



Kirk Lane

a Randolph Hill Nursing Home



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Welcome

Situated in the heart of Livingston Village, Kirk Lane is the seventh and newest addition to the Randolph Hill Nursing Homes Group. Kirk Lane is a purpose built facility that will provide a homely environment for up to 60 residents. The home comes equipped with state of the art facilities for our professional nursing care along with light and airy lounges and a communal balcony on the first floor with views to the garden.

I have worked in management for Randolph Hill since 2016 and together with my Deputy Manager Ann Livingstone, who has worked for the company since 2010, we plan to develop a first class environment for our residents and staff. We hope for Kirk Lane to become an active and integral part of Livingston Village community.

I trust this brochure gives you the information you need; please do come and see us or contact me at any time if you would like to know more about Kirk Lane Nursing Home.

Matthew McCanny RGN BSc
Manager



An overview of Kirk Lane



Our new luxurious, specially designed home has been completed to an exceptional level and offers accessibility, space and light. We provide a wide range of services to suit individual needs, from creating a comfortable homely environment for residents, to giving intensive one-to-one care for those who need it.

Accommodation

Our new, state of the art building is equipped with new technologies to help our residents enjoy their time here.

Kirk Lane offers residents the choice of charming standard, premium, and deluxe bedrooms which all come with a range of en-suites and wet rooms. Our rooms come fully equipped with individual TVs, telephones, internet and a nurse call system for prompt assistance.

Our lounges are a great additional space for residents to socialise in. There is also a function suite with skylight features and an adjacent fully functional residents' kitchen for cooking, baking or family use. There is also a communal balcony with views to the beautiful private garden.

Keeping active

In Kirk Lane, we have a structured focus on supporting residents who are interested in working on improving their strength and balance. Some of our many activities help residents to do this. See pages 12-13 for more information about our activities.

Nutrition

Our excellent chef and kitchen team offer nutritionally-balanced, freshly prepared meals. The menu changes on a four-weekly cycle and we try to accommodate different tastes and diets as far as possible.

Residents choose where they eat. Some people like the privacy of their own room, whilst others enjoy eating together in one of our dining rooms.

Nursing care

Our round-the-clock registered nursing care means that most medical conditions can be managed at Kirk Lane. Medical cover is provided by the local GP practice and nurse practitioners.

Family and friends

The use of email, video call and phone are great ways to keep in touch and residents are encouraged to use the Internet in the lounge or in their rooms.

Families are encouraged to get involved in life at Kirk Lane; visitors can drop in for a coffee and a chat pretty much at any time.



Our facilities

Our beautiful new, state of the art home is well equipped to cater to the needs of our residents. The tastefully furnished rooms make the transition from resident's own homes to Kirk Lane much easier.

Our double height reception area welcomes visitors to Kirk Lane. The first floor viewing gallery overlooks the reception and the mezzanine level filled with a variety of indoor plants. This is a wonderful space full of natural light where residents can enjoy the delightful inside miniature garden.

The six suites within the home all have a lounge area, dining room with pantry and ten beautiful, well equipped bedrooms. We'll do our best to make rooms as comfortable and familiar as possible. Residents can choose between our standard sized rooms or larger premium and deluxe rooms offering enhanced finishes. Six of our deluxe rooms also feature delightful corner turrets allowing extra space and light. All of our bedrooms are finished with Farrow & Ball paint and offer full wet floor shower room ensembles with Porcelanosa ceramic tiling and under floor heating.

In addition, we have bathrooms with ceiling track hoists for safe assistance for those residents that like to soak in a bath.

Kirk Lane also has a choice of charmingly furnished lounges where residents can relax and unwind. Our lounges have Sky TV and we have a drop down cinema screen for residents to enjoy movie nights and sporting events.

The first floor is accessed by stairs or a passenger lift. All areas of the home are wheelchair friendly and specifically designed to support people living with dementia.

We have a hair salon in the home which is very popular with our residents.

We also understand that maintaining a sense of privacy and dignity is fundamental to enjoying life at Kirk Lane. That's why we take something as simple as laundry so seriously; fresh towels are supplied after each use and we will label

all clothes and make sure they are returned clean and pressed.

