



Welcome to Cary Brook

We would like to welcome you to Cary Brook. We are a specialist dementia care home with many years' experience in providing care to older people living with complex dementia.

Our philosophy is simple – to provide a 'home' within a home, enabling our residents to live as independently as possible in a comfortable and safe environment.

Our team recognise the individuality of each of our residents and with your assistance in supplying information from their life history, we will succeed in achieving the best possible outcome in the care that we provide.



"My mum spent a week at Cary Brook whilst attending her granddaughter's wedding celebrations at a nearby venue.

The preparation and advice given prior to our visit was very thorough and gave us confidence in the quality of management, standards of care and expertise at the home. From the moment my mother arrived, they made her feel welcomed and valued. She showed no signs of anxiety when returning to the home and clearly enjoyed her stay.

The quality of care was excellent and the staff showed compassion, humour and a real sense of empathy.

The activities arranged were innovative and had clearly been developed by those who had a genuine interest in improving the quality of life of those in their care.

A lovely member of the Cary Brook staff came to the wedding celebrations to ensure that there was real continuity of care. It was the perfect solution for us and enabled attending the wedding to be a stress-free, pleasure for my mum.

I recommend Cary Brook unreservedly."

Daughter of a respite resident



Life at Cary Brook

Our team of Activities Co-ordinators are on hand to make sure that residents can continue to enjoy their favourite hobbies, learn new things and regularly get out and about in the local community.

The great thing about having a daily activity programme is that residents can pick and choose whether they want to take part. If there is a particular hobby or interest that isn't currently being provided, just let the team know and they can arrange this.

Our residents enjoy visits from the local primary school children. We regularly have visiting entertainment including singing and dancing.

We love animals, including creepy crawlies, and have enjoyed visits from Zoolab with their animal-handling workshops. We've also hosted visits from donkeys and alpacas.

Parties Friends Cake Animals Gardening Fun



Celebrating Intergenerational Crafts



Recipe club Musical activities Day trips Pampering



Visiting entertainers Quizzes Games

Somerset Care has a partnership with award-winning social enterprise, **Oomph! Wellness**, to provide engaging trips for our homes.

Previous Oomph! trips have been to exciting locations such as ten pin bowling, National Trust homes and racing tracks, as well as more day-to-day spots in the local community.

These trips aim to connect residents to the people and places that matter most to them, so that they can reignite old passions – or discover new ones.



We encourage residents to **personalise their rooms** to help them feel at home.



Cary Brook is home to our residents, and we encourage people to treat it as such, so we don't have visiting hours; friends and family are welcome to visit at any time.

Occasionally, a resident may want to bring a pet with them. This may be possible, please discuss this with the Manager.

We provide our residents with a warm and homely environment which is why our staff don't wear uniforms. It is important that our teams are dressed appropriately and of course we ensure that excellent hygiene practices are in place to prevent infection. They do not however need to look clinical, in fact research evidence confirms that styles and colour of clothing often provide a great conversation starter for people to share stories and memories.



Inspected and rated

Good



Our care

We provide specialist dementia care. At Cary Brook, we believe in delivering the highest standards of care, tailored to each individual. The Care Quality Commission (CQC) officially rates our home as **GOOD**.

We provide a supportive environment with 24 hour care for people who don't require nursing but may need help with daily activities, or personal care such as washing or dressing. We want to help you to keep your independence and live life to the full, which is why we provide a 'do with you' approach to support, rather than 'do for you'.

Our home has a great relationship with all the local GP surgeries. Whether you arrange to stay with us, on a short or longer-term basis, we take care of organising your new registration with your preferred local surgery. If you need to see a Doctor during your time with us we will arrange for the Doctor to visit you, or if you prefer, we can support and accompany you to attend your appointment at the surgery.

Developing our staff

We have a comprehensive training and induction programme for all our new staff, but it doesn't end there – we also offer opportunities for continuing development and training to support people to acquire new skills and progress in their careers. By investing in technology, such as electronic medication systems, our staff can efficiently deliver the highest standard of care and support.



Dementia care

Somerset Care has provided care for our residents living with dementia for many years. It is important for us that anyone becoming part of the Cary Brook family feels like they are simply moving home and will make new friends as they do so. We recognise the difficulty this can create for those with dementia – and their loved ones.

For over 20 years we have worked with university partners in Exeter and Bradford to ensure we are part of the latest research, we use the evaluation of that research to influence the care and support we provide.

We are extremely proud of our 'Petals' dementia teams who are all trained to the highest standards and constantly strive to ensure our services are person led – listening to our customers and families on an individual basis to meet their needs. It is essential for our teams to understand where someone is on their dementia journey – no two people are the same – we will support our residents to maintain life skills which include both therapeutic and vocational tasks.



Petals our specialist dementia care service.

Day care and respite breaks

We have a limited number of places for people to join us for day care; you will take part in the home's wide range of activities, with lunch included. Activities can include days out, quizzes, visits from local schoolchildren, crafts and lots more. It is possible to book in for a one-off day or for regular days per week.

