



Watermoor House

RESIDENTIAL CARE HOME

Dedicated care for older people
in a homely environment

Watermoor Road, Cirencester,
Gloucestershire, GL7 1JR





*A caring environment
in the heart of the Cotswolds*

Welcome

Watermoor House is a happy and lively home occupying a prime position in the heart of the historic market town of Cirencester, the capital of the Cotswolds.

A truly dedicated team provide residential and respite care for up to 38 elderly people in a comfortable and caring environment where residents are encouraged to maintain their independence and continue to make their own decisions about how they wish to live their lives.

Watermoor House is small enough to offer that genuine homely atmosphere where everyone is treated as part of an extended family. Our team of dedicated professionals take the time to get to know each resident, their life story and their family and friends.

www.watermoorhouse.org



Care Options

Watermoor House offers several care options on both a private and publicly funded basis, based on availability. All our residents experience 24-hour care in their own en-suite room, home cooked meals, unlimited drinks and snacks, laundry and housekeeping services and a wide variety of daily activities designed to stimulate and entertain.

Respite Care

Many of our residents come to Watermoor House for respite and short term care whilst their carers or families are on holiday or needing to take a break. This allows both the carers and the resident to relax knowing that our staff are on hand to help with all aspects of their daily life, including personal care and medication.

Our respite residents benefit from the daily social interaction with staff and other residents, and from the daily programme of engaging activities that they may not experience when being cared for at home. We find that many of our respite residents return and eventually become permanent residents.

Permanent Residency

The decision to move into a care home can be an emotional and difficult time for prospective residents and families. We completely understand this and make every effort to ensure the transition is as smooth as possible. We encourage people to join us for the day to meet residents and staff, or to join us as a respite resident to give them an opportunity to experience what life is like at Watermoor House. Many discover how much more comfortable life is at Watermoor House, and perhaps wonder why they struggled on at home for so long.

Permanent residency includes help with personal care and the administration of any medication. Residents are assigned a Key Worker who spends time supporting them in their individual needs. This can include accompanying them to appointments, going shopping for special items, making contact with friends and family, talking over any concerns and simply spending quality time with the resident on a regular basis.



Daily Routine

The excellent quality of care at Watermoor House is due to our high staffing levels and an on-going programme of training. Our care team, under the supervision of the Home Manager, are on hand 24-hours a day.

The day starts with a hot drink in bed at around 7.00am, and then breakfast between 8.00 and 9.30am. We meet again in the lounge for coffee and biscuits at 10.30. The gong then announces lunch at 12.45pm, and there is a choice of at least two dishes for each course.

Tea and home-made cakes are served in the lounge at 3.30pm, and then supper at 6.00pm. Hot drinks are served in the residents' rooms, with the option of a snack, at around 8.30pm.

Watermoor House is a supportive and stimulating environment where residents are encouraged to take part in as many activities as they wish. Our activities include quizzes, films, choir sessions and group

exercises, and there are one-to-one opportunities to go into town. We organise coffee mornings and concerts, and welcome other visiting groups, which means that residents are never short of things to do or get involved in.

There is a choice of two lounges, the main one overlooking St. Michael's park. There are pleasant gardens and terraces for sitting out on sunny days.

Special attention is paid to the quality of the food at Watermoor House and any special dietary requirements. Our kitchen team prepare fresh food every day. Meals are served in the bright and welcoming dining room.

Personal Care & Health Matters

We have an in-house hairdresser, who uses the salon at least once a week. A chiropodist also visits regularly.

We provide personal care, giving help with washing, bathing, dressing, feeding and personal hygiene where necessary, always being very careful to respect residents' privacy and dignity. Our staff undertake an ongoing training and development programme, to ensure that they continue to offer the highest possible standard of care at all times.

Help is readily available 24-hours a day, by the use of the call bells which are installed in every room and every en-suite.

Overall well-being is our top priority, and so during the first week at Watermoor House, we agree a bespoke plan of care according to individual needs. Then every day there is a note made about our residents' health and welfare.

This enables carers and managers to keep abreast of individual requirements.

Residents that are new to the area will be given help to select a doctor. A member of staff can accompany a visit to the doctor if a relative or friend is not available and, unlike many homes, we do not charge separately for this service. Alternatively, doctors can visit the home where consultations will take place in residents' rooms, as well as district nurses, who visit the home on a regular basis.

Joining Us

At Watermoor House, we aim to make the transition as smooth and comfortable as possible. Residents are made to feel entirely at home and looked after in a manner similar to that which would be given by a caring relative.

Residents' rooms are regarded as personal space and we encourage residents to bring as many of their own belongings as possible to make the room their own. We welcome visitors to join us on an open day or call to arrange a visit, or even join us for lunch or tea.

When residents come to join us at Watermoor House they are encouraged to maintain their independence and to continue to make their own decisions about how they wish to live their life.



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At Home in the Community

Watermoor House Residential and Respite Care Home is set in a leafy residential location in the heart of the historic market town of Cirencester, the capital of the Cotswolds.

The elegant Georgian manor house with its beautifully maintained gardens is just minutes from all the amenities of Cirencester and within easy reach of both the M4 and M5 motorways.

Cirencester holds regular markets every week including antiques and crafts. There are a variety of shops, restaurants and cafes in walking distance of the home.

Cultural attractions include the renowned Corinium Museum, which houses many local Roman artefacts as well as exhibits of local history and talks on local subjects.

The New Brewery Arts centre in the heart of the town is home to many quality local craft makers and hosts regular activities and events.

The home organises regular outings which take advantage of the scenic surroundings for which the Cotswolds is famous and are all in within easy reach of Watermoor House.





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