



welcome
to Foxburrow Grange

Specialist
nursing and
dementia
care home

 Outlook Care
It's our business to care

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 helping our residents enjoy it to the full. We create an environment where independence and involvement are encouraged; where our residents have choice and control over how they live their lives.



"A love of life is key to the wellbeing of our 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.

All 66 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 30 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 36 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 30 ground floor bedrooms into two 'families' of 15. Each 'family' is completely 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.

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.

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 make weekly visits to oversee their patient's care. And, of course, they visit when requested to meet an urgent need.

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.



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

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.

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 our residents and visitors to enjoy. 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. We have a mini gym and sensory and activity rooms too.

"At night all our staff wear night time uniforms, a little like pyjamas. This helps our residents recognise that it's a peaceful time." *zzzzzz*

"Our internet cafe enables residents to surf the net, keep in touch with friends or just have a cup of tea."



Foxburrow Grange in brief

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

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



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



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.

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