We also offer short-term respite breaks. This can be for any duration from a couple of nights to a number of months. This gives family carers a chance to make some time for themselves or to take a holiday, safe in the knowledge that their loved ones are being well cared for. It can also be a way of gently exploring whether a longer term move to a care home might be an option.

End of life care

We provide compassionate end of life care, and have been awarded Platinum status in the Gold Standards Framework for our work in this area. We liaise closely with other health and social care professionals to ensure that this difficult time is made as peaceful as possible, supporting family members as well as the resident.

This support often includes emotional support; we are here to listen and provide comfort, we can sometimes provide a room for families if required, and refreshments are offered so that you don't need to leave your relative if you would prefer not to. Please feel free to discuss individual requests with the manager, as wherever possible, we will try to fulfil these.

the gold standards
framework
Accredited
Platinum 2017–2020

“ My mum was very comfortable in the home. She was always treated with the utmost respect. The most important aspect, however, was the excellent staff who were always caring and cheerful. The end of life care for my mother and her family was outstanding and a much more personal and respectful ending than a hospital would have been.

Daughter of a respite resident

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Nutritious meals

Residents at Cary Brook benefit from their own Cook who, alongside a dedicated team, creates homemade nutritious, filling meals.

Our kitchen team can accommodate all dietary requirements. We hold the highest (5 star) food hygiene rating.



Our onsite kitchen provides a varied choice of appetising meals prepared fresh daily. If you'd like something other than what's on offer, all you need to do is speak to the kitchen team who will do their utmost to prepare something just for you.

We use suppliers that we trust to produce quality ingredients for our residents, including local Somerset produce where possible.

Our menus are seasonal and offer residents a daily choice of meals. We normally have our main meal at lunch and the evening meal is a lighter option.



Winter MENU

EVERY DAY AT BREAKFAST

A SELECTION OF BREAKFAST CEREALS OR HOT PORRIDGE OATS.

TOASTED WHOLEMEAL OR WHITE BREAD SERVED WITH ASSORTED JAMS, PRESERVES AND MARMITE.

GRAPEFRUIT OR PRUNES IN SYRUP.

YOGHURTS AND FRUIT.

WITH TEA, COFFEE, HOT CHOCOLATE AND FRUIT JUICES.

Monday

BREAKFAST

HOT BREAKFAST OF THE DAY.

MID MORNING

SELECTION OF BEVERAGES INCLUDING MILKSHAKES AND SMOOTHIES, FRESH FRUIT AND BISCUITS.

LUNCH

SALMON FISH CAKE WITH PARSLEY SAUCE

OR

RED LEICESTER AND ONION TART

SERVED WITH SAUTÉ POTATOES, CARROTS AND GARDEN PEAS.

LEMON SPONGE WITH LEMON SAUCE AND CUSTARD.

OR

CHOOSE FROM THE COLD DESSERT TROLLEY.

OTHER ITEMS ALWAYS AVAILABLE TO ORDER INCLUDE OMELETTES, LIGHTLY POACHED FISH, JACKET POTATOES AND SALADS.

AFTERNOON

A SELECTION OF BEVERAGES WITH AFTERNOON SNACK.

SUPPER

PORK PIE WITH PICKLES AND SALAD

OR

SANDWICH SELECTION WITH SALAD GARNISH, AND SOUP.

CHOCOLATE POT.

EVENING SNACK

CHOOSE FROM A SELECTION OF:

A SANDWICH PLATTER, MALT LOAF, TEACAKES OR SIMILAR, CHEESE AND BISCUITS, SERVED WITH A SELECTION OF HOT MILKY BEVERAGES.

THICK, CREAMY YOGHURTS AND FRESH FRUIT ALWAYS AVAILABLE.

Our home takes great pleasure in supporting celebrations, including our residents' birthdays and we welcome any excuse for cake!





“My mum has been coming for respite for the last 3 years and each time she goes she is becoming more relaxed and happy about going. She is always made to feel welcome and I know she is being really well taken care of...

The staff make me feel reassured that she is safe so I can have a break with no worries... I can't fault Cary Brook in any way and would recommend them, and have, to anyone.”

Daughter of a resident

Technology

Somerset Care embraces the use of technology to enhance our residents' lives.

At Cary Brook, Wi-fi access is available in our home. We are [passionate about supporting our residents](#) to maintain contact with families and friends, and have a computer and a tablet for our residents to use; we support Skype video calling, social media and email use. We've supported people to attend events all over the world via Skype. If you can't come in to see your relative, we can arrange Skype sessions with them.

We use 'Our Yesterday', an electronic system which brings reminiscence to life. It provides weekly printed and interactive newsletters. Staff members use these with residents to promote reminiscence, discuss historical and topical events and participate in quizzes.

We provide ways of watching DVDs, Netflix, YouTube or Catch-up TV. This way of watching media puts our residents in charge of what to watch, when they want to watch it.

Somerset Care employs a full-time [Care Technologist](#) whose role is to support our homes, our residents and their families to use and overcome any technology issues they may have.

The Care Technologist also provides workshops across Somerset, giving our staff the knowledge they need to support our residents.



NETFLIX



You Tube



Our team

Our staff and volunteers are fully committed to making a difference to the lives of the residents at Cary Brook. Working together as a well-trained, professional team, they provide round the clock care and support.

