



Providing compassionate care
in a **home** you make your own.





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Welcome to the Athena Healthcare Group

The Athena Healthcare Group has provided high-quality residential and nursing care homes throughout the North West of England and Dover since 2014. Our purpose-built Lodges offer a range of care services from purely superior residential care to tailored nursing and specialist dementia care.

With a person-centred approach at the heart of everything that we do, we aim to provide residents with the best home-from-home experience, promoting independence and enriched lifestyles to ensure all residents can make the most of each day.

“ Everyone has made a real effort to get to know him and understand his needs, They have various activities and always encourage him to join in. ”

Wife of Resident at Marine View Lodge



Care Standards & Philosophy

We place the rights of our residents at the forefront of our philosophy of care. We seek to advance these rights in all aspects of the environment and the services we provide to encourage our residents to exercise their rights to the full.

Essential Standards of Care

We are committed to meeting each of our resident's individual requirements by providing the highest quality care. Our commitment to the below standards mean that our residents and their families can enjoy peace of mind knowing they are our primary focus and concern.

- ❖ To be treated with respect, dignity and compassion.
- ❖ To have privacy in all personal matters.
- ❖ To be kept safe and fully informed about all aspects of care, treatment and support.
- ❖ To live in a pleasant, clean, comfortable and welcoming surroundings.
- ❖ To be given opportunities, encouragement and support to live as full a life as possible.
- ❖ To have personal records treated confidentially, kept safe and up to date.
- ❖ Access to an open and honest complaints procedure through which to raise any concerns.
- ❖ To be protected from abuse, the risk of abuse and to have human rights observed.



Our Care Philosophy

As a care provider, we feel that it's our duty to go above and beyond for our residents, family members and all those who help form a valuable part of our growing community.

With this in mind, we are committed to delivering:

A safe & secure, purpose-built home

Each of our Lodges is intelligently designed with specialised facilities to ensure all care services are met to a high standard, balanced with modern and homely furnishings to help you feel comfortable and safe in your new home.

A fun, fulfilling & enriching environment

We want everything we do in our lodges to be driven by the needs, abilities and aspirations of our residents. In order to do this, we make sure that we get to know all our residents and their loved ones personally – not just when they arrive, but consistently throughout their stay. By understanding our residents' interests and stories, we are able to tailor their experience with us to be as fun, fulfilling and enriching as possible.

Nutritious & well-balanced meals

We understand the importance of a nutritious and well-balanced diet. Therefore we only use the finest seasonal produce available to make every meal the best it can be. Our menus are crafted with care and attention, tailored to residents' preferences and cultural or dietary requirements.

A home you make your own

It is important to us that all of our residents feel completely at home with us and feel they have the right to make independent decisions about their lifestyles within our community. All residents are treated with dignity, compassion and with respect for their privacy and our staff appreciates that their place of work is our residents' home.

We are always looking at ways to improve and we believe in supporting our team by creating an environment that encourages teamwork and innovative thinking as well as offering training and regular feedback at all levels.



Patio at Parklands Lodge



Care Services



Residential Care

Our residential homes are designed for those who have made the choice to live within a care home community where they can benefit from a wide range of support and companionship.

Our dedicated team of care professionals is always on hand to support you; from providing assistance with daily activities, including dressing and mealtimes, to aiding visits to external professionals such as GPs.

Through a range of engaging activities in the local community and within the care home, we hope that this will help you to continue living enjoyable and fulfilling lives.



Residential Dementia Care

Our dementia specialist homes provide a safe, secure and responsive environment for those in the earlier stages of dementia.

As purpose-built facilities, our lodges have communities dedicated to residents who are living with cognitive impairment.

We have designed the Lodges to incorporate a number of special features including designated breakaway spaces and easily identifiable signage, allowing residents to easily familiarise themselves with their surroundings.



General Nursing Care

Our nursing homes are for those living with long-term illness or disability where more complex medical support is required.

Our dedicated nursing team provide a person-centred approach, ensuring all medical needs are met and that conditions can be managed professionally.

As well as in-house medical teams, our Lodges welcomes visits from GPs and other professionals including physiotherapists, dieticians, opticians and chiropodists, to fully support and complement our residents' care.



Dementia Nursing Care

Dementia nursing care is typically for those who require more intensive support and monitoring from medically trained professionals.

Led by registered mental health nurses who specialise in dementia care, our team is qualified to assess and monitor residents' changing needs, responding to developments in line with their established care plans and best practices.

We work closely with our residents, their loved ones and medical team to best support their physical and psychological needs, enabling us to tailor our approach to each individual; promoting choice, dignity and respect.

Our Lodges

"Wow, that's a care home? I thought it was a hotel?" is just one of the recurring comments we receive from those who have experienced an Athena care home for the first time.

To ensure all care services are met to a high standard, our intelligently designed Lodges incorporate specialised facilities with a balance of modern and homely furnishings to make you feel comfortable and safe in your new home.

