

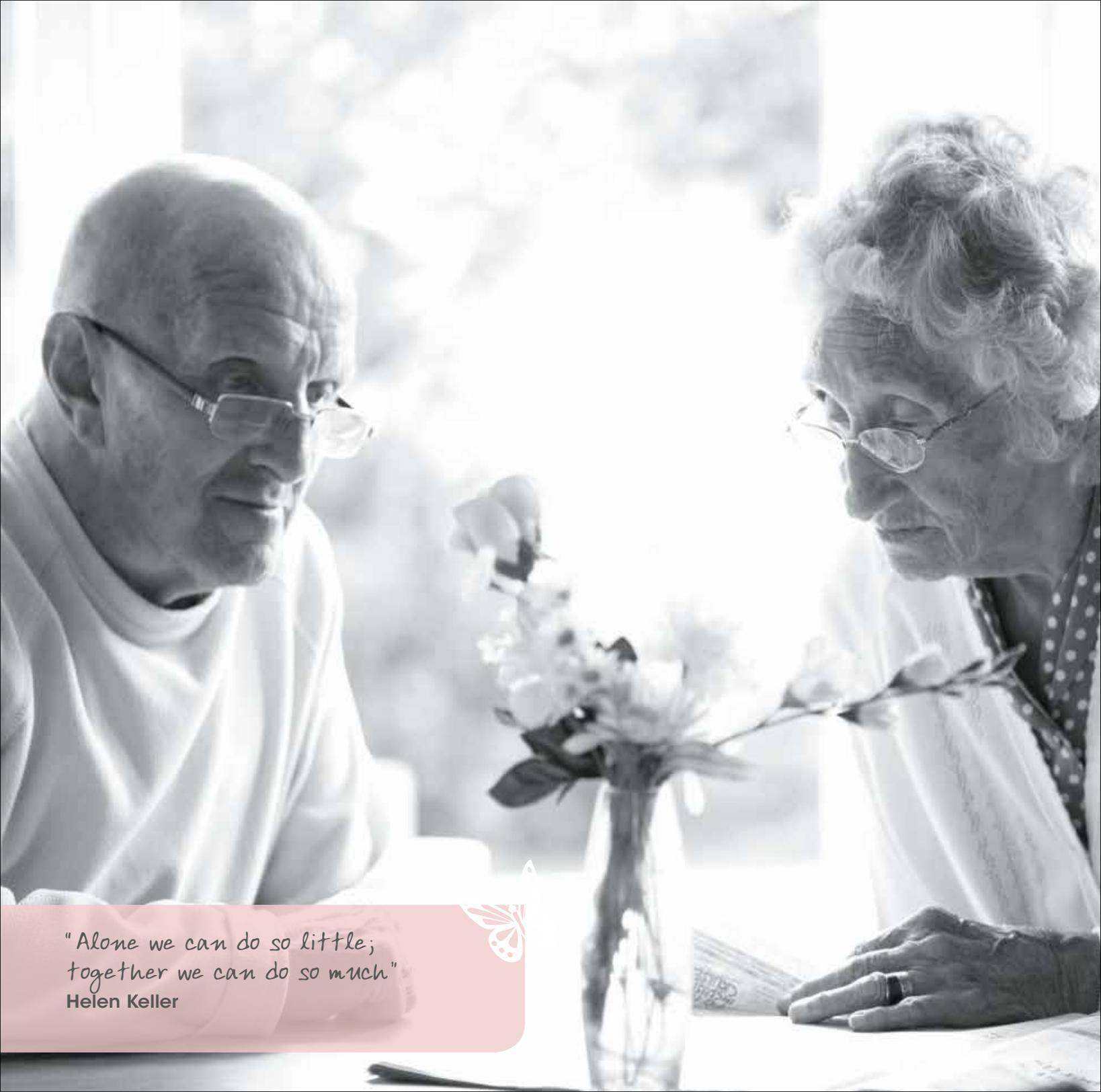


welcome

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



**BUCHAN HOUSE**

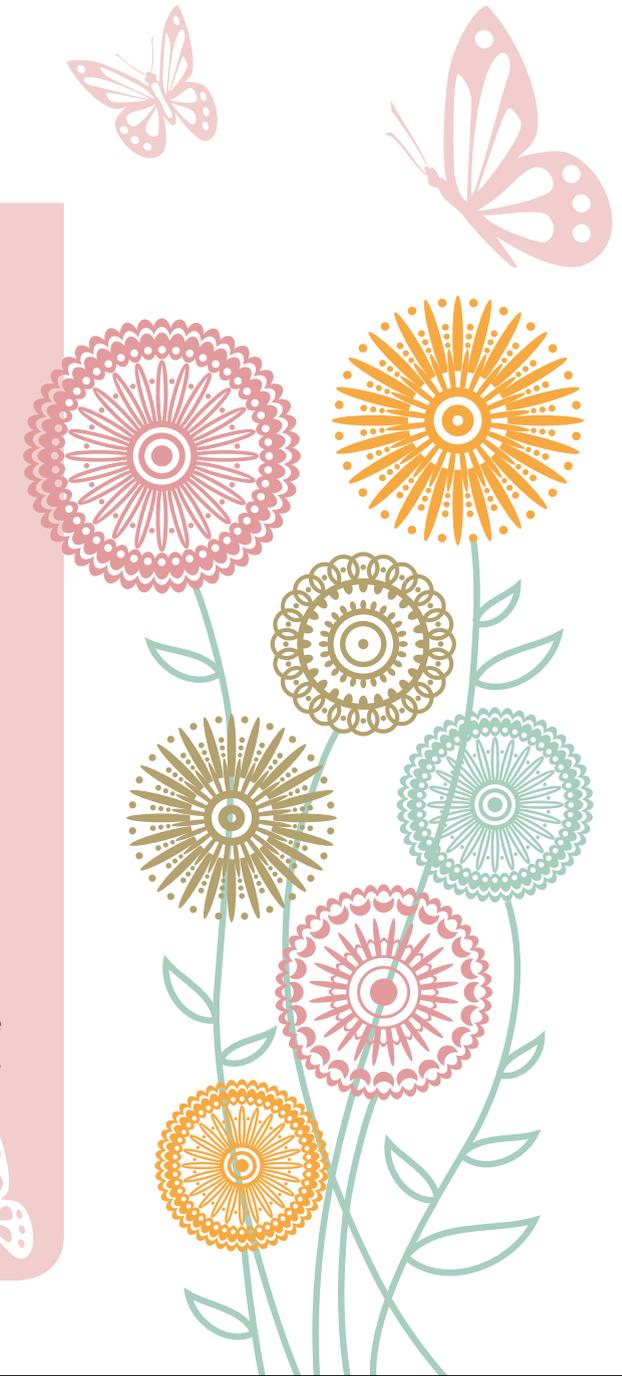


*"Alone we can do so little;  
together we can do so much."*  
Helen Keller

# 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 Buchan House will make the transition much easier. We provide residential, respite, nursing and palliative care for older people, including those with Dementia. 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 Buchan House, we provide a personal service which respects and values people.





*"Since there is nothing so well worth having as friends, never lose a chance to make them"*  
**Francesco Guicciardini**



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



# Home from Home



Buchan House has been specially designed to provide maximum comfort, convenience and stimulation for the people who live there. We have a large activities room, a sensory garden, a hair and beauty salon, themed corridors 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 variety of attractive lounges and quiet rooms where family and friends can be entertained whenever they visit. Light refreshments are always on offer for these occasions.

