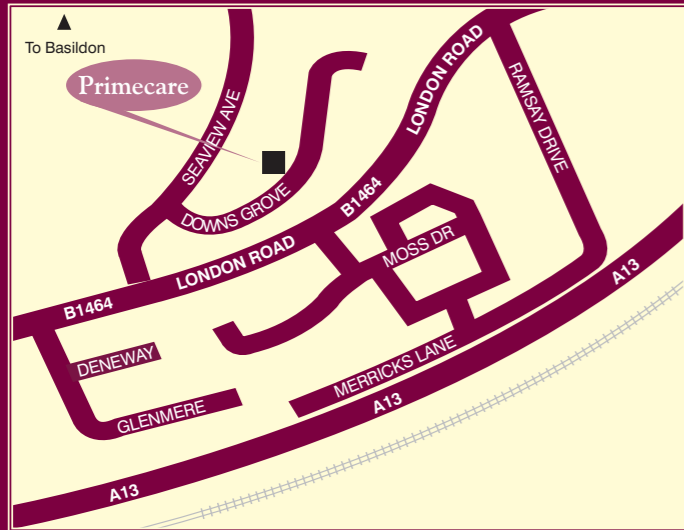




Primecare Care Home
 22 Downs Grove, Vange, Basildon, Essex
 SS16 4QL
 Telephone: 01268 553222
 Fax: 01268 559361
 email: pcare@btconnect.com
www.selecthealthcare.co.uk



How To Find Us

From the North

Leave the M25 at junction 29, take the 1st exit on the roundabout toward Basildon and Southend (A127). Continue for approximately 6 miles, take the exit onto the (A176) South towards Basildon. At the 5 Bells roundabout, take the 1st exit onto London Road (B1464). Turn left at Seaview Avenue. Take the 1st right onto Downs Grove and the home is approximately 150 yards on the right.

From the South

Leave the M25 at junction 30 and join the (A13). After approximately 10 miles, exit onto the (A176). At the 5 Bells roundabout (as above).

COMMITTED TO 'MAKING A DIFFERENCE'

Select Healthcare Group is a family run business first established in the mid 1980s. The team of Senior Executives has been with the Company from day one and offers stability, knowledge and support throughout the Company. Whether your nearest and dearest are elderly and in need of 24 hour residential / nursing care, or are young adults in need of 24 hour care for their mental health or brain injury needs, Select Healthcare Group have a diverse range of specialist centres and care staff to suit every individual's need.

The Directors actively promote respect for diversity and individuality and to ensure that customer care is top of the agenda, regular quality audits operate throughout the Company. Staff training is ongoing and varied, to give multiple skill mixing opportunities and job satisfaction for those who deliver the service.

Activities, fun and a wide variety of home cooked food choices sit comfortably alongside the "End of Life" philosophy which is a 'built in' feature of the Company's standard of care. Refurbishment is an ongoing standard of care which is reflected in the commitment of the Company to comply with all health and safety requirements whilst also giving special attention to the cleanliness, homely feel and welcome given to service users and visitors alike.

Select Healthcare Group has a longstanding and loyal staff base and appreciate that it is these people who are committed to "Make a Difference".



W E L C O M E T O P R I M E C A R E C A R E H O M E



Primecare is a purpose built home that can accommodate 41 residents.

The home has been designed with wide doorways, an internal lift and well-lit corridors to provide easy access for those who use walking frames and wheelchairs. Each resident has a private room overlooking the gardens, complete with en suite bathroom, emergency call bell and TV point.

Each new resident is also provided with a personal care plan and introduced to a member of staff who will befriend them and their family, do personal shopping and help with any problems or worries

It is located within the bustling town of Basildon with easy access to local amenities and all major motorway and rail routes.



OUR PHILOSOPHY OF CARE

The management and staff at Primecare are committed to providing a standard of care that embraces all the principles of excellent care home practices. The resident's physical and spiritual wellbeing is at the heart of our plan of care which ultimately enables each resident to reach their desired goals and level of fulfilment in life.