Lodge Facilities

The facilities at our Lodges include:

- ❖ Bedrooms with En Suite Wet Room
- ❖ Cinema/Activities Room
- ❖ Hair & Beauty Salon
- ❖ Spacious Lounges
- ❖ Dedicated Quiet Lounges
- ❖ Dining Rooms
- ❖ Assisted Bath & Shower Rooms
- ❖ Private Patios
- ❖ Landscaped Gardens
- ❖ Visitor Car Park

* Facilities may vary slightly from Lodge to Lodge



Bedroom at Lily Wharf Lodge



The Clubhouse Restaurant at Birkdale Tower Lodge

Dining Experience

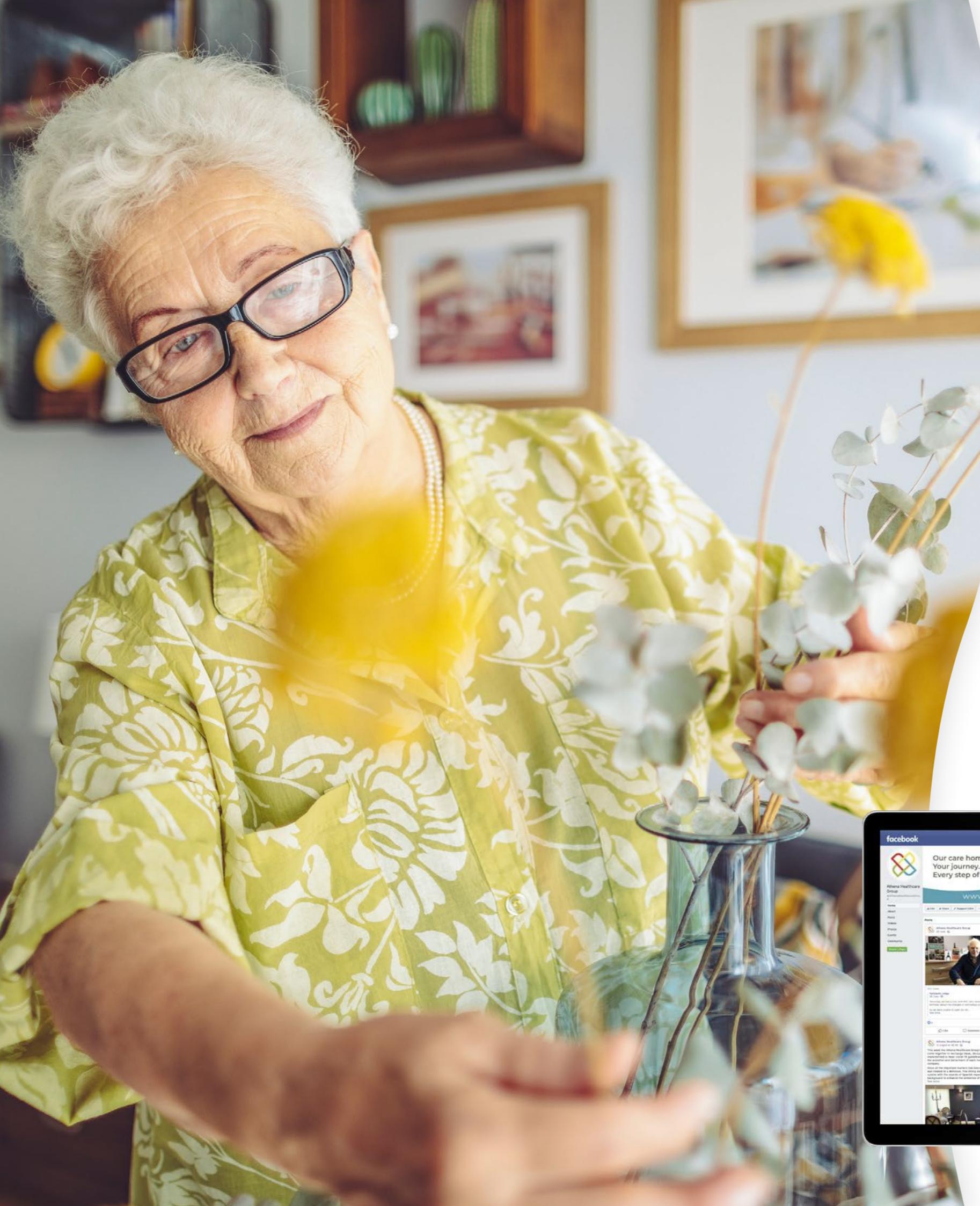
Here at the Athena Healthcare Group, we believe in the importance of a nutritious and well-balanced diet.

We are proud of our dining service and menus that are crafted with care and attention. When you first join us, we will discuss your likes and dislikes to ensure that our menu is tailored to residents' preferences and cultural or dietary requirements.

We understand that dining with family provides the perfect time to reflect, catch-up and spend some quality time together. Therefore, residents are welcome to invite their loved ones to meals at their Lodge; booking availability and related costs are available from the Lodge reception.

“ The food is delicious and the family is always made to feel so welcomed. **”**

Daughter of Resident at Woodlands Lodge.



Activities & Wellbeing

At our Athena Lodges, we have a pro-active Activities & Wellbeing team who are dedicated to making our residents' home a happy, vibrant and fun place to live!

Our Activities & Wellbeing team provide residents with a varied and engaging programme that inspires communication, social interaction, movement, reminiscence and more.

Example of activities include:

- Musical Sing-Along Sessions
- Exercise Classes
- Arts & Crafts
- Knit & Natter
- Intergenerational Sessions
(with our twinned nursery)

There are also regular visits to parks, markets and shops in and around the local area, as well as organised excursions to places of interest.



To keep up-to-date with all our latest goings on, families and friends are encouraged to follow our Facebook & Instagram pages.

Find your new **home** with Athena.

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