All of our spacious bedrooms have personal, en-suite wet rooms and are beautifully decorated, 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. Buchan House offers people a wonderful home where everyone soon feels part of the family. We endeavour to create friendly, warm surroundings within the home and, to further promote the feeling of being surrounded by family and friends; we choose not to wear uniforms. We find this adds to the relaxed atmosphere.

Buchan House is situated on the outskirts of the City of Cambridge, within easy reach of the main commuter routes. There is a local convenience store and community centre just a short walk away.





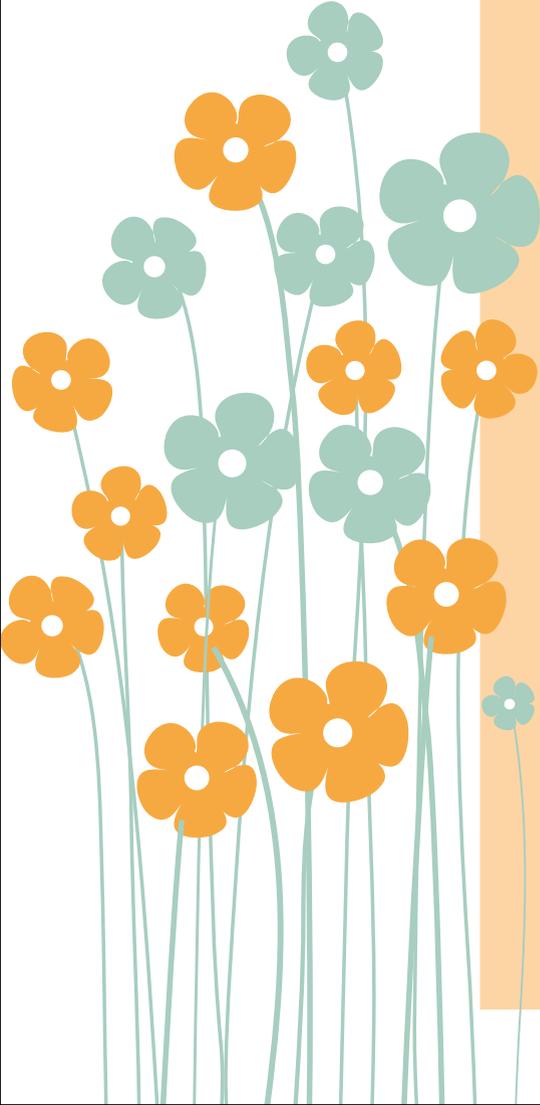
*"The most important thing is to enjoy your life - to be happy - it's all that matters."*

**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 dinner 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. 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 Buchan 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 at Buchan 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.

