



Holmesview

a Randolph Hill Nursing Home



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Welcome

Situated in West Lothian between Broxburn and Uphall, Holmesview is an established part of the community and many of our residents and staff are local to the area. Having worked here for over 10 years as Deputy Manager I am very proud to now be the Manager here and be able to continue to work with the residents, families and staff I know so well.

Our purpose-built nursing home has been designed with our residents in mind, and the bright and airy spaces are fantastic for ensuring quality of life is the best it can be. We are always striving to ensure that all voices are heard and residents participate

in any refurbishments and improvements we make to the home and have an input in how this is achieved.

We look after the 60 residents as if they were our own and the team here really is very dedicated; caring over and above the call of duty, building great relationships with residents and their families.

We run a busy social and events schedule, place a strong emphasis on good food and nutrition and encourage everyone to play an active part within the local community.

Quality of our nursing care is paramount. Holmesview is staffed 24 hours a day by

trained nurses and care staff, and our clinical facilities are excellent.

I trust this brochure gives you the information you need; please feel free to contact me at any time to discuss what makes Holmesview the special place that it is.

Janice Dickson RGN
Manager

An overview of Holmesview

Life at Holmesview is made all the better by the high standards we insist upon. We offer a wide range of services to suit individual needs, from creating a comfortable homely environment for residents, to giving person-centred care.

Accommodation

We have six self-contained units each with ten single bedrooms with ensuite shower room, a communal lounge and dining room. Our garden is a popular place to sit with a cup of tea, or for activities, weather permitting.

Keeping active

Events and activities are hugely enjoyed at Holmesview and our dedicated team, full calendar, and the availability of our own minibus ensures that the level of participation is high. 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.

Nursing care

Our round-the-clock registered nursing care means that many medical conditions can be treated at Holmesview. A GP attends weekly for the in-house surgery.

Family and friends

The use of email and phone is a great way to keep in touch, and residents are encouraged by care home staff to use the facilities in their room.

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



Our facilities

We are very lucky at Holmesview to enjoy a modern, specially-designed building, completed in 2011. Accessibility, light, a sense of space, fresh decor and a beautifully landscaped garden sets us apart from many other nursing homes.

Our 60 rooms are arranged in units of ten, with each group of ten residents sharing their own lounge and dining room. This makes for a warm and friendly atmosphere and we are pioneering a 'small group living' approach.

Each room can be personalised by the resident with their choice of wall colours and soft furnishings, and we encourage personal mementos and even furniture, if space allows.

On one occasion we recreated a resident's own lounge complete with their much-loved fireplace and mirror! As long as the layout gives us space to nurse in, we'll do our best to make rooms as homely and familiar as possible. Each bedroom has an ensuite shower room. There is a nurse call, underfloor heating, TV (including Sky),

a telephone and Internet access in every bedroom, with WiFi available throughout the home. Eight of the ground floor bedrooms have patio doors opening out onto the garden, which itself is safe and secure. All areas of the home are wheelchair friendly and specifically designed to support people with dementia.

The first floor, accessed by stairs or a passenger lift, has a large and airy sun room for use by residents for activities and film nights.

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

and make sure they are returned clean and pressed.

Friends and relatives are encouraged to visit as often as possible, and to make visitors welcome there are small kitchens so you can make your own tea and coffee. Our chef happens to be a master baker and there's usually an array of home baked treats for visitors too!

We believe looking your best is important, and even more so for older people. We have a hair salon in the home and our hairdresser is one of our most popular characters – the staff also use his services. His visits are a real social occasion with music, laughter and lots of chat!