Our well maintained garden will evolve in a way our residents would like it to and is a place where residents can enjoy nature, the sun or become involved in seasonal gardening projects. The garden has been especially adapted to those with disabilities in mind and ten of our bedrooms also have their own patio doors opening onto this tranquil space. There is also a communal balcony area on the first floor with views to the garden which is a wonderful space to socialise in or relax in peace.

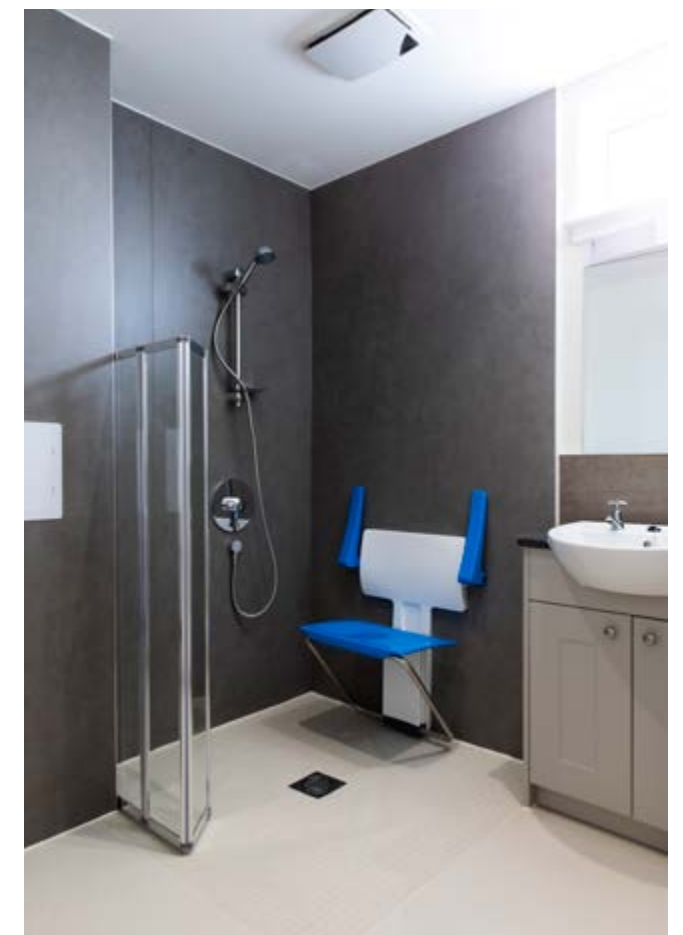


We offer:

- 60 bedrooms, all ensuite and in a range of standard, premium and deluxe sizes
- 24-hour nursing care
- GP services
- Hair dressing salon
- Organised events and activities
- Beautifully-maintained private grounds
- Communal balcony overlooking garden
- Minibus for outings
- Residents' kitchen
- Traditional dining
- Laundry service
- Full wheelchair access
- Drop down cinema screen
- WiFi throughout and internet access
- Sky TV including Sky sports and movies
- Nurse call system

Each room has:

- Porcelanosa bathroom fittings
- Tastefully furnished and decorated with Farrow & Ball colours
- Internet and phone access
- Flat screen TV with Sky
- Nurse Call System



Settling in

We take the time to get to know our residents, both before they arrive at Kirk Lane and while they are with us. Good communication is key to a happy time with us and we like to find out as much as we can.

Our residents range in age and ability, and we offer great flexibility in how we care for each individual. We believe in tailoring our care depending on a resident's individual preferences and capabilities.

When arriving at Kirk Lane, one of our team will sit down with the resident, and their friends or family, in order to complete a personal care plan.

This plan helps assess the level of care required and is regularly updated; with a summary always available in the resident's room and a full copy at the nurses' station.

Each resident is cared for by a named nurse and key worker, helping to ensure continuity of communication with families and the resident.

It might sound obvious, but one of the first things we establish is how our new resident would like to be addressed to ensure that this is in the way that they are most comfortable. This is the name that will be on their doorplate, so that all of our staff and any visiting practitioners are aware.