Our team are at the heart of Cary Brook and we recognise the important role they play in the daily lives of our residents. We nominate employees that go above and beyond in the annual **Somerset Care Group Awards** and we celebrate the **long service** of our staff members.

Cary Brook has great links with the local community and we actively encourage volunteers to come and spend time with our residents. Our volunteers work alongside our dedicated care staff, to support residents to enjoy personalised and meaningful activities.

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People benefitted from a staff team who received training which enabled them to provide care safely and gave them the specialist skills required to work with people who were living with dementia.

2017 CQC inspection



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Cary Brook is part of the Somerset Care Group, which means that the whole team receive regular training from its own training company Acacia Training and Development.



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All the staff and management are outstanding, very professional, dedicated people. They don't just care for the residents, they also care about them. There is a difference.

The home itself is an immaculately clean, bright and very pleasant environment. Entertainment and activities are very good and the catering and cleaning staff are great.

The carers knew my mum very well, and the care she received was second to none. Cary Brook knew what my mother liked and didn't like. They always kept me informed (I was not local) and made sure that she could visit her husband in his care home.

My mum received friendship, kindness and shared laughter. Humour is a vital ingredient to being happy.

I doubt if I could have found a home that matched Cary Brook. They are the best and I thank them from the bottom of my heart.

Daughter of a resident

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To find out more

You are welcome to visit Cary Brook at any time and we'll be happy to show you around the home. We have pleasure in offering you a **free taster day** for anyone considering joining our home, so that they can experience us for themselves.

Call to book on: 01963 359 700

Choosing a care home can be a very emotional decision, and we understand that. We want to make this process as smooth as possible, and our enquiry team will be happy to answer any questions you may have.

We also have a Guide to Care Homes which we can send you by post or email which may be helpful when considering choosing a care home.

The Care Quality Commission (CQC) inspects all care homes, and the objective reports they produce are a really good starting point to find out more about any care home. We would also advise you to visit any care home that you are considering as first hand experience is the best way to get a feel for a home.

Once you have decided that Cary Brook is the right choice, we will arrange for a member of our management team to visit; they will look at individual care requirements and discuss personal preferences, making sure that we are able to meet these needs.

If you have any questions, or would like to find out more, please contact us and we will be happy to help.

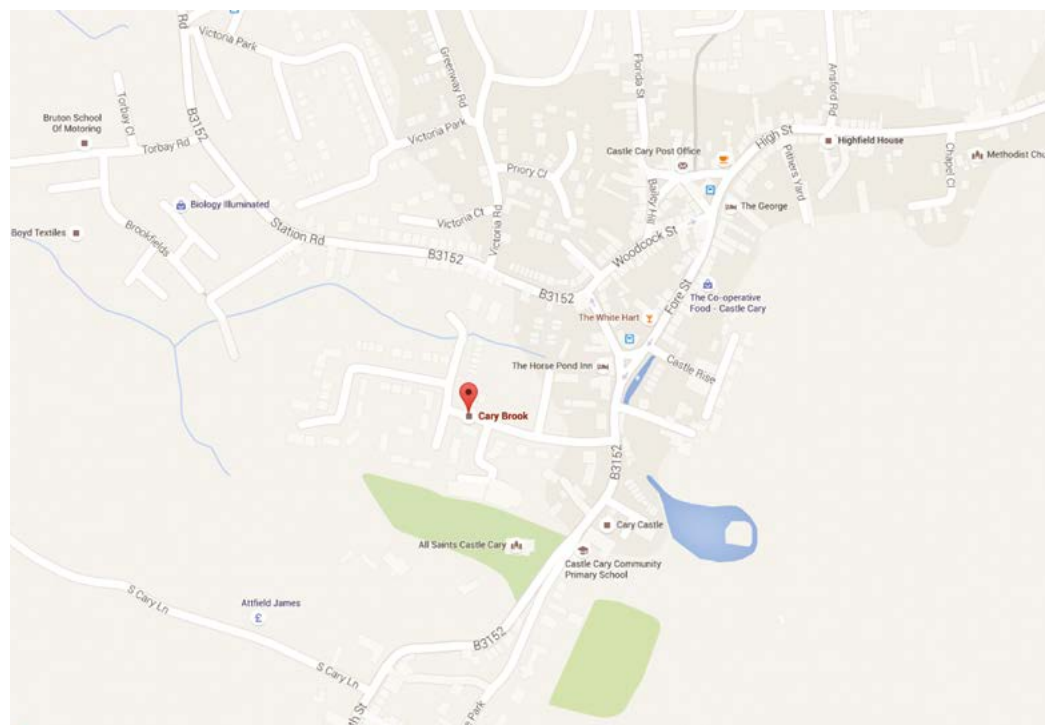
How to find us

Address: Cary Brook, Millbrook Gardens, Castle Cary, Somerset BA7 7EE

Call: 01963 359 700

Email: enquiries.carybrook@somersetcare.co.uk

Website: www.somersetcare.co.uk





“It’s not how much you do, but how much love you put in the doing.”

Mother Theresa

