



## **Welcome to Sunnymeade**

Making the choice to move into a care home is a life changing experience. Our focus is to make this a change for the better, so you see it just as another stage in your life to enjoy. Our dedicated team do their very best to help create a lifestyle that 'feels right' for you - to make each day as good as it can be.

# What Matters To You?

We strive to provide exceptional care to ensure we make everyday life a pleasure for our residents. Our emphasis on doing things the way you like it done is high on our agenda, from making important decisions concerning health, through to the smallest details, like your perfect cup of tea.



By working closely with you we aim to help you maintain a lifestyle you are comfortable with, based around personal care, recreation and activities, and food and dining. If you enjoy spending time with friends, pursuing hobbies, sitting in the garden, or listening to live music, we will do our very best to help you keep doing it.



# Our Caring Philosophy

At Sunnymeade, your wellbeing and happiness are at the very heart of our caring philosophy. We recognise that everyone is different, so invest time into getting to know and understand you well. This way we can help you feel as happy and healthy as you are able to be. The following four principles provide the foundation for how we care for you or your loved ones at Sunnymeade Quality Care:-



## IDENTITY

'People' are what makes our small community a home. We encourage you to be a part of the home by being as involved, productive or as independent as you choose.



## COLLABORATION

At Sunnymeade your opinion matters! We believe in involving you and your relatives in the decisions made about your future and the services we provide.



## INDEPENDENCE

Becoming a resident at our care home does not mean giving up your independence. Our role is to enable you to live life as you wish by working with you to define your level of care. What is most important to you, is our focus.



## COMMUNITY

We pride ourselves on our welcoming community spirit at Sunnymeade. Our team work hard towards creating strong social bonds between residents, and between residents and carers, as well as making sure we reach out positively to our local community.

# Your Individual Care Plan

It is important that you feel comfortable in your new home, so we take care to create a care plan that is tailored specifically for you. We take time to get to know you well, your personality, your likes, and dislikes. We discuss how you would like to spend your days; what you do to keep your mind engaged and if you have any hobbies etc. We talk in depth about your health concerns, so we can ensure that everything is in place to address your needs.



Once we feel we know you well, we will sit down together with you, your family if this is your wish and our carers, to devise a plan especially for you. The level of support you receive will depend upon a number of factors including your health concerns and the degree of independence you wish to maintain. This can vary from minimal residential care to specialist care covering Dementia or palliative care, for example. When your needs or preferences change, please don't worry! as we'll change your individual care plan too.

# Bespoke Care Suited To You

## FOOD & NUTRITION

Good nutrition can go a long way to prolonging good health, therefore, our busy kitchen team work hard to produce a range of freshly cooked, traditional dishes that are nutritious and well balanced. Making top quality meals that you look forward to using the freshest ingredients is a matter of pride!

You can select what you would like to eat from our daily menu choice and discuss dietary requirements and food preferences to ensure your meal-times are as enjoyable as possible.

Mealtimes are important social occasions too, so our two dining rooms have been arranged with small tables to create a family atmosphere. If you wish to invite friends and relatives to join you for lunch or tea this can be pre booked with our administrator. You may also choose to enjoy your meals in the comfort of your own room if this is what you prefer.



## ACTIVITIES & EVENTS

Keeping your body and mind healthy is central to our care, so there is a wide range of activities available for you to enjoy if you wish.

Our experienced Activities Coordinator is passionate about creating varied and engaging activities throughout the year, which reflect the season and events calendar to appeal to everyone, regardless of ability. There is lots on offer for you to enjoy including, playing games, quizzes, writing letters, exercise classes, singing, dancing to live music, arts and crafts, cooking, going shopping or ordering on-line. If you like the opportunity to go for minibus trips to local points of interest, cultural events or to enjoy a meal out together with your friends at the home, this is also on offer at Sunnymede.

There is no obligation to join in – as the choice is yours!

# Get In Touch



## WHERE TO FIND US

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