



**ST MARY'S**  
CARE HOMES

# **ST MARY'S CARE CENTRE**

Anlaby

**St Mary's Group**

Lancaster House, Lancaster Road, Carnaby, Bridlington, YO15 3QY

**Tel:** 01262 213108

**Email:** [info@stmarysgroup.co.uk](mailto:info@stmarysgroup.co.uk)

**Web:** [www.stmarysgroup.co.uk](http://www.stmarysgroup.co.uk)

# A Warm Welcome from the St Mary's Care Team

We realise that your decision to move into a care environment may have been a soul searching and challenging time for you.

We also know that it can be a big step towards a happy and fulfilling later life. Our promise to you is that we will do all we can to make the move as comfortable and as welcoming as possible. We are here to meet your expectations and needs and we want you to feel at home.

Our commitment to you is that we will ensure our care is centred on you and your specific personal needs. We will respect your right to independence and privacy. We will listen, encourage and support you to participate in all decisions affecting your care. We will support you if you want to make a comment or complaint. We will always promote the importance of your involvement in your own plan of care because we fully understand that your views matter. We will respect your choices and help and support you to access the right services to meet your medical, physical and emotional health care needs.

Our priority is to provide you with a safe and comfortable home, with individual care that demonstrates courtesy, respect and kindness at all times.

**The St Mary's Team**



Key information:

# St Mary's Care Centre



## HOME DETAILS

### Home address:

St Mary's Care Centre  
Beverley Road  
Anlaby  
East Yorkshire  
HU10 7BQ

### Contact information:

01482 307593  
info@stmarysanlaby.co.uk  
www.stmarysgroup.co.uk

### Registered manager:

Joy Puckering

### Size of home:

60 beds

## TYPES OF CARE

<b>Residential care</b>	<b>Nursing care</b>	<b>Respite care</b>	
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## FACILITIES AND SERVICES

- 60 Large single rooms - all with en-suite facilities.
- Nurse call to all rooms and communal areas.
- All rooms beautifully furnished (own furniture welcome but must meet British safety standards). Residents are encouraged and supported to personalise their room and make it home.

### Shared facilities:

- Hair salon and beauty room
- 1 dining room
- 3 lounges
- Various additional seating areas
- Assisted bathrooms
- Library
- External seating in gardens

### Services available:

- Delicious and nutritious menus with specialist diets and religious requirements catered for
- Residents and Relatives meetings
- Meaningful activity programme designed in consultation with our residents
- Links with various community worship groups
- Themed home events
- Regular trips out
- Guest speakers and external entertainers welcomed
- Beautiful local area with lots of outside space

Key information:

# St Mary's Care Centre



## FUNDING ARRANGEMENTS

- **Self-funding** residents accepted
- **Local Authority** residents accepted

### Fees: Self-funding fees

- **Weekly fees** – are subject to the funding category, the level of care and support required, and your choice of room.
- **Day care** – please speak to us about what you need. We can tailor a day care package to suit individual needs and fit in around your requirements.

All fees are subject to a full pre-admission assessment of an individual's care requirements in order to fully understand the level of care and support required for each person.

*Please note: a third party contribution may be required to meet any shortfall in funding.*

### What your fees cover:

- Room fees and utilities
- Meals and all refreshments
- Your personalised care package
- Room cleaning and personal laundry
- Television licence
- Wi-Fi
- Activities programme

### What your fees do not cover:

- Hairdressing and beauty treatments
- Personal toiletries
- Newspapers and magazines
- Personal clothing
- Dry cleaning
- Telephone lines and private calls
- Guest meals
- Chiropody services
- Optical services
- Contenance wear not provided by the NHS
- TV, Satellite or streaming services
- Dentistry

### Pets policy:

Pets are accepted in-line with our pet policy and in agreement with the Home Manager.

# SAMPLE DAY MENU



## BREAKFAST

*Choose from a selection of*

**Toast & Jam/Marmalade**

**Selection of Cereals**

**Porridge**

**Egg of choice**

**Ham & Egg Muffin**

**Croissants**

**Cooked breakfast (on request)**

## LUNCH

**Roast Loin of Pork with Stuffing  
and Apple Sauce**

*OR*

**Red Onion & Feta Tart with Roast  
Potatoes, Carrots, Sprouts &  
Roast Parsnips**

**Fresh Fruit Salad & Ice Cream**

**Choc Chip Sponge & Custard**

## DINNER

**Honey & Mustard Chicken Hotpot with  
Creamed Potatoes, Cauliflower  
and Carrots**

*OR*

**Sweet Potato & Coconut Curry  
with Rice & Peas**

**Pear & Blackcurrant Pie with Ice Cream**

**Cheese & Biscuits**

**Selection of Yoghurts**

# Sample Activities Planner

## MORNING

## AFTERNOON

**MON**

09:30 On your feet Ramble  
10:00 Morning Coffee in the Cafe  
10:30 Finish the Proverbs