At the Randolph Hill Group, all our team find it gratifying that many residents improve so much after even a short time with us. Often it's because they find our chef's home cooking hard to resist thus putting on much needed weight after a spell of poor health.

Sometimes we find the wellbeing of people who have been perhaps anxious or depressed improves without the worry and responsibility of looking after themselves and their home.

The change can be dramatic and some residents really can have a new lease of life.



Life story

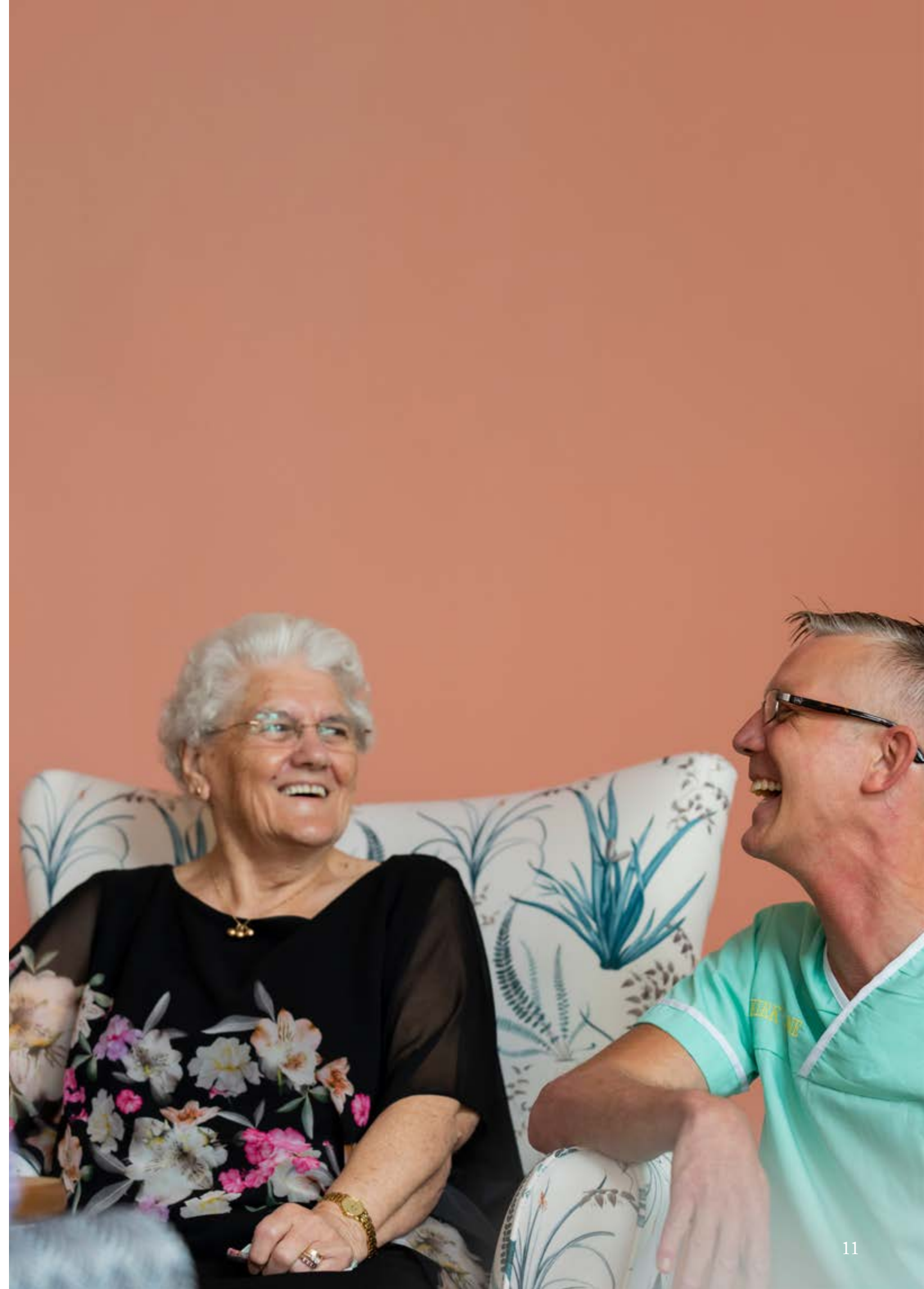
A vital resource for us is the life story that we complete with our residents. This is hugely important information especially for someone with dementia and we note down their likes and dislikes, interests, family, background and history. It's something we all enjoy, and is a very effective way of connecting with our residents.