We actively promote a happy working and living environment which is both professional, courteous and fun. We believe in respecting individual preferences whilst encouraging independence.

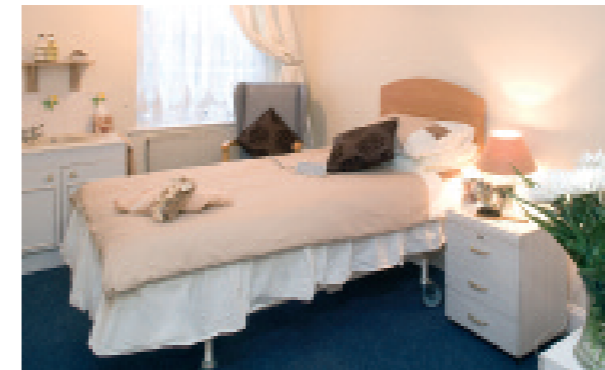
It is important to us to respect the variations in individual needs, interests, views, lifestyle, hobbies and personalities, and the staff will make this an inclusive part of an individual's plan of care.

WE ENSURE THAT:

- A qualified General or Mental Health Nurse is on duty at all times (Nursing unit).
- A Person Centred Individual Care Plan is supported by quality assured care practices.
- We respect Dignity, Privacy, Choices and Individuality to include fulfilment.

YOUR HOME

All bedrooms are single, light, airy and spacious with full en suite facilities. For couples who may wish to share a bedroom and have a separate sitting room we are happy to change the rooms to accommodate these personal preferences. All rooms are equipped to high standards and the furniture has been carefully chosen to give each room a light, clean feel. An emergency nurse call is standard throughout all rooms as are TV points. Residents are encouraged to bring in much loved items of furniture or favourite ornaments and pictures and pets are allowed in most circumstances.



TRADITIONAL HOME STYLE COOKING

There is a wide menu choice to suit all dietary needs offering three hot or cold meals a day with drinks and fruit snacks throughout. Menus are designed to give maximum nutritional benefit and where possible ingredients are locally sourced. Menus are displayed throughout the home and residents are invited to comment on the quality of our meals everyday. Fish and chips on a Friday and the Sunday and mid week roasts are always very popular.



FAMILY & FRIENDS

Family and friends can visit anytime and will be made very welcome. They may like to join our residents committee where issues concerning the promotion of fulfilment for our residents may be discussed. The Home Manager also has an 'open door' policy and welcomes any relatives who wish to call in.

ACTIVITIES & INTERACTION

We have two dedicated activity co-ordinators who are experienced in providing a very varied and professional programme of 'things to do' and 'places to go'. Every day our co-ordinators will ensure that there is a full day of activities to include arts and crafts, music, exercise, baking, massage, beauty, scrabble, quizzes, shopping, local walks, news and world affairs, outings and entertainment. Promoting independence, fun and fulfilment is at the heart of this vibrant home. There is something for everyone and everyone is special at Primecare.

OTHER SERVICES INCLUDE:

Visiting Hairdresser, Clergy, Chiropodist, Optician, and Dentist (although many other services can be accessed).



SPECIAL FEATURES AT PRIMECARE

- Single, spacious en suite bedrooms throughout.
- Fully equipped hairdressing and beauty salon.
- Large communal lounge and smaller sitting areas.
- A Large Dining area.
- Public Telephone.
- Carer call system in every room.
- Internal lift to provide easy access to all floors.
- Wide doorways, well-lit corridors and alarms on all external doors.
- Easy accessible gardens with sitting areas and summer house.

MAKING A DIFFERENCE

Please feel free to view our home at any reasonable time during the day. For security reasons we would prefer a telephone call and appointment for evening and weekend viewings. Looking forward to welcoming you soon.