

Prestemede

Townend, Presteigne, Powys LD8 2AT

01544 267538

Residential Care





Welcome to **Prestemedes**

Prestemedes offers high quality residential care for older people including long-term, residential, palliative, convalescence and respite care. Highly trained and experienced care assistants provide round-the-clock care and support.

Located in a quiet residential area of Presteigne, Prestemedes offers a homely environment within a peaceful setting and is wheelchair accessible throughout. Accommodation includes comfortable lounges, attractive bedrooms overlooking the gardens and beautiful grounds.

Nutritionally balanced meals are prepared daily by the chef who uses only fresh ingredients. All meals can be tailored to individual requirements.

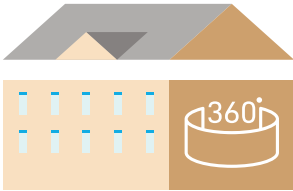


Prestemedde Overview

A unique environment with -

- Wheelchair access
- Stairlift
- Close to Local shops
- Near Public Transport
- Own Furniture if required
- Gardens for residents
- Phone point in room
- Television point in room
- **12 Beds Residential Care**

We proudly deliver person-centric care focused around our residents wellbeing and their families. Freshly cooked meals, activities and local community involvement.



Take a look inside with a **Virtual Tour** of Prestemedde on www.shaw.co.uk

How lovely to find such a well-managed care home in close proximity to where my friend lives. From the first point of contact, when I phoned to arrange a visit, to being asked my thoughts at the conclusion of each visit, I have been extremely impressed by the pleasant, cheerful and caring staff.

Friend of Resident





Food & Nutrition

We employ chefs at our services to deliver varied meals that provide flavour and nutrition.

Our menus rotate monthly and are peppered with family favourites, there are always alternative options to cater for all tastes; fish & chips, roast dinners, pies, soups/casseroles, bangers & mash.

We have communal eating areas with laid tables or individuals can eat in their own rooms if they choose.

Any medical, cultural or religious dietary requirements are included in individual's care plans.

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Sample Food Menu

Our chef prepares all meals on site using fresh, locally sourced produce and can cater for health dietary requirements such as diabetes and also for other cuisine needs.

Monday Option 1. Beef Casserole, Parsley Potatoes, Vegetables Option 2. Ploughman's Lunch
Tuesday Option 1. Ham & Parsley Sauce, New Potatoes, Vegetables Option 2. Sandwich Selection
Wednesday Option 1. Roast Pork & Apple Sauce, Roast Potatoes, Vegetables & Gravy Option 2. Pea & Ham Soup
Thursday Option 1. Chicken Stroganoff & Rice Option 2. Mushroom Omelette
Friday Option 1. Breaded Haddock, Fries & Petit-Pois Option 2. Cheese Board
Saturday Option 1. Cottage Pie, Peas, Carrots & Gravy Option 2. Chicken Curry
Sunday Option 1. Roast Turkey, Cranberry Sauce, Roast Potatoes, Vegetables & Gravy Option 2. Ham Salad

Activities

At our residential services we have activity programmes to promote healthy minds and wellbeing. We adapt our programmes based on the feedback of our individuals and try to promote creativity and enjoyment. Individuals are invited to participate but it is not compulsory.

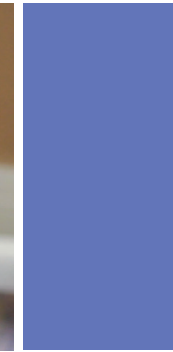
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Sample Activities

Our activity schedules aim to both mentally and physically stimulate participants, they place emphasis on therapeutic enjoyment and provide opportunities to be social.

Sample Week
Monday
AM Water Colour Painting PM Chair Aerobics
Tuesday
AM Gardening PM Music Therapy
Wednesday
AM PAT Dog Visit PM Bingo
Thursday
AM Puzzles & Games PM Arts & Crafts
Friday
AM Spa Treatments PM Musical Entertainment
Saturday
AM Day Trip PM Bingo
Sunday
AM Coffee Morning PM Movie Night





Cost of Care

Choosing a care home can be a difficult time, understanding the types of care available and how the fees will apply to you.

The fees can vary according to whether you will be Self Funded or Local Authority funded and also on the individual and your care requirements.

Shaw healthcare offer a personalised care plan to ensure all of your needs are fully catered for. We can help you with calculating the cost of care through a Care Assessment to determine what your fees will be.

The Next Steps

Call

Call us to discuss your care requirements or to arrange a visit on;

01544 267538

Email

marketing@shaw.co.uk

Arrange a Visit/View

www.shaw.co.uk/prestemedes

Take a Virtual Tour.

Read our reviews



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@shawhealthcare