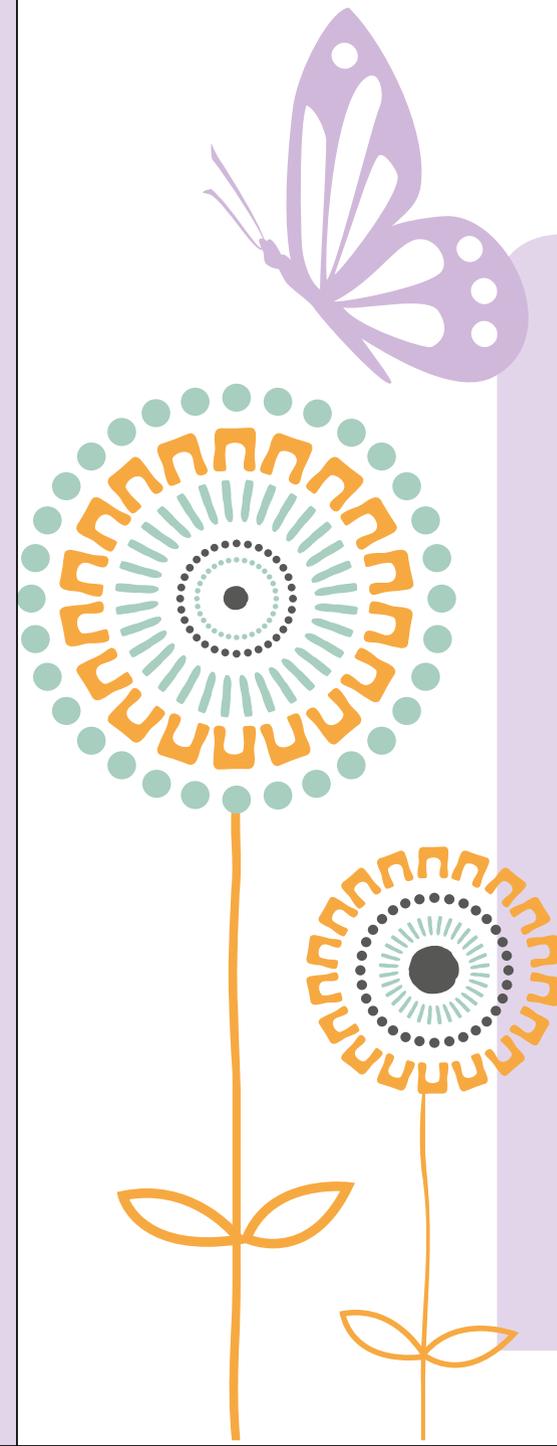
We all like a change of scenery; therefore, people who live at Buchan House are invited to dine wherever they choose. This could be in one of our most attractive dining rooms; 'al fresco' in the picturesque settings of our gardens; or indeed, in the quiet privacy of their own rooms. Once again, the emphasis 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.