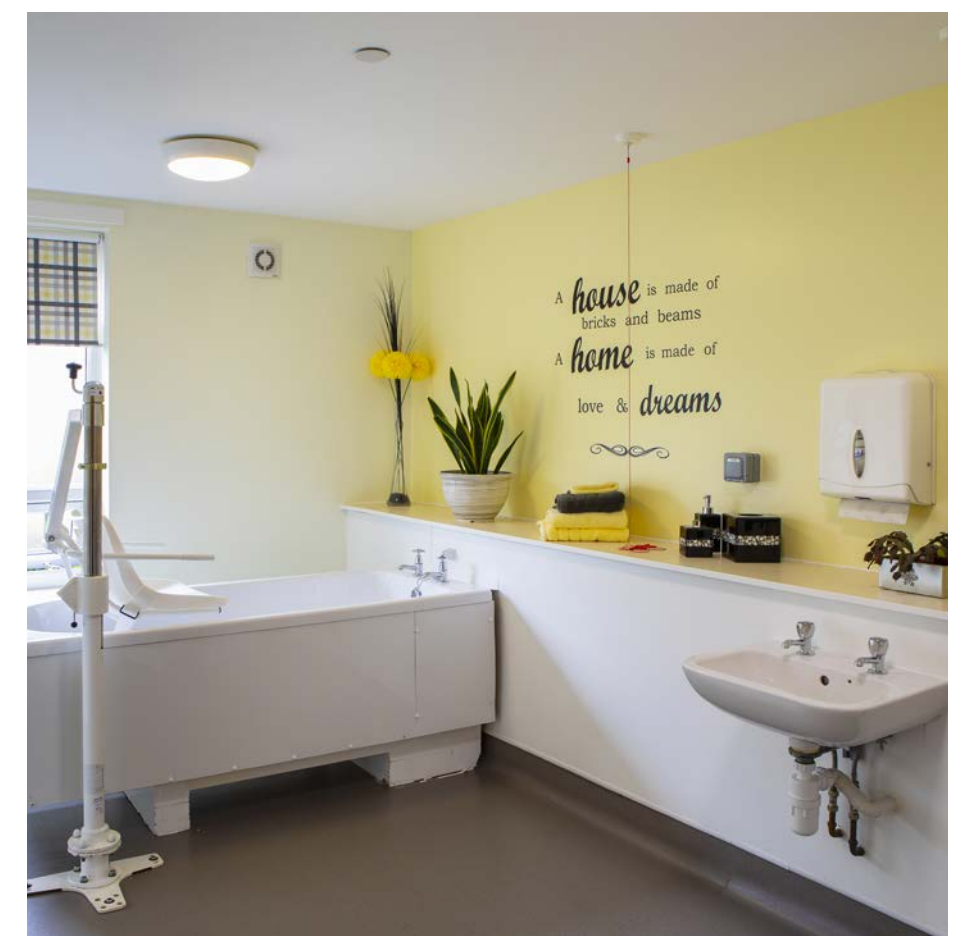


We offer:

- 60 bedrooms with ensuite facilities
- WiFi throughout
- 24-hour nursing care
- GP services
- Hair and beauty salon
- Organised events and activities
- Beautifully-maintained private, secure grounds
- Minibus for outings
- Wheelchair accessible vehicle available for family bookings
- Traditional dining
- Laundry service
- Full wheelchair access
- Drop down cinema screen
- Internet café
- Sky TV including Sky sports and movies

Each room has:

- Ensuite shower room
- Internet and phone access
- Flat screen TV
- Nurse call system
- High quality furnishings



Settling in

We take the time to get to know our residents, both before they arrive at Holmesview 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 from those in their late 60s to over 100 years – 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.

Upon arriving at Holmesview we sit down with the resident, and ideally also with their relatives, 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.

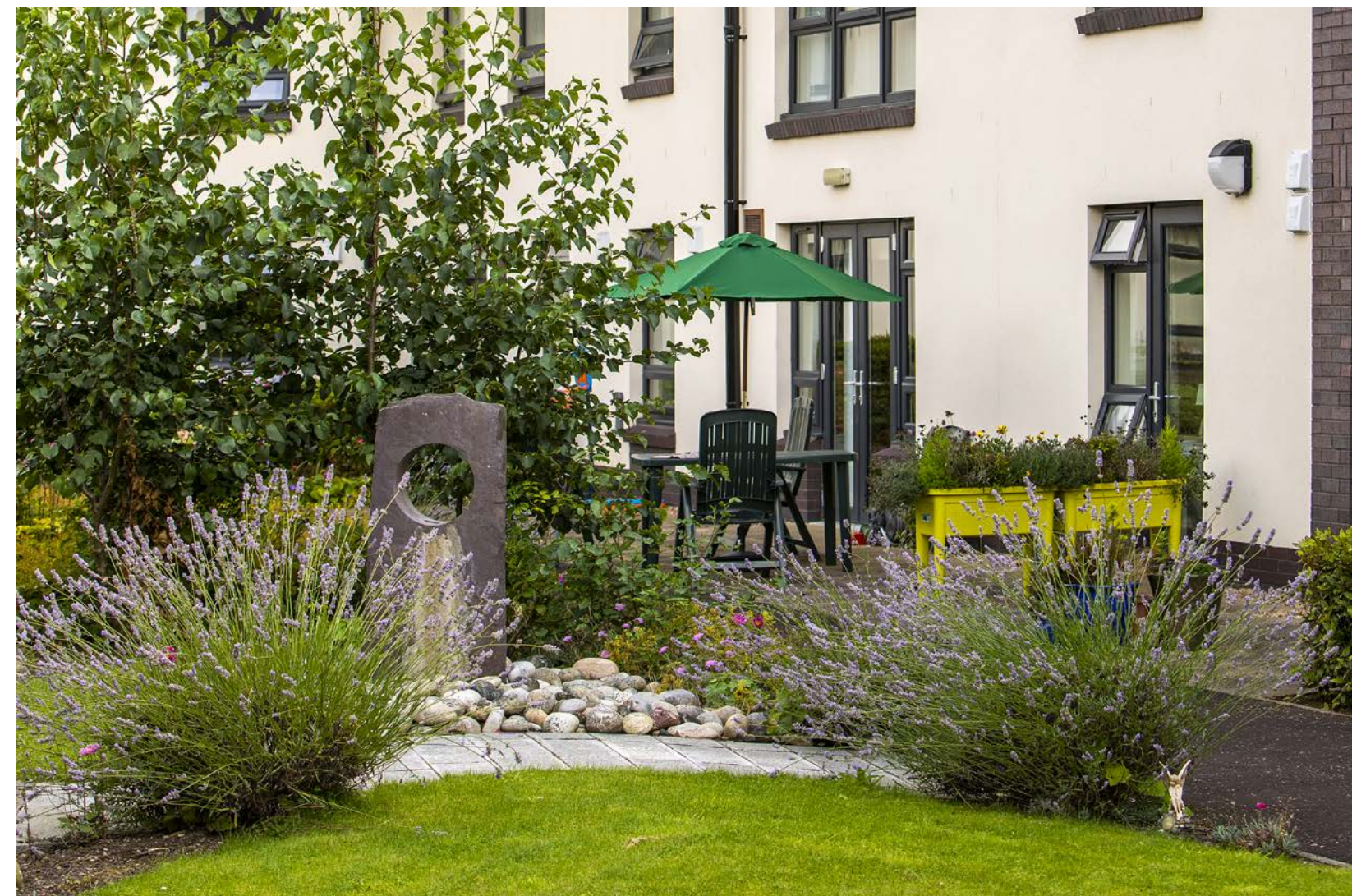
It might sound obvious, but one of the first things we establish is how our new resident would like to be addressed. We tend to use first names but some residents prefer to be a little more formal. That's fine by us, and we make sure whichever title is appropriate goes on the doorplate so all our staff and any visiting practitioners are aware.

