



# Headingley Hall



- 
-  Residential care
  -  Dementia care
  -  Luxury retirement apartments
  -  Respite stays





# Welcome



**Peter Hodkinson**  
Managing Director

**If you are reading this brochure you will be in the midst of making a very important choice about the care and support you or your loved one needs in later life. We acknowledge that this is a big and often emotional decision and thank you for considering Headingley Hall.**

I can imagine that the key question you will be asking is why choose Headingley Hall? What makes our offer and care options stand out in the myriad of choices in Leeds?

## **Outstanding local reputation**

As one of Leeds' most respected health and social care providers we have a proven track record in providing award-winning care and support to older people. Our network of care homes and apartments is small enough to provide quality and individual care, but large enough to provide care services that are right for you, even if your circumstances change.

## **Quality, Respect, Integrity, Service**

Ever since we were founded in 1992 we've taken great pride in our values – Quality, Respect, Integrity and Service. Today, we continue to reflect these values in the way we care, the way we act and the way we operate on a day-to-day basis.

We passionately believe that happiness is just as important as health and that quality care should go hand in hand with quality of life.

## **Exceeding expectations**

We are very proud to be one of small number of care home partners in an academic collaboration with the University of Leeds which looks to Nurture Innovation in Care Home Excellence (NICHE-Leeds). This means we are leading the way in developing new and innovative approaches to outstanding care and support across all of our services.

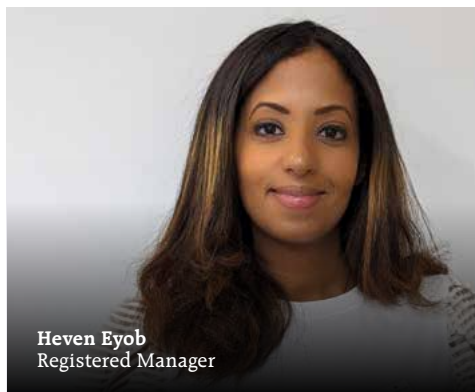
Ultimately if you choose Westward Care, we promise to offer the very highest standards of comfort, style and security and ensure the care and support you need becomes our priority.

**Peter Hodkinson**  
Managing Director

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# Introduction

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**Heven Eyob**  
Registered Manager

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We appreciate that making the decision to move in later life is seldom an easy one and never forget that our clients are individuals with unique needs, wishes and outlooks. As Registered Manager of Headingley Hall I care passionately about ensuring we guide you appropriately in choosing the level of care that suits your needs.

We always start the conversation about care and support from where you are now – understanding and listening to what your aspirations are for later life.

For some people the independence of owning their own apartment with the reassurance of care and support on-site is an option. For others our residential care suites offer a greater level of care and support on a day-to-day basis where needed.

We are extremely proud of our CQC 'Outstanding' rating which we were awarded in February 2020.

This brochure gives you a little insight into Headingley Hall – our services and care options. But we believe it's the people at Headingley Hall that make all the difference – from our highly trained and qualified staff, as well as our residents.

So please come and visit, take some time to speak with our staff and residents and find out more about why Headingley Hall prides itself on being one of the best care providers in Leeds.

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## Don't just take our word for it

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“Headingley Hall is a beautiful place with lovely grounds. The care that my mum and dad receive is excellent and every one of the staff make residents feel safe and comfortable.”

Louise F, daughter of resident

“For me, the most appealing features of a home which has so many commendable aspects were the warmth and proficiency of its staff. Their competence, abundant good nature and kindness, cheerful demeanour and ready smiles are assets beyond price.”

George B, resident

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“Headingley Hall was recommended to me by a neighbour as a place to go for convalescence following surgery. I was most impressed with the calm, relaxed and friendly environment.”

V.S, respite visitor

“I have been here for 4+ years and have not only no complaints to report but have never ceased to rejoice in my good fortune for having found it. The strength of this place is primarily its staff, intelligent, kind, over helpful and never hurried.”

Brian, resident Headingley Hall

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To read more reviews about each of our locations visit [www.carehome.co.uk](http://www.carehome.co.uk)

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# Residential Care Suites

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## With our residential care services, you're in control

Our residential care suites give you both the space and independence to be yourself as well as all the care and support you need to maintain a full and rich life.

From accommodation and meals to personal care, our services include help with everyday tasks like getting up, going to bed, meal-times, washing, dressing, personal care, or taking medication.

### **The accommodation**

In developing our care suites, we compared the 'average' care home room and added more space, comfort and luxury. We then incorporated the latest technology, design and materials to provide extra comfort, warmth and security. For added convenience, a number of our rooms include an en-suite shower room, a temperature-controlled pre-set shower and a kitchenette with an integrated fridge and tea-making facilities. Not to mention, under-floor heating and a 24/7 call system.

### **End of life care**

For many people, a care home is often the place where they will spend the last years of their life. We believe that wherever possible we should make our residents feel at home and provide the highest possible standards of comfort and care. This includes supporting the wider family, working closely with a specialist palliative care team if, or when required and co-ordinating our services with experienced district nurses, to deliver an expert network of care.



