brook House is palpable and we welcome visitors at any time, so please feel free to pop in and sample our hospitality, view our home and chat to our team.



A Culinary Delight



"Mealtimes can be quite a sociable occasion. Our resident Chef prepares tasty and nutritious home-cooked food daily, which never fails to whet peoples' appetites"



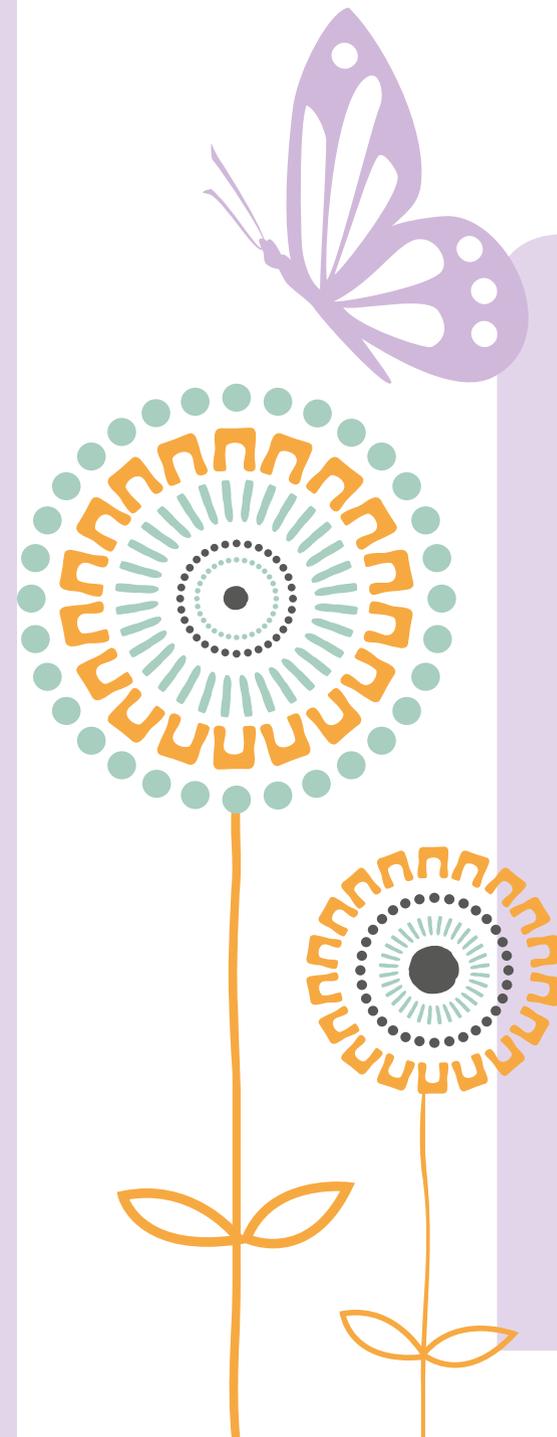
"Personal choice and independence is important to people; they can therefore dine wherever they choose"



Mealtimes at Brook House are a pleasurable affair. Our talented Chef creates a variety of delectable, nutritious dishes using fresh, seasonal and locally-sourced produce on a daily basis. Menus are planned and displayed in advance, complete with appetising pictures, so that people can look forward to a feast of culinary delights each week.

Each day morning coffee is served with biscuits and afternoon tea with delicious homemade cakes. We also ensure that a variety of refreshments are available throughout the day, to which people can help themselves. Our team is more than happy to accommodate any special dietary requirements.

We all like a change of scenery; therefore, people who live at Brook House are invited to dine wherever they choose. This could be in one of our attractive dining rooms; 'al fresco' in the picturesque settings of our gardens; or indeed, in the quiet privacy of their own rooms. Once again, the emphasis is on personal choice. On special occasions, we encourage people to keep in touch with family and friends and are happy to arrange catering for small gatherings, to celebrate their chosen events.





*"Alone we can do so little;
together we can do so much"*
Helen Keller

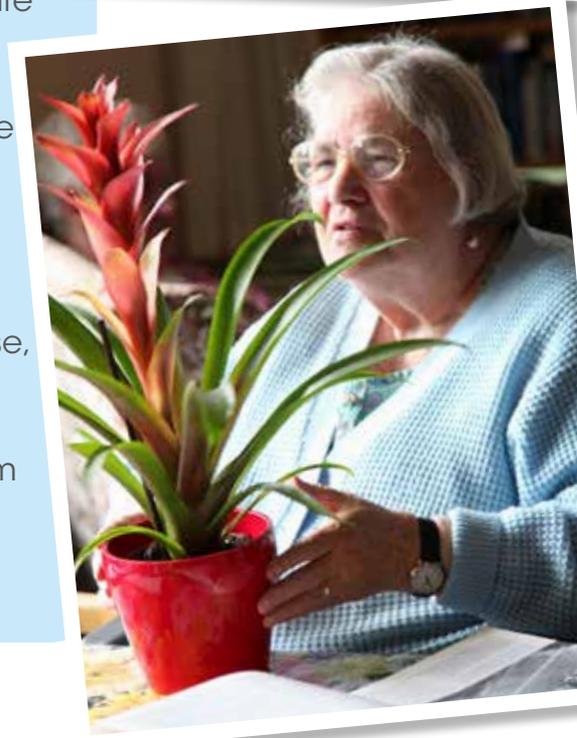
People Who Care

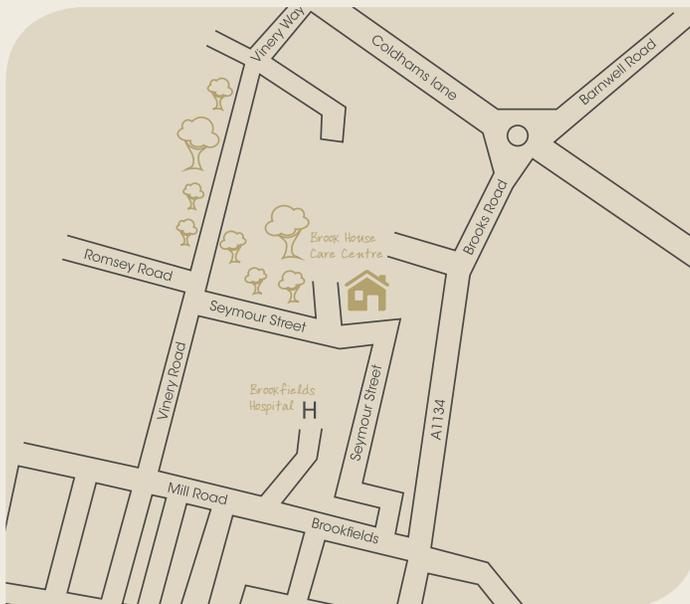


It can be daunting to entrust the care of loved ones to someone new. Our Care Staff are considerate, kind, compassionate and gentle; they treat everyone with the utmost dignity and respect, and their caring natures and friendly personalities are just as important as the right qualifications and experience.

Our Care Staff get to know each person, on a personal level, and genuinely enjoy hearing about their life journeys, experiences and memories. We believe that each person who lives in Brook House is unique. Consequently their care plans are reflective of the individuals wishes, needs and preferences, regularly reviewed to ensure that their lives are as comfortable, fulfilled and enjoyable as possible. We also recognise that friends and relatives are the experts when it comes to their loved ones and we welcome their continued, active involvement in their lives and care.

The happiness and welfare of people living in Brook House, and their families, are of paramount importance; we do all that we can to provide a relaxing and harmonious environment where people can enjoy life to the maximum and families are reassured that their loved ones are in good hands.





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