

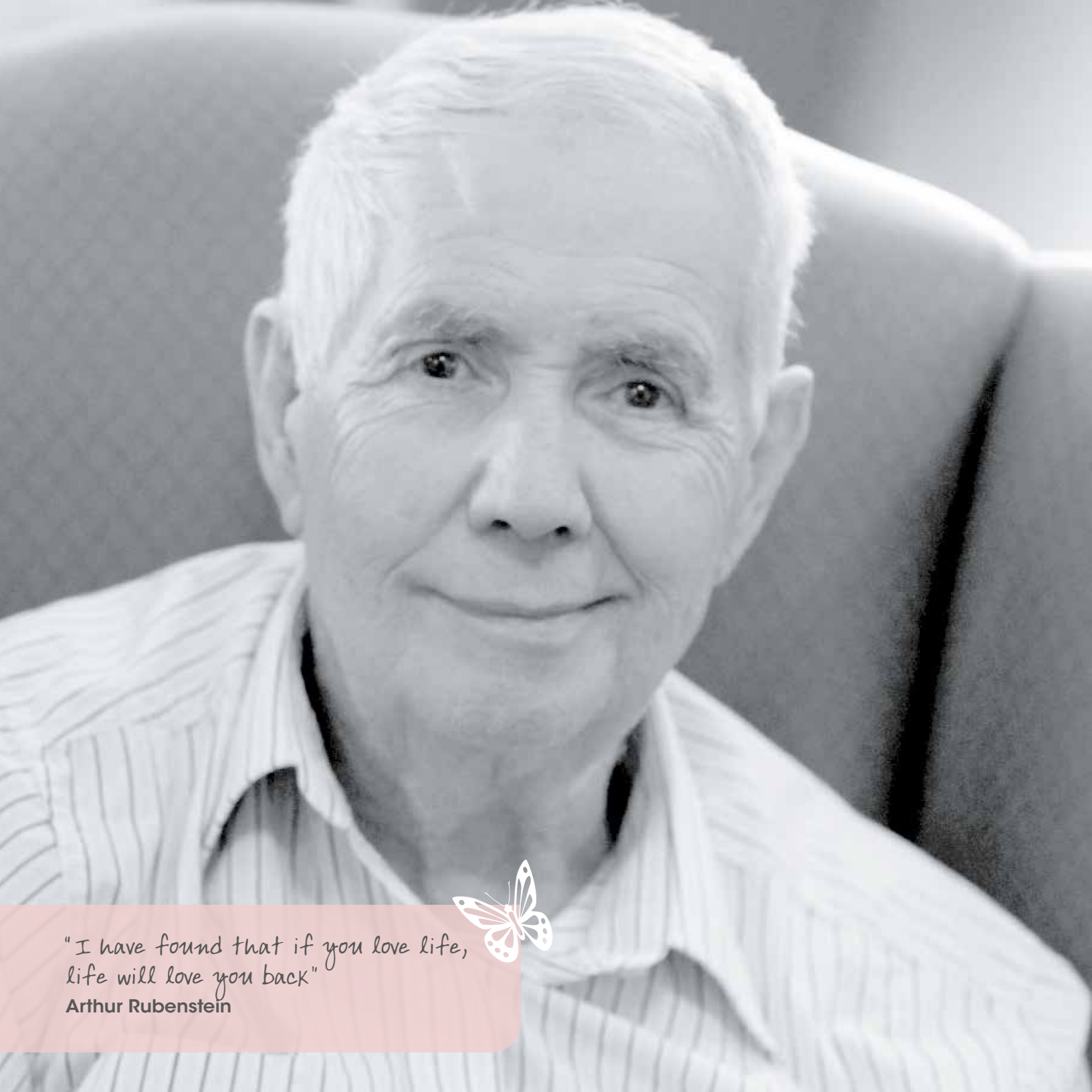


welcome

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



**ASHLYN**

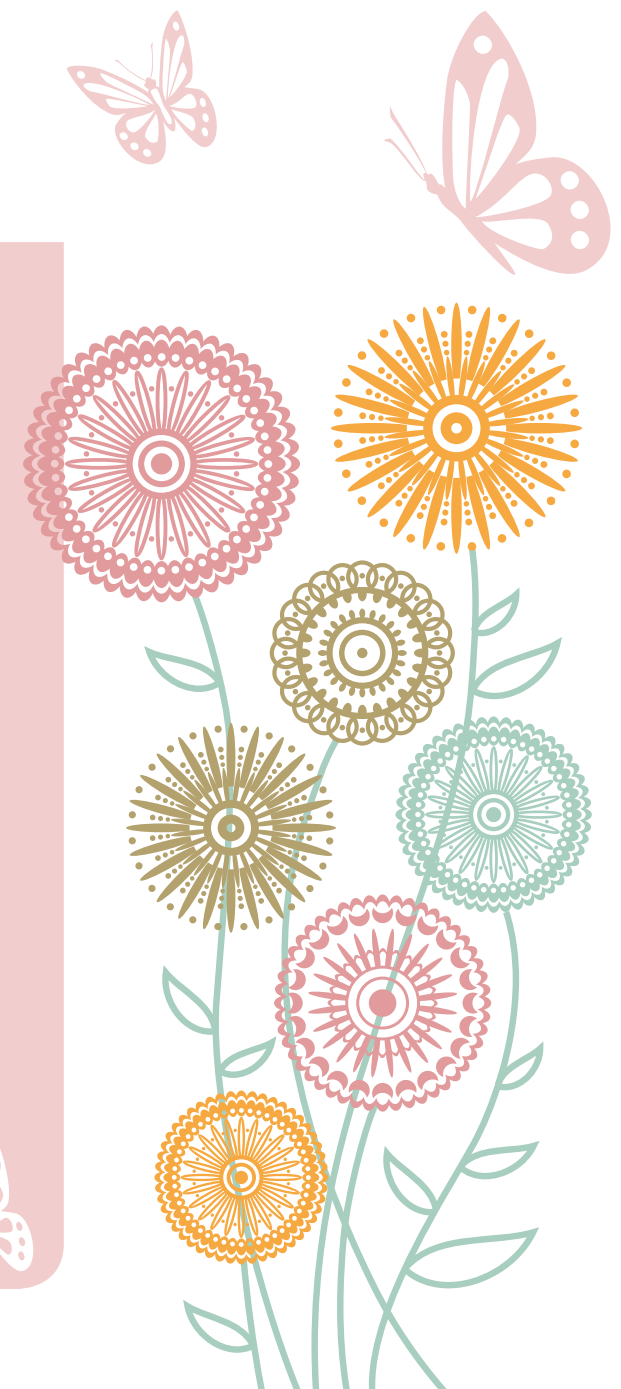


*"I have found that if you love life,  
life will love you back"*  
**Arthur Rubenstein**

# 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 Ashlyn Care Centre will make the transition much easier. We provide residential, respite and palliative care for older people, including those with Dementia. Our professional and experienced Care Staff are committed to ensuring that the people who use our services live as independently as possible and continue to live life to the full. Here at Ashlyn Care Centre, we provide a personal service which respects and values individuals.





# Home from Home

Ashlyn Care Centre has been specially designed to provide maximum comfort, convenience and stimulation for the people who live there. We have a hairdressing salon, a variety of attractive lounges and dining rooms, 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 relaxing quiet rooms, as well as our pretty gardens, where family and friends can be entertained whenever they visit. Light refreshments are always on offer for these occasions.


Our bedrooms, some with en-suites, 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 individuals 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 amongst people. We also have regular visits from our pat dog, which individuals thoroughly look forward to, and have strong links with the local community which further enhances peoples' wellbeing.