13:30 School Days Reminiscence  
15:30 Guest Speaker  
18:00 Trivia Night

**TUE**

09:30 Exercise Class  
10:00 Morning Coffee in the Cafe  
10:30 This Day in History

13:30 Songs for Seniors Quiz  
15:30 Baking with Sam - Shortbread Biscuits  
18:00 Foot Spa/Hand Massage with Essential Oils

**WED**

09:30 On your feet Ramble  
10:00 Morning Coffee in the Cafe  
10:30 Rhyming Riddles Quiz

13:30 Craft Class - Make a Dream Tree  
15:30 Church Service  
18:00 Aromatherapy Bingo

**THU**

09:30 Movement to Music  
10:00 Morning Coffee in the Cafe  
10:30 Difficult Conversations Group - What is Safeguarding?

13:30 On your feet Ramble  
15:30 Newspaper Club - This Week in News  
18:00 Cheese and Wine Evening

**FRI**

09:30 On your feet Ramble  
10:00 Morning Coffee in the Cafe  
10:30 Music Bingo

13:30 Grow your own Herb Gardens  
15:30 Seasonal Poetry  
18:00 Sing-along for Seniors

**SAT**

09:30 Movement to Music  
10:00 Morning Coffee in the Cafe  
10:30 Food Quiz

13:30 Craft Class - Salt Dough Teddy Bear Making  
15:30 Games Afternoon  
18:00 Movie Evening

**SUN**

09:30 On your feet Ramble  
10:00 Morning Coffee in the Cafe  
10:30 Armchair Travel to South Africa with Chrisma

13:30 Rock on Rock Craft  
15:30 Guess The Word Game  
18:00 10 of the Best Things to See on the Internet this Week

# **SAMPLE SNACK MENU**



**Toasted Crumpets served with  
Butter & Jam**

**Toast and/or fresh Muffin served  
with Butter & Jam**

**Freshly Prepared Sandwich with  
your choice of filling**

**Toasted Teacake**

**Jacket Potato with a choice of fillings**

**Cheese & Biscuits**

**Soup of the Day served with  
Warm Bread and Butter**

**Selection of Freshly Baked Pastries/Cakes**

**Variety of Chocolate Bars**

**Fresh Fruit (Cream/Ice Cream/Yoghurt  
to accompany on request)**

**Selection of Ice Creams and/or Yoghurts**

**Selection of Biscuits**



## Vision Statement and Values

### Heartfelt care

#### Our Vision:

At St Mary's Care Homes, our vision is to be an outstanding care provider within the communities we serve. We welcome diversity and inclusion both amongst our residents and our care teams, supporting and enabling our residents to live their best lives.

At St Mary's Care Homes, we aim to deliver outstanding and personalised care through an experienced team of health care professionals. We are dedicated to maintaining the independence and dignity of our residents, providing them with choices that align with their personal needs and preferences. We aim to set new benchmarks, ensuring that every individual entrusted to our care, experiences a life of comfort, respect and fulfilment.

#### Our Values:

**Happiness** - your happiness is our priority.

**Empathy** - we will always try to understand your feelings.

**Approachable** - we are friendly and easy to talk to.

**Respectful** - we will be considerate in our actions.

**Teamwork** - we will work with you and each other to provide the best care we can.

If you would like to know more about any of the St Mary's Care Homes, we would love to welcome you for a visit to look around and to meet our team.

Further information is available on our website:

[www.stmarysgroup.co.uk](http://www.stmarysgroup.co.uk)





# ST MARY'S CARE HOMES

We are committed to providing quality person-centred care by employing caring, passionate people.

Our colleagues work closely with our residents, their loved ones and health professionals to ensure individual tailored care is delivered, meeting their needs and preferences.

With a person-centred approach at the heart of everything we do, we aim to provide compassionate care and support whilst encouraging fun, fulfilling and vibrant lifestyles.

St Mary's care homes are designed with comfort in mind, balancing modern facilities with homely furnishings to make residents safe and comfortable in their new home.

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