

# The Martlets

Fairlands, East Preston, West Sussex BN16 1HS

**01903 788100**

Nursing Care

Dementia Care

Elderly Care





## Welcome to **The Martlets**

The Martlets Care Home is situated in the West Sussex coastal town of East Preston, close to all its shops and amenities. The superb purpose built home opened in 2009 and has 8 separate self-contained wings each providing residents with their own spacious single en-suite bedrooms, their own lounge and dining areas and a team of dedicated professional care staff.

Care packages are put together with you and your family so that your choices and preferences always come first. The home offers a varied and interesting social activity schedule designed around residents' own hobbies and interests and aimed at maintaining strong community links.

The Martlets provides long stay and respite residential care for older people with physical frailty and for older people who are living with dementia. A fully qualified care team provide the very highest standard of care to residents 24 hours a day.

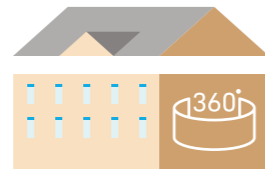


# The Martlets Overview

A unique environment with -

- Assisted bathrooms
- Full wheelchair access
- Passenger lifts
- TV points in rooms
- Telephone points in room
- Secure garden
- Laundry service
- Dietary options
- Beauty treatments
- **30 Beds** Dementia Care
- **20 Beds** Nursing Care
- **30 Beds** Elderly 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 The Martlets at [www.shaw.co.uk](http://www.shaw.co.uk)

Mother has been a resident for 15 months. The staff have been amazing in their care and responsibilities to her and I am sure other residents.

*Daughter of Resident*



Regulated by





# 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.

Shaw healthcare  
wellness • happiness • kindness

## 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.

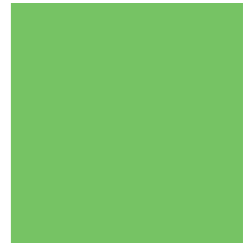
**Shaw healthcare**  
wellness • happiness • kindness

## 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;

**01903 788100**

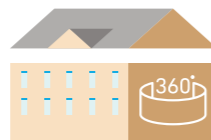
## Email

**marketing@shaw.co.uk**

## Arrange a Visit/View

**www.shaw.co.uk/martlets**

**Take a Virtual Tour. Read our reviews**



# Shaw healthcare

wellness • happiness • kindness

 [shawhealthcare](#)  [@shawhealthcare](#)