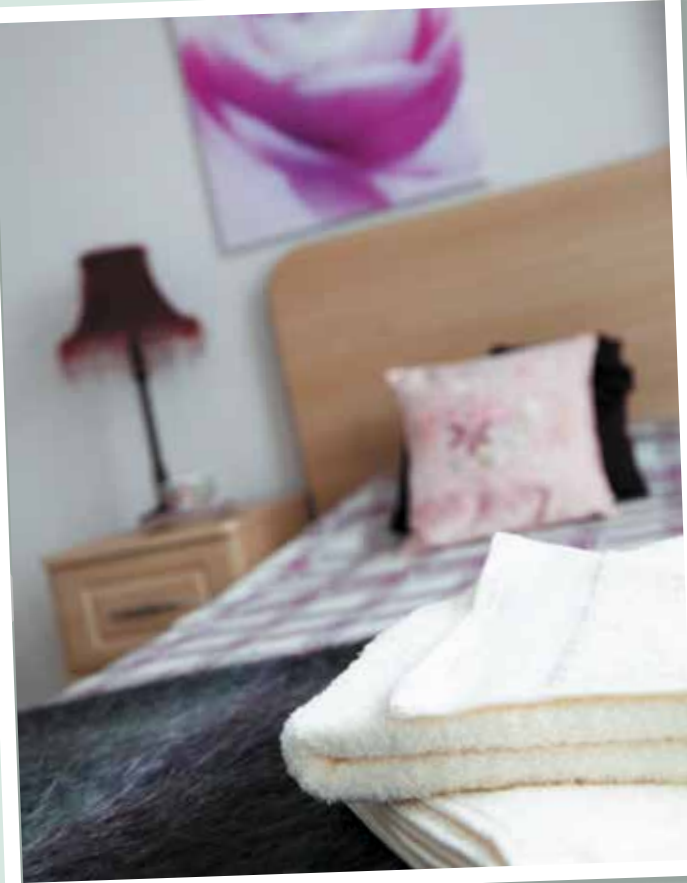
Ashlyn Care Centre offers people a wonderful home where everyone soon feels part of the family. We endeavour to create friendly, warm surroundings and, to further promote the feeling of being surrounded by family and friends, we choose not to wear uniforms. We find that this adds to the relaxed atmosphere.

Ashlyn Care Centre is conveniently situated in the town of Harlow, which is close to the M25. It has good public transport links and is close to a number of amenities, including local shops.

