



Westbourne

Care Home

Home is where the heart is



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Life at Westbourne

Variety is the spice of life and at Westbourne two days are never the same...unless you want them to be!



Residents are invited to join the varied social and recreational activities that are arranged by our excellent activities co-ordinator. We previously won a title for activity co-ordinator of the year!

We believe activities can have positive effects on residents' physical and mental wellbeing, so we work together to ensure residents are living fulfilled and passionate lifestyles at Westbourne. We work with residents to tailor our activities to their preferences and personal hobbies, and on the way new talent and interests are discovered!

We encourage regular interaction with the local community, including contact with friends and local groups. We regularly invite friends and family to be involved in our various events, such as strawberry teas, BBQs and themed festivals.

We also have church services with communion take place on a regular basis in our quiet lounge, where everyone is welcomed to attend.

From live music, day trips out and theatre visits to bake off and gardening competitions, Westbourne facilitates a host of activities. Or if residents fancy a chilled day, they can relax in the lounge with a good book or decide to have a pamper day where they can get their nails and hair done!



Live music



Flower arranging



Visits by theatre groups



Arts and crafts



Quiz nights



Exercise classes



Baking



Reflexology and massages



Inspiring lectures

What's cooking...

We know the importance of a healthy diet in supporting physical and mental wellbeing. We readily accommodate special diets and as well as providing overall nutritional value. Food is much about sensation, enjoyment and socialising as it is about goodness. Our in-house chef has worked at Westbourne since 2006 and knows each residents' personal preferences!

We've created a restaurant style dining room where Residents can choose to settle in to enjoy a glass of wine and a good catch up with friends.

In the evenings residents can select desserts from our sweets trolley...usually best enjoyed with a hot chocolate!

Today's SPECIALS

Breakfast

Full English Breakfast
or Continental Breakfast

Lunch

Cream of chicken soup with bread roll
or prawn cocktail and melba toast

Roast leg of lamb with mint sauce
or ham and mushroom pie

Selection of seasonal vegetables

Lemon meringue pie or fresh fruit salad and cream

Dinner

Minestrone soup

Quiche Lorraine or selection of sandwiches

Selection of seasonal vegetables

Fruit trifle or ice cream

Hot and cold snacks available throughout the day

**Sample menu*

Outdoor dining and living...

Our outdoor areas are all landscaped with vibrant displays of colour.

When we're blessed with good weather, our residents can be found basking in the sunshine whilst enjoying our beautiful gardens, with a refreshing glass of pimm's!

Or if feeling more active, residents can get stuck in and join the garden club and shape the garden to their liking.



We hope this brochure gives you a good feel for Westbourne Care Home. Whether you are considering short stay respite or permanent care we would be delighted to show you around and answer any questions. We look forward to seeing you soon!



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To all the staff at Westbourne, Thank you all for not only the professional care you gave our Mum (Daphne), but also for the friendship & companionship that she gained. with many thanks & much gratitude”

- Julian, Sandra and the Butcher family