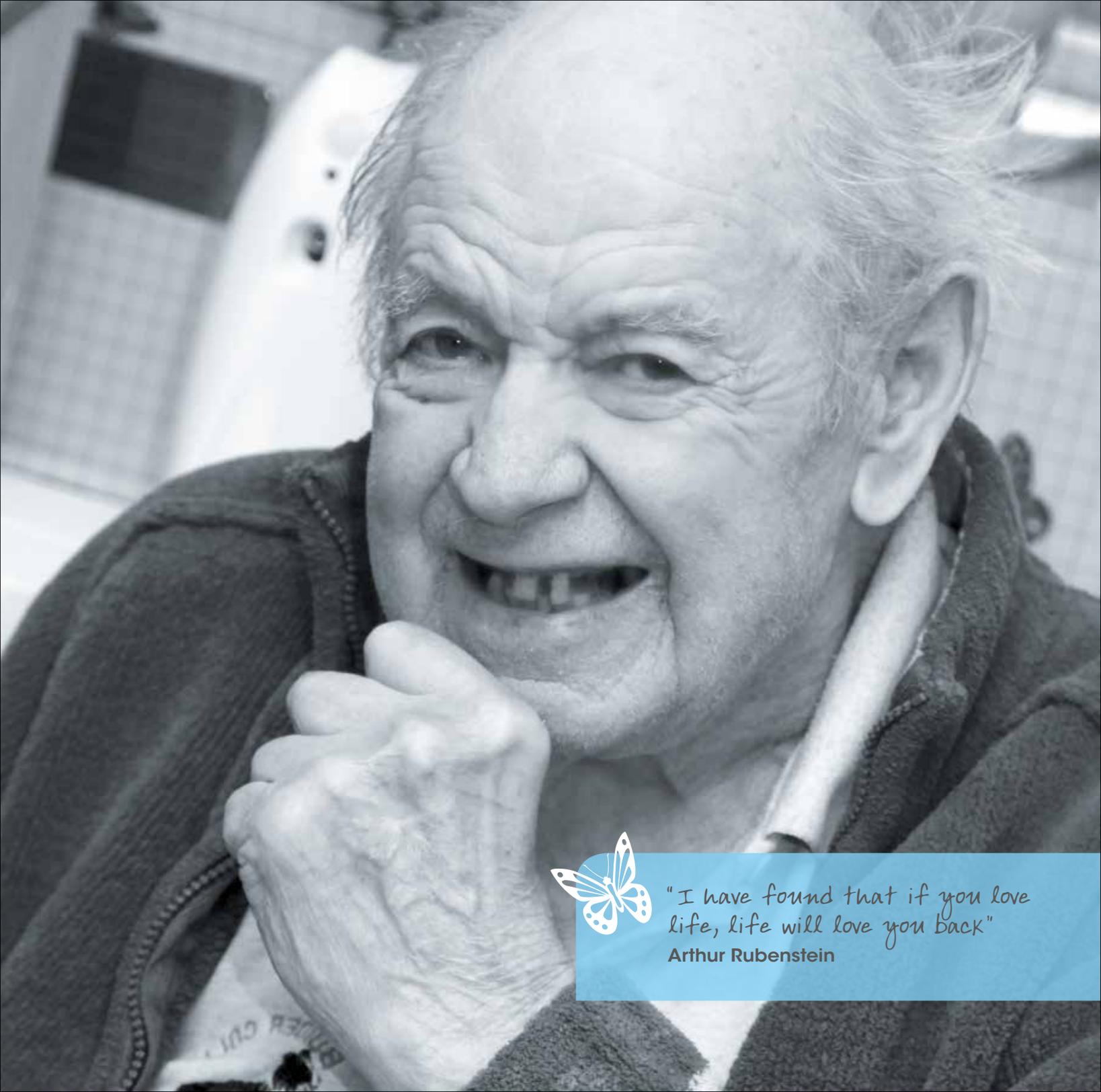


*"Mealtimes can be quite a sociable occasion. Our resident Chef prepares tasty and nutritious home-cooked food daily, which never fails to whet peoples' appetites"*



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





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

**Arthur Rubenstein**

## People Who Care

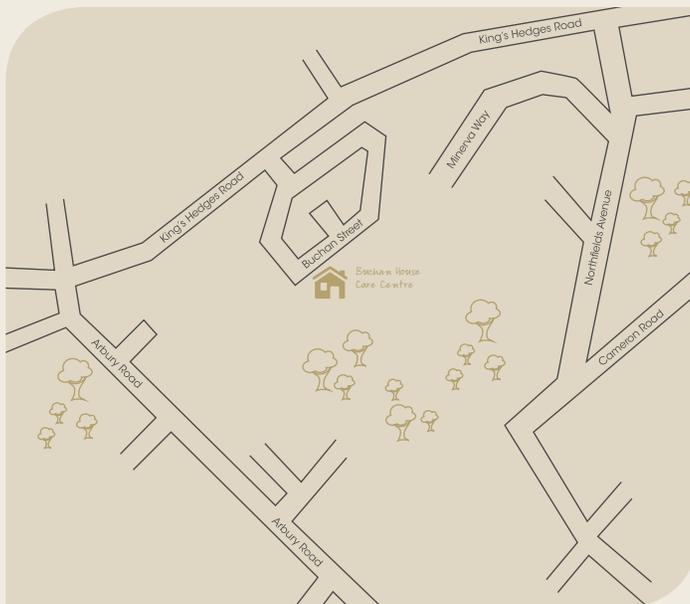


It can be daunting to entrust the care of loved ones to someone new. Our Care Staff are considerate, kind, compassionate and gentle; they treat everyone with the utmost dignity and respect, and their caring natures and friendly personalities are just as important as the right qualifications and experience.

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 Buchan House is unique. Consequently, their care plans are bespoke, sensitively tailored and 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 Buchan 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.





## **Buchan House Care Centre**

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