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# Luxury Retirement Apartments with care and support

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Imagine a luxury apartment to call your own, and the freedom to come and go as you please, plus the reassurance of extra support and services when you need them.

With our independent living services supporting you in your home, you'll enjoy all the benefits of owning your own apartment, without any of the stresses and pressures of maintaining it.

After all, there are no bills to pay and just one reasonable weekly charge covers everything from gas, electric, heating and water rates, to Council Tax, housekeeping, maintenance and membership of our social club. We even provide a car-sharing scheme at no extra cost.





All the luxury of a 5-star hotel with the added comfort of your personal possessions and the freedom to do as you please.

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### **The accommodation**

These luxurious apartments at Headingley Hall provide a quality custom kitchen; an en-suite shower room with a temperature controlled pre-set shower; gas-fired under-floor heating and carpets throughout (the en-suites are furnished with Altro non-slip flooring).

For flexibility, some are designed around a one-bed 'open plan' style living area. However, we also have a number of apartments with a separate bedroom and a limited number of larger apartments to suit couples.

### **Services that place you in control**

At Headingley Hall you can choose your timetable, make your apartment your own and live life as you please.

Our extra dining options bring you all the benefits of a freshly prepared meal and the freedom to eat when and where you choose. So, you can join us for any dining options including breakfast, a three course luncheon and a light tea or supper with waitress service or make something in the comfort of your own apartment.

We provide personal care services at an hourly rate, which can be tailored to your individual needs, plus, therapy treatments and Sky TV upgrades. As a team of care specialists, we also appreciate that should your needs change you may require extra help. So, we have made it simple to add services, as and when they are needed.

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# Respite care & holiday stays





Comfortable care suites with the reassurance of on-site care and support 24/7.

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Short-term care, even for as little as one or two weeks can be used for carers to take a break, a holiday or if they're ill themselves.

Our respite care allows everyone to benefit from a change of scenery and gives carers the reassurance of knowing their loved ones are in safe hands. It gives carers the perfect opportunity to take some time for themselves and to regain some balance.

Respite care breaks can also be used for convalescence following hospital treatment to aid recovery or even as a little holiday break for you away from your usual surroundings.

Respite stays are available in all our locations subject to availability.

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# Life at Headingley Hall

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## **A home from home at the heart of everything**

Located in leafy North Leeds, Headingley Hall is only a stone's throw away from the centre of Headingley. This thriving community provides everything you will need and a village centre that retains much of its old world charm. With Headingley Stadium and Cottage Road cinema on the doorstep alongside Kirkstall Abbey, a 12th Century Cistercian Abbey and several places of worship nearby everything you might need for an active life is close by.





Enjoying your time with friends or staying active through our social activity programme helps you maintain a positive mindset.

### **Shopping and eating out**

With a Sainsbury's, Boots and a Post Office, the nearby Arndale Shopping Centre is an ideal place to start. You'll also find banks, newsagents, bakeries, pharmacies and an optician on the high street. Stop for fresh coffee at Costa Coffee or a quick bite to eat at Greggs, KFC or St Michaels Fisheries. Or, dine in style in one of the many restaurants.

### **Enjoy a fulfilling social life**

As a resident, you can look forward to a great programme of social club activities including keep fit, singing, whist, handicrafts and discussion groups, plus visits to museums, art galleries and theatres. You can get involved in as much or as little as you like.

Our relaxed communal areas are just as well considered. Discover our hairdressing and beauty salon, fully-licensed bar, film room and tea bar. Then, meet your friends for afternoon tea in the main lounge and take in the landscaped grounds, or dine in comfort in the air-conditioned dining room.

### **Extraordinary everyday cuisine**

At Headingley Hall we never overlook the value of freshly prepared ingredients or the difference a lovingly prepared meal can make.

We take time to make sure every meal, from breakfast to supper, is made to the same exacting standard by our dedicated chef. These include special dishes for individual dietary requirements and a variety of nutritionally-balanced meals, which are freshly prepared on the premises.

Every day, residents can look forward to a three-course luncheon with a choice of menu, served in our air-conditioned dining room. A buffet-style breakfast and a light tea/supper are also served during the day.

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# Shire Oak House – Dementia Care

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## Shire Oak House – a home from home

We strongly believe that experiencing dementia is not the end. Shire Oak House is about creating an environment that helps grow relationships and a sense of home.

At Westward Care we have recognised the growing need for specialised dementia care and have created Shire Oak House – a unique safe home based within our existing care home, Headingley Hall. (rated CQC Outstanding – Feb 2020).

The small environment means when people move to Shire Oak House life can continue on their own terms – we fit around their routine, their likes and dislikes and aim to make the move to more supported living feel as natural as possible.

We believe that it's important to support people experiencing dementia to maintain skills, abilities and an active social life. This can also help how they feel about themselves.

### **Outstanding care and support**

We look to create short and long-term goals with the person and their family – taking small steps, asking for help, building support and recognising and celebrating accomplishments.

