



Little Heath Reablement and Support

A 24-bed Reablement service in Cadbury Heath, South Gloucestershire.

brunelcare 

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Little Heath Reablement and Support is a 24-bed Reablement service in Cadbury Heath, South Gloucestershire.

Little Heath Reablement and Support offers people the chance to recover, build confidence and re-learn vital skills after a hospital stay. All of our reablement guests are referred to us through a friendly partnership with University Hospitals Bristol.

The Reablement Centre is open seven-days-a-week, 24-hours a day, and provides high-quality reablement care and rehabilitation.

Upon arrival at Little Heath Reablement, our therapists will help you set appropriate goals, manage your expectations and start working on a programme to get you back to the comforts of home as quickly as possible.

“It’s so rewarding when our guests realise that they have gained the confidence to walk along the corridor on their own.”

Andy, Physiotherapist at Little Heath Reablement and Support

Our aim at Little Heath Reablement and Support

We will support and nurture our guests until they have the confidence, strength and readiness to return home. We appreciate how much people love being at home, so we'll do our best to make your stay as short as possible, all the while ensuring we are as confident as you are to return home, and continue with your normal routine.

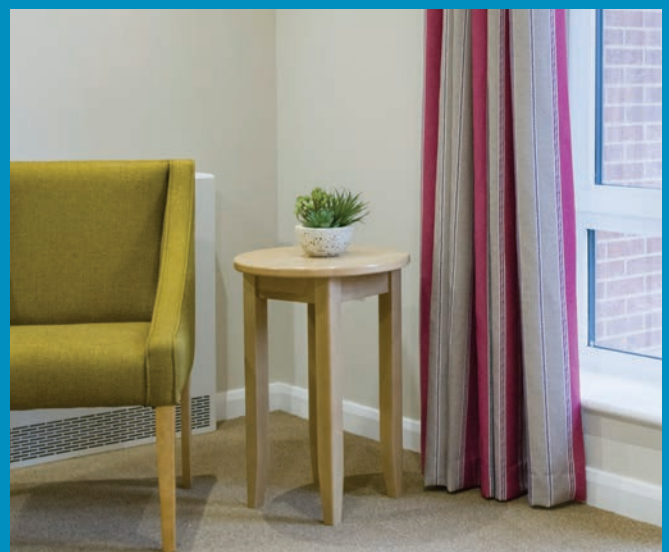
Little Heath Reablement and Support will:

- Support you to continue with the reablement goals set on discharge from University Hospitals Bristol
- Follow a person-centered approach to care; restoring confidence and self-motivation
- Create care plans to meet the individual needs of every guest
- Provide a dedicated and multi-disciplinary team of Reablement Workers, Nurses, Physiotherapists, Carers and Occupational Therapists to support and empower you to achieve your goals



“The facilities at Little Heath will provide a safe environment for people to get back to their own routines, with a view to returning home as quickly as possible, all while having the confidence to do so.”

Kay, Occupational Therapist at Little Heath Reablement and Support



Regaining confidence at Little Heath Reablement and Support

At Little Heath Reablement, we ensure all our guests feel confident and ready to return home after staying with us. We'll help re-establish everyday routines, ensure guests are confident with their own personal care, alongside activities of daily living (ADL). We have an ADL kitchen, where we can support our guests to practice household tasks such as: laundry, washing up, ironing, cooking and cleaning or other tasks specific to guests requirements.

Little Heath Reablement and Support also has a spacious gym that will be used with supervision of Therapists to improve stamina, build confidence and encourage our guests to push themselves back to health, ensuring a healthy mindset before returning home.

The team at Little Heath Reablement and Support

Brunelcare employees are skilled, friendly and qualified. We have designed our recruitment and selection methods to ensure that we recruit a high calibre of employees that suit the culture of Little Heath Reablement.

All of our employees are subject to a Disclosure and Barring Service (DBS) check before working for us and, once approved, they undergo a full induction programme and receive continuous training.

In addition to our own rigorous self assessment, we are regulated by the Care Quality Commission (CQC). We also regularly seek our customers' views and feedback to ensure we maintain a high standard of care and high levels of satisfaction in our services. Our team is extremely experienced at working with people who need help before returning home.



Keeping busy at Little Heath Reablement and Support

Brunelcare pride themselves on the activities they offer their guests. Sessions at Little Heath Reablement will be a way of bringing guests together and allow the opportunity for socialisation and continued development and recovery.

