



# Lauriston

St Leonards-on-Sea, East Sussex

Care and support for older people





## Welcome to Lauriston

**Specially designed, every detail of the home's layout is created to enhance the independence and dignity of residents**

Situated less than a mile from Hastings' Grand Parade and the coast, and enjoying easy access to the local amenities and shops, Lauriston is a purpose-built nursing home that provides dedicated nursing and dementia specialist care for up to 60 people. Its single bedrooms all have en suite facilities, but the home also has a number of well-furnished communal lounges where people regularly meet up for socialising and group activities – allowing you to achieve the mix of privacy and company that suits you best.



*Lauriston, St Leonards-on-Sea, East Sussex*

## Your Home

**Privacy and independence, friendship and support - 24 hours a day**

Lauriston offers care and comfort, compassion and friendship. At the heart of all we deliver is our assurance that you will be treated with the respect and dignity that we all deserve. If you need anything at all, we're here to help, 24 hours a day.

Whether in the privacy of your own room or relaxing in the company of your friends and neighbours, we will support you to spend your time doing the things you enjoy. Let us know if it's music, a favourite newspaper, exercise or a spot of pampering at the salon. Landscaped gardens invite you to appreciate the fresh air or tend the plants if you wish. There's a wide range of social events, so you never need to feel bored or lonely.

Meal times are a special part of the day for you to savour tasty food, freshly cooked by our chef to suit you and any dietary needs. And of course, refreshments are available throughout the day for you and your visitors, who are welcome at any time.

Lauriston has the latest safety and security design features so you can live life to the full with peace of mind.

# Your Care

## Our commitment to your well-being

Our highly trained, dedicated members of staff will always be on hand to provide your care and support in the way that best suits you, in the comfort of your own room with en suite facilities.

**We choose the people who work with us very carefully.**

They need to share our values and respect people, their life experiences and personal choices.

We take pride in the cleanliness and maintenance of your home and provide a thorough and friendly cleaning service. Your personal washing will be carefully laundered and returned to you, clean and fresh.



*Resident reminiscing with Care Assistant*

# Above & Beyond

## Nurturing mind, body and spirit

Spiritual needs vary as we each experience well-being and fulfilment in different ways. That's why, at Lauriston, we offer so many opportunities to foster relationships and positive experiences – from developing new skills and fulfilling personal ambitions to creative pursuits and trips out.

All MHA's care homes have a designated Chaplain who is available for private conversations on any matter close to your heart, and arranges worship services for those who wish to attend.

As part of MHA's desire to offer the very best in later life, we also provide a wide variety of activities that cover a range of interests. These gentle sessions aim to bring calm and relaxation.



*Resident and Chaplain chatting*





# About MHA

**Our mission is “to improve the quality of life for older people, inspired by Christian concern”.**

MHA is a well-established charity with 70 years’ experience and is one of Britain’s most respected care providers. Providing a range of accommodation, care and support for 16,000 older people nationwide, we offer choice and quality.

Our services are delivered by:

- 7,000 dedicated staff members, and
- enhanced by the commitment of 4,000 volunteers.

MHA is a leader in the field of specialist dementia care and support.

## Find Out More

**We would be delighted to welcome you and your family or friends to see Lauriston for yourselves.**

Please contact us on 01424 447544

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bringing quality to later life

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