Our trained staff are on hand to provide continuous, 24-hour support. At every point of care we consider the best interests of the person experiencing dementia and we aim to use every interaction as a source for engagement – dressing, eating, dining, creating or reminiscence activities.



Our offer is about putting the person at the heart of how we support them.

### **What's on offer at Shire Oak House, Headingley Hall?**

We can support with:

- Remembering medication
- Cleaning
- Eating and drinking
- Personal care that is responsive to what the person needs (bathing, washing, toileting)
- Dealing with sleep problems – with staff on site 24/7 to support any sleep disturbances

### **Practical care and support**

- 11 en-suite rooms which can be individualised to personal tastes
- Special consideration and use of memory aids such as assistive technology (e.g Alexa)
- Dining options – cooking together, laying the table
- Gardening – beautiful landscaped gardens to enjoy
- On-site activities, and where appropriate, trips out

### **Is it the right home for you or your loved one?**

Where possible we encourage the person with dementia to be involved in the discussion about their care, even if they don't have capacity to make the decision themselves.

They are likely to have preferences and feelings about the decision, and it's important to ensure these are taken into account.

We will visit your relative at home or in hospital or invite them to visit the home before they move in.

We will speak with you and your family to capture as much information as possible so we can help you decide if this is the right option for you or your loved one.

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# Choosing a care home or apartment – things to consider

This is not an exhaustive list but gives you an idea of the sort of things it's worth considering in making your decision.

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## **The area**

How does the surrounding area feel?  
What facilities, shops or places to eat are nearby?

## **Standards of care**

Does the facility provide the level of support and care you are looking for?  
Can you see the home's CQC inspection report?

## **The appearance**

What does the facility look like the first time you visit?

## **The ambience**

What does the atmosphere feel like?  
Are you made to feel welcome?

## **Your room/apartment**

Are the rooms and apartments spacious, light and clean? Is there a nurse call button in the rooms?

## **Facilities and equipment**

Consider such things as: Is there a lift?  
Are there handrails on the stairs and access to equipment such as hoists and walking aids?

## **The staff**

Are the people you meet friendly and helpful? What qualifications do the staff have? How many people are on duty at any one moment?

## **Mealtimes**

Are meals prepared on site? Does the chef use fresh or processed ingredients?  
Can the facility cater for special diets?

## **The lifestyle**

Is there a dedicated programme of events, entertainment, activities and outings?  
How are personal religious beliefs supported and respected?

## **Values**

Are residents and relatives encouraged to express their views and provide feedback on services and care, as well as ideas and suggestions?

## **Cost**

Are there any hidden fees or administration costs above and beyond the ones discussed?

For a more detailed list of questions you can visit our website: [www.westwardcare.co.uk](http://www.westwardcare.co.uk)







Notes:

Experience Headingley Hall for yourself.  
Call 0113 275 9950  
[www.westwardcare.co.uk](http://www.westwardcare.co.uk)

Inspected and rated

Outstanding ☆



## Directions

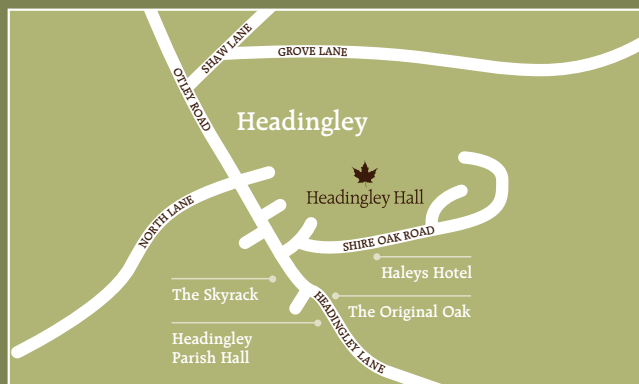
### From the city:

- From the motorway, follow the signs for the A58M Inner Ring Road and look out for the A660 towards Skipton and Headingley Stadium
- Take the slip road at the first sign for the A660 Skipton
- Turn right at the traffic lights opposite Woodhouse Lane Post Office
- Continue on this road (A660 Otley Road) past the University on the left
- Pass straight through the traffic lights and drive through Hyde Park
- Continue straight on at the next set of lights

- Drive straight on towards the centre of Headingley, passing the Skyrack public house on your left
- The turning for Shire Oak Road will be on your right-hand side
- The entrance for Headingley Hall will be on your left-hand side soon after you enter Shire Oak Road

### From the ring road:

- (A6110 – A6120 – A63)
- Follow the brown signposts for Headingley Stadium
  - These will lead you onto the A660 Otley Road
  - Follow the A660 into Headingley
  - Pass the white Arndale Centre on your left and go straight through the traffic lights
  - The turning for Shire Oak Road will be on your left-hand side shortly after
  - The entrance for Headingley Hall will be on your left-hand side soon after you enter Shire Oak Road



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Headingley Hall is part  
of Westward Care Ltd  
[www.westwardcare.co.uk](http://www.westwardcare.co.uk)  
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Company No: 2969357

Our facilities are proud to be associated  
with the following organisations.