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 do have a new lease of life at Holmesview.



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.

Holmesview has regular visits from local therapy dogs as well as Shetland pony therapy from time to time. These visits are always very well received from our

residents. 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 pride ourselves on our full and varied schedule of activities for residents to enjoy, depending on their particular choices.

We have four activity co-ordinators and the planned weekly programme means that there's something for everyone – from ballroom dancing, games of croquet and flower arranging to keep fit, singing and gardening. Residents are gently encouraged to join in, whether they're pursuing a lifelong passion or discovering new interests.

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

We organise outings which may include a sightseeing tour to a lochside picnic or 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.

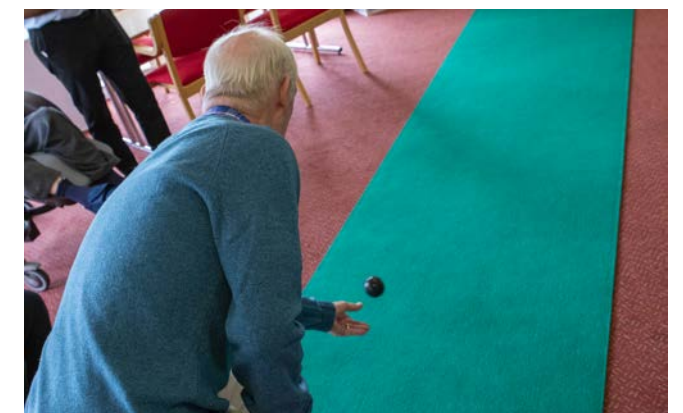
We also offer a wheelchair accessible vehicle that can be booked and used by family members to take their loved one on outings.

Within Holmesview itself residents can watch films on the drop-down cinema screen in the sun lounge – there are regular screenings – and there are various outdoor pursuits in the lovely landscaped grounds. 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.

Recent initiatives include the publication of a newsletter with two of our residents appointed as editor and reporter.

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

At Holmesview we certainly find that quality and enjoyment of life increases for our 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

Our experienced and dedicated staff provide the highest standards of individual care and support to our residents.



As a nursing home, Holmesview has a particularly 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.

Holmesview exceeds National Care Standards and this is in many ways due to the outstanding performance of our staff. Many have worked for the Randolph Hill Nursing Homes Group for a number of years and transferred to Holmesview when it opened in 2011.

Holmesview staff provide essential continuity of care and contribute 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 Holmesview we employ registered nurses and care workers along with managerial and administrative staff, domestic, kitchen and ancillary staff. Together we form a strong professional unit where every member of staff knows the name of every resident. We treat our residents with compassion, affection and above all, respect.



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.