We take the time to talk to a new resident, and their family, to learn about all the key events in their life, important moments and achievements. The life story enables us to strike up a conversation or trigger a reminiscence which can be invaluable in making the resident feel included and valued.

On a more practical level we also like to get a feel for how a resident likes to spend their time; so we can try to reflect that in their daily life with us. Maybe it's an early morning cup of tea in bed with the newspaper; or we might discover that afternoon detective shows are their secret indulgence!

Our activity co-ordinators will try and accommodate a particular interest or talent. A love of singing may lead to the organising of an afternoon concert; a lifetime of breeding award-winning spaniels could result in regular visits from a dog and its owner.

The more we get to know a person, the more we can make their lives active, fulfilling and still full of fun.



Keeping active

The happiness and wellbeing of our residents is vitally important to us. We promote keeping the mind and body active to maintain health and a degree of independence.

We are pleased to offer a programme of activities across our Randolph Hill Nursing Homes Group that excels in the care home sector. Dedicated staff provide a schedule of varied in-house activities and also engagements with the local community. This means that there's something for everyone - from singing to gardening and even pet therapy. Residents are gently encouraged to join in, whether they're pursuing a lifelong passion or discovering new interests.

Having our own minibuses means that residents' activities extend beyond events and classes within Kirk Lane, to those taking place locally within the community.

At the Randolph Hill Group we are also known for organising outings which may include a sightseeing tour, a picnic or perhaps visiting a garden centre with a stop for coffee.

Other community-based activities run on a regular basis including going to church services, coffee mornings, tea dances and shopping trips.

Within Kirk Lane itself, residents can watch films on the big screen in the lounge with regular viewings, take part in crafts, gentle exercise and there are various seasonal gardening projects in the grounds, to name a few. All our activities are inspired by our residents and we're always open to suggestions for new ways to keep the mind alert and body in shape.

Studies show that staying physically and mentally active can help to slow aspects of the ageing process.

At Kirk Lane, quality and enjoyment of life can increase for residents if they take part in our activity programme. Even a little gentle, regular physical exercise can improve muscle strength leading to that all-important sense of wellbeing.



Our team

At Randolph Hill Nursing Homes Group, our experienced and dedicated staff provide the highest standards of individual care and support to our residents.



As a nursing home, Kirk Lane has a high level of qualified staff with nurses on duty 24 hours a day, providing peace of mind for residents and their families. Our care staff are equally committed; together nurses and support staff form a professional, compassionate team with the ability to make life fulfilling and full of laughter.

The Randolph Hill Nursing Homes Group exceed the Health and Social Care Standards, and this is in many ways due to the outstanding performance of our staff. Many have worked at Randolph Hill for a number of years, which provides essential continuity of care for residents and contributes to the family atmosphere.



The assignment of a named nurse and key worker to each resident ensures that individuals feel cared for, and we find that a single point of contact is helpful for families who want to know how their relative is faring and discuss any aspects of their care.

At Kirk Lane we employ registered nurses and care workers along with managerial and administrative staff, domestic, kitchen and ancillary staff. Together we form a strong professional, cohesive team.



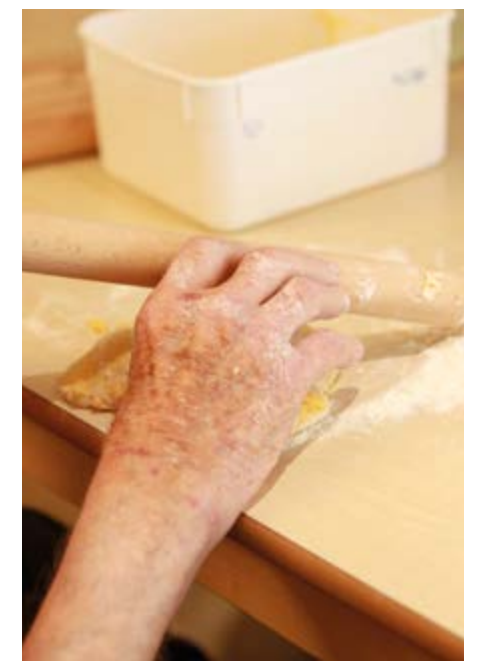
Meet our chef

A particularly important and popular member of our team, our chef is responsible for providing nutritious and appetising meals for our residents.

