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We are a Dementia Friends and
Dementia Champion hub for the
local Colchester community.

welcome to Foxburrow Grange

Specialist residential,
nursing and dementia care
home for older people.



Foxburrow Grange is owned and managed
by Outlook Care, a not for profit organisation.
To find out more about the other services
that Outlook Care provide scan this code.



www.outlookcare.org.uk



Life is for living



As we grow older many things change, from our attitudes and beliefs, to our physical wellbeing and mental health; none of us really know how we will be affected, but one principle holds true - we all deserve happiness in our lives!

At Foxburrow Grange, we believe life is for living and we are dedicated to enabling residents enjoy it to the full. We create an environment where independence and involvement are encouraged; where residents have choice and control over how they live their lives.



Thank you for taking the time to read this brochure. Foxburrow Grange is part of Outlook Care, an organisation that is committed to putting the people we support and their families at the heart of service delivery.

We recognise that any decision to move from your home is a big step and it is very important that you visit different types of services so that you can get a feel for the place and find out if it can meet your specific needs.

Any move is daunting and if you do choose to come to Foxburrow Grange you can be sure of a warm welcome and care delivered by kind, compassionate, skilled staff.

This brochure contains information about our service which we hope you will find useful. I invite you to visit Foxburrow Grange at a time convenient to you and see for yourself what we have to offer.

Becky Pinnock
Home Manager

The families and residents have told us that feeling safe and cared for is the priority and that is what we provide.



A love of life is key to the wellbeing of residents.



Doing things differently

Foxburrow Grange, a ten-minute drive from the centre of historic Colchester, is equipped with the most innovative nursing facilities available today.

Here we are marrying our knowledge and experience with the latest research to bring first class dementia and complex nursing care together.

Designed specifically to care for our residents both now and in the future, this is not just a home where we do things differently, this is a home where we make a difference by doing what we say we will do, ensuring residents and their families have a voice and are actively encouraged to express their view, and that they are at the centre of all decision making.

All 69 en-suite bedrooms, with their high ceilings and large windows, are light and airy; they're large too - each measures 20m² - which means residents have room for their favourite items of furniture. This, plus thoughtful interior design, create a calm and peaceful atmosphere.

On the ground floor there are 32 bedrooms for our residents with dementia; all of their rooms are fitted with the latest Dementia Safe system so we can attend to them if there's a problem, while maximising their privacy. All rooms have their own terrace and open on to beautiful secure gardens.

On the first floor there are a further 37 bedrooms for our nursing home residents - each has a view of landscaped gardens. There are two winter gardens and a large terrace which give them access to natural sunlight every day of the year. There are room hoists for people with high mobility needs and a fire sprinkler system throughout the building too.

Family and friends are the experts and are encouraged to continue to play an active part in the life of their loved ones.

Experiencing the best quality of life possible for residents is our goal.



Our chefs prepare a range of freshly cooked, nutritious and wholesome meals every day.



Watering the plants in the sensory garden is a relaxing pastime.



Dementia care

Dementia and age-related health conditions are some of the biggest challenges we face as a society. To help our residents get the most from each day, we create daily routines that can be accomplished safely with supervision, like putting the wash on or hanging it out, doing a little light gardening, laying the table or making a sandwich. These kinds of activities help them to retain their independence and bolster their self-esteem.

We have divided the 32 ground floor bedrooms into two 'families' of 17 and 15. Each 'family' is self-sufficient, with its own kitchen, lounge and dining area, so it feels like home.

Speaking of home, everyone has a memory box filled with personal items which they can dip into whenever they wish. We also have a reminiscence room full of 1950s memorabilia and a library. Residents love spending time in these areas.

Nursing care

Whether the need is dementia or nursing care, we make it our business to learn as much as we can about every resident. This is a crucial part of our work and helps us understand what is important to them and identify how to deliver the support they need and want. Staff are skilled in stroke care, cardiac care, Parkinson's, management of diabetes, palliative and end of life care.

All 37 bedrooms on the first floor have overhead hoists which enable safe transfers for people with mobility issues.

We ensure residents' health needs are regularly reviewed through close partnership with the GPs at Abbey Field Medical Centre, just across the road from us who oversee patient care. And, of course, they visit when requested to meet an urgent need.

"The team is amazing. I am very pleased with the way my father has progressed and how well he is doing now."

Activities and entertainment

Foxburrow Grange employs a full time Activities Coordinator who develops activity programmes for residents to encourage social interaction, confidence building, encourage memory and attention skills, and to enhance quality of life.

Some activities are gently physical in nature such as music and movement, yoga and singing and dancing which can help with mobility to enable participation in everyday tasks. Other activities stimulate the mind; there are regular quizzes, games and arts and crafts.

In addition to our regular activities our residents enjoy an array of events and visitors to the home that entertain everyone.

From tea dances, care therapy animals and regular visits from children from the local nursery and primary schools, to special events for residents as part of our dreams and wishes programme, there is something for everyone to enjoy.

Experts in care

Outlook Care has a strong focus on quality. We have the qualifications and experience to provide nursing care of the highest standard. But that's only half the story; We have personally selected every single member of staff because of their motivation to provide compassionate care with respect and dignity. They have the skills to make a positive impact on our residents' lives - we're a team who really cares about caring.

"I really believe in activities. you get the connection and see that smile, it's the Foxburrow Grange moment."

We encourage involvement in activities to bolster self-esteem and increase self-reliance.



We have a mini gym and sensory and activity rooms too!



We're a community hub too!

This means that we welcome our local friends, residents' families, schools and voluntary organisations to drop in and say hello.

We have an all-day café, free Wifi and daily newspapers for residents and visitors to enjoy. We also have a wonderful market stall shop that was suggested by families. It gives residents the opportunity to choose their own items and helps Foxburrow Grange be its own self-contained community.

But our hub is not just a vibrant focal point for meeting and greeting, we believe pampering's important too!

Appointments can be made with one of our beauty therapists for a manicure, pedicure, head and back massage or even an aromatherapy treatment.

"Seeing the staff at this most sensitive time showed me how truly caring and professional everybody is at Foxburrow Grange Nursing Home."

"It is the personal touch of the Foxburrow team that makes all the difference."

Foxburrow Grange in brief

- 69 en-suite bedrooms
- Mini gym
- Dementia Safe system
- Internet cafe
- Sensory room
- Resident chefs
- Beauty salon*
- Fire sprinkler system throughout
- Activity skills kitchen
- Secure landscaped gardens

*Run by third parties and may be subject to additional fees.