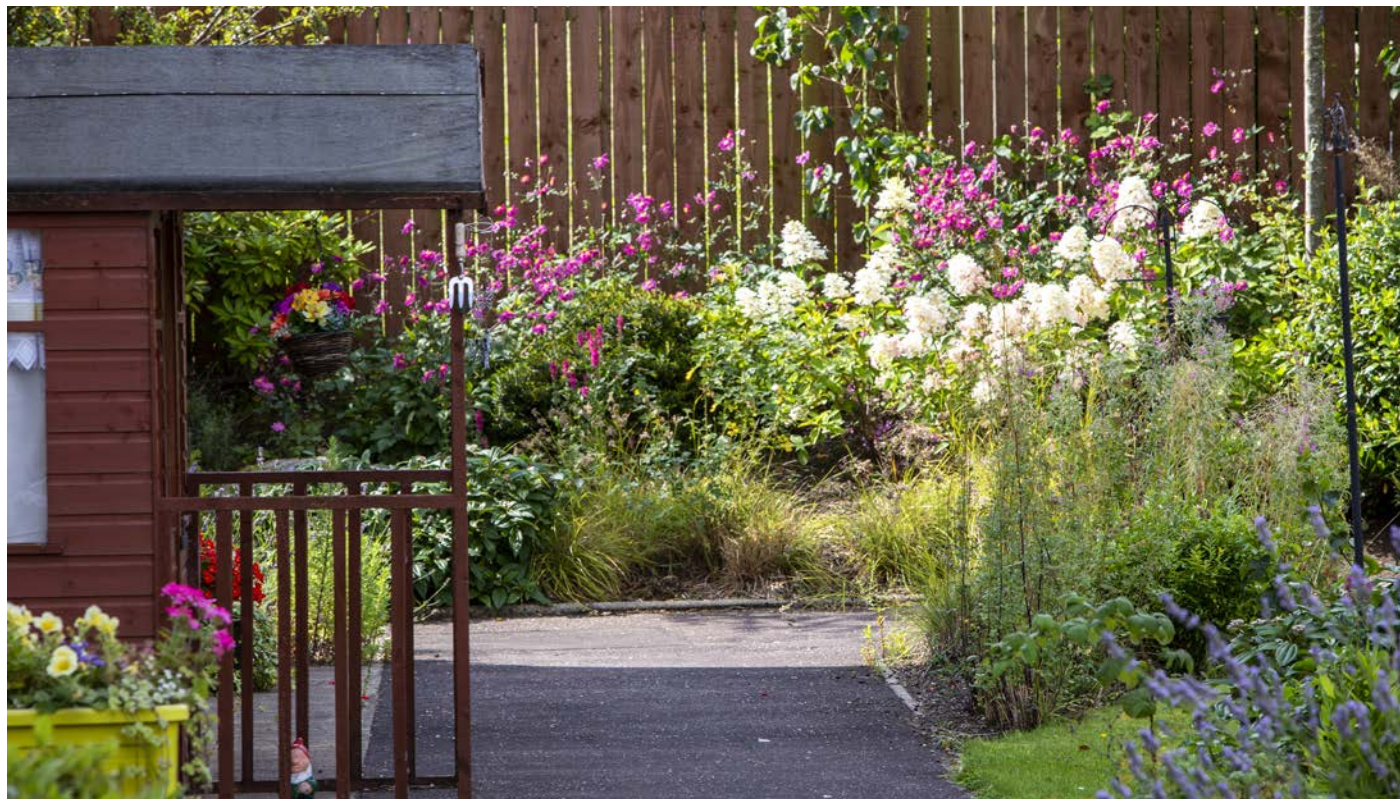
Mealtimes are an important social gathering for those who wish to eat in our dining rooms, and making food interesting, nutritious and tempting for those who need to put on some weight after a spell of being unwell or just need to maintain a healthy diet is an essential part of our care programme.

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 but our chef's legendary home baking rarely goes unappreciated (also much appreciated by visitors!).



Randolph Hill Nursing Homes Group



Holmesview 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; all exceed the Social Care and Social Work Improvement Scotland (SCSWIS)

standards 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.



Peter McCormick FCCA, Managing Director
Clare Allen RGN, Director of Nursing Homes Operations
Brodie Nichol, Director

We care, the way you care.

Holmesview 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:
Pauline Wilson BSc
01786 825 362

WEST LoTHIAN



Kirk Lane

Livingston Village
Livingston
EH54 7AY

Manager:
Matthew McCanny RGN BSc
01506 539651

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:
David Livingstone BA (Hons)
01620 897 600



Muirfield

Hall Crescent
Gullane
EH31 2HA

Manager:
Esther Bathgate RGN
01620 842 116

Next steps



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

01506 859 660

Or go to www.randolphhill.com



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