Mealtimes are an important social gathering for those who wish to eat in our dining rooms. Making food interesting, nutritious and tempting for those who need to put on some weight after a spell of being unwell or just need to maintain a healthy diet, is an essential part of our care programme.

The menu includes hot and cold meals, vegetarian options and the ever-popular puddings – take a look at our website to see a sample menu.

There is plenty of flexibility if a resident has particular likes or dislikes.



Randolph Hill Nursing Homes Group



Peter McCormick FCCA
Managing Director



Margaret Campbell RGN
Group Nurse Manager



Katie Wood RGN RM BSc (Community Health) MSc
Director of Care Standards



Clare Allen RGN
Director of Nursing Homes Operations

We care, the way you care.

Kirk Lane is part of the Randolph Hill Nursing Homes Group which was established in 1985 to provide high quality care for older people.

The philosophy of each of our nursing homes is to provide professional, skilled and empathetic individual care. We pride ourselves on our warm, inclusive approach to residents and extend this welcome to families and visitors.

With over 3 decades of experience, our reputation for providing high quality accommodation, dedicated and knowledgeable staff and proactive, hands-on management has contributed to our strong position in the Scottish nursing home market.

Our nursing homes across Scotland are given operational and administrative support from our head office in Edinburgh; and each one is subject to our own rigorous quality audits.

Security and peace of mind are vital when choosing a nursing home for yourself or a loved one, and with a Randolph Hill home you can be sure that there is a strong, sound business behind the superb provision of care.

Our future plans are to expand this provision and maintain our reputation for quality care.

Kirk Lane is part of the Randolph Hill Nursing Homes Group and, like all of our homes, displays the highest level of care, has compassionate and experienced staff, and provides facilities designed to suit the different needs of the people who live there.

We take a person-centred approach to caring for older people. We believe in celebrating life to the full, and focusing on what people can do, rather than what they can't.

The homes evolve by listening to the wishes of residents and their families,

with dignity, privacy and choice always at the heart of what we do.

People who live with dementia are cared for with respect, understanding and imagination.

Our staff are highly trained, and aim to provide support and care for all. We also have specialist knowledge, and extensive experience of looking after those with a terminal illness.

We make sure that residents are comfortable, reassured and dignified in the later stages of life, and at the end of their life.

As Directors, we combine our knowledge and experience to support our managers and staff. We work closely together to enable people whose home is one of our homes to get the most out of their later years, whatever their individual needs and however long they stay with us.

Every resident is treated with respect, kindness and professional nursing expertise, and we are all proud of the excellent reputation our homes enjoy.

Our other homes

STIRLINGSHIRE



Randolph Hill

Perth Road
Dunblane
FK15 0BS

Manager:
Jo Comrie RGN
01786 825 362

WEST LoTHIAN



Holmesview

2 Holmes Road
Broxburn
EH52 5JZ

Manager:
Janice Dickson RGN
01506 859 660

EDINBURGH



Ashley Court

33 Craighouse Terrace
Morningside
Edinburgh
EH10 5LH

Manager:
Carol Morrison RN
0131 447 2345



Blenham House

3 Sighthill Court
Edinburgh
EH11 4EU

Senior Manager:
Mandy Rogers RGN
0131 458 9820

EAST LoTHIAN



Fidra House

67A Dirleton Avenue
North Berwick
EH39 4QL

Manager:
Trisha Smith RGN
01620 897 600



Muirfield

Hall Crescent
Gullane
EH31 2HA

Manager:
Heather Franklin
RGN RMN BSC PALLIATIVE CARE
01620 842 116

Next steps



If you'd like more information about Kirk Lane, or to arrange a tour of our nursing home, please call:

01506 539 651

Or go to www.randolphhill.com



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