At Little Heath Reablement you will have the opportunity to participate in regular exercise sessions, quizzes, painting groups, craft afternoons, puzzles and play board games. The centre will also host activities such as coffee mornings and bingo. These activities may vary depending on what the majority of guests at Little Heath Reablement wish to have.

When staying at Little Heath Reablement and Support, guests will also have access to The Town Square that replicates a town centre or busy high street. The Town Square includes an onsite hairdressers, and a shop where guests can go to purchase toiletries, snacks and other essentials. The Town Square also hosts a coffee shop where guests, family and friends can meet for a cup of tea and a catch up. The Town Square allows guests to feel like they're leaving the centre without having to leave the building.

“The various activities, like gardening and board games, all helped me to prepare for the outside world, all while keeping me social, and allowing me to interact with other guests.”

John, Reablement guest

Frequently asked questions

Q How long will my stay last?

A Our aim at Little Heath Reablement and Support is to return our guests to the comforts of their own home as soon as possible, ensuring we are confident for our guests to return to their usual daily routine.

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Q How is my stay funded?

A Your stay at Little Heath Reablement and Support is funded by University Hospitals Bristol and is an extension of your NHS hospital stay.

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Q Can people visit me?

A Of course! Family and friends are more than welcome at Little Heath Reablement and Support.

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Q How does the home deal with complaints?

A We have a formal complaints or compliments procedure display in the centre. You can also find out more information on our website: www.brunelcare.org.uk

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Q Will I have my own room with my own bath, shower or toilet?

A All the rooms at Little Heath Reablement and Support are equipped with an en suite that includes a level access wetroom shower and toilet. We also have baths available on our site so our guests can practice getting in and out of the bath, so it's easier when returning home.

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Q Are meals provided at Little Heath Reablement and Support?

A Yes. All meals, breakfast, lunch and dinner are provided at Little Heath Reablement and Support.

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Q Can I choose when I have my meals and is there a choice?

A Yes, all of our guests at Little Heath Reablement and Support can choose when they have their meals. There is a choice between two meals for lunch and dinner, alongside a vegetarian option and a variety of breakfast options.

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Q Are there smoking and non-smoking areas?

A The building is a non-smoking environment, however there is an external smoking area on site.

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Q Who will do my washing?

A Unless stated in guests plans, it is down to visiting family and friends to take care of guests' laundry. Sometimes however, learning to do your own washing as part of a plan is essential, so washing can be done in our ADL kitchen to help boost confidence and skills. We do however wash all bedding and towels of guests at the Reablement Centre.

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Q Can you get up and go to bed when you like?

A Yes. Our guests are free to go to bed when they like and get up when they wish.

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Q Can you stay in your room when you want to?

A Yes. Guests can stay in their rooms for as long as they wish, however our teams encourage socialisation and participation in events that can aid recovery and build confidence.

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Planning your return home

When we think it's time for our guests to return home we will complete a discharge assessment.

This will include a return home date and a plan for guests to continue to practice at home to aid recovery when no longer with us. If we feel you would benefit from additional support, the employees at Little Heath Reablement and Support can discuss next steps and options with you, your family and friends.

“It was good to be able to set my own goals and achieve them with the support of the Reablement employees. Upon discharge, I felt confident to return home, back to my usual routine.”

Alan, Reablement guest



Complaints, Comments or Compliments

Brunelcare is committed to providing a high quality service to all of our customers.

We welcome feedback and if you would like to submit a complaint, comment or compliment about the services you have received, you can do so by contacting Brunelcare by any of the means set out below. Further information can also be obtained from our website: www.brunelcare.org.uk

Equal Opportunities

Brunelcare will not accept any form of discrimination in its work for older people. Our services will be provided for those in need of a fair and equitable basis. No one will receive less favourable treatment from us on the grounds of age, sex, class, culture, religious belief, political allegiance or sexual orientation.

“Now that I can walk again unaided, I can go home, I think it’s wonderful! I can’t thank everyone enough.”

Jean, Reablement guest

How to Contact Us

Head Office Brunelcare

Saffron Gardens
Prospect Place
Whitehall
Bristol
BS5 9FF

Tel: 0117 914 4200

Email: info@brunelcare.org.uk

www.brunelcare.org.uk

Registered charity (201555)

For more information about Little Heath Care and Reablement please visit www.brunelcare.org.uk/little-heath

Useful Contact Numbers

- Brunelcare Head Office:
0117 914 4200
- Care Direct:
0117 922 2700
- Citizens Advice Centre (Bristol):
0344 411 1444
- CQC:
03000 616 161
- NHS Direct:
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Registered as a charity (201555) and
Regulator of Social Housing (LHo269)

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