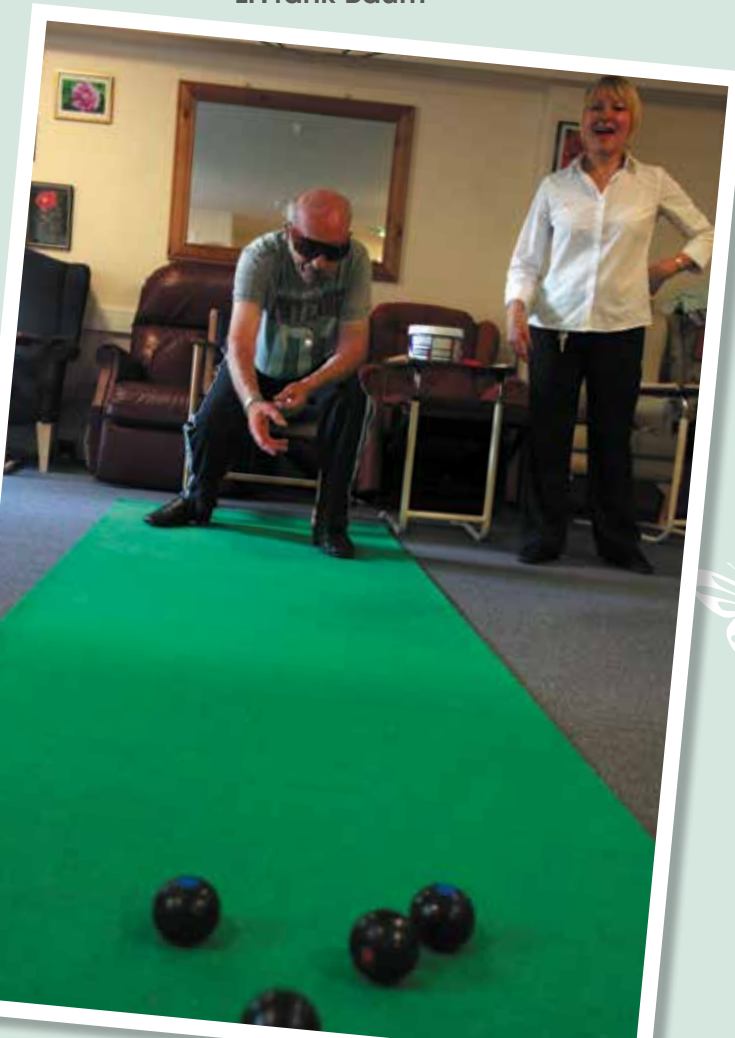



Welcome to  
**Ashlyn  
Care Centre**  
**excelcare**  
A premier care provider

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



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






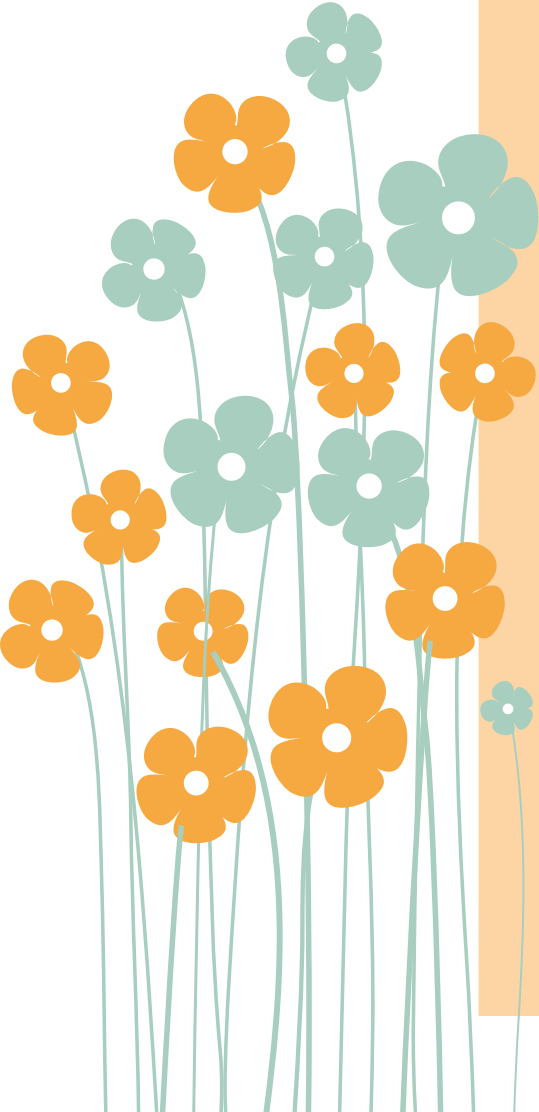
*"The most important thing is to enjoy your life - to be happy - it's all that matters."*

**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 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 individuals 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. Individuals 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 Ashlyn Care Centre 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"*



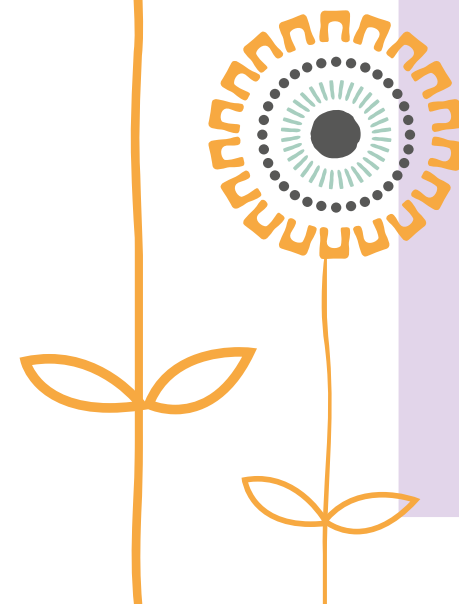
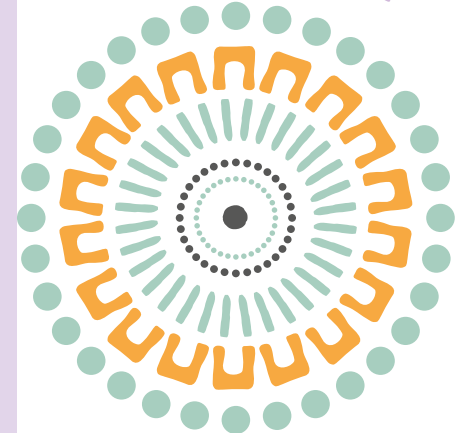
*"Personal choice and independence is important to people; they can therefore dine wherever they choose"*



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

We all like a change of scenery; therefore, people 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 individuals 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. Each resident is a unique individual; 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 the people who live there, and their families are of paramount importance; we do all that we can to provide a relaxing and harmonious environment in which individuals can enjoy life to the maximum and families are reassured that their loved ones are in good hands.





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