

# Avalon Nursing Home

Hampden Park, Eastbourne  
Established since 1968



# Welcome to Avalon

Avalon Nursing Home provides a warm, friendly and safe home for 21 male and female residents over 65. Ensuring residents' wishes are respected and met by liaising with their relatives, friends, legal representatives, and GPs. Historically most of the residents at Avalon have been private ones, though there some non private residents as well.

The home has provided 24 hour quality nursing care since 1968 in Hampden Park, a quiet suburb of Eastbourne close to local shops, bus stops, churches and the railway station. The home is regulated by the Commission for Social Care Inspection and has excellent inspection reports.



## The Facilities

Avalon comprises a detached pre-war house with 21 nursing beds within 17 bedrooms (three en suite), located in an attractive area of Hampden Park a suburb of Eastbourne.

The ground floor has ten single and two double bedrooms, lounge / dining room, conservatory, two hoist assisted bathrooms with WC, three further WCs, kitchen with stores, staff room with changing facilities, a WC, laundry, clinical room, sluice, office and entrance hall.

A shaft lift operates between the ground floor and first floor that can accommodate wheelchair users. The home is fully equipped with hoist baths, wheelchair access, moving and handling equipment.

The First Floor has three single bedrooms, two double bedrooms, assisted bathroom, disabled WC and sluice and is easily accessible in a lift with staff assistance if needed.

## Bedrooms

The bedrooms all meet the size set by the CSCI regulations and provide a washbasin (en-suite rooms have a toilet en-suite) bedside locker with a lockable drawer, a wardrobe and an armchair. Rooms are equipped with a television, telephone point and the latest Nurse Call system. Rooms can accommodate personal belongings and small items of furniture of your choice.

## Visiting Hours

Visitors are welcome from late morning onwards.

## Enquiries

Please call Lynn Tobin (Matron) on: 01323 502487





We have an extensive menu and cater for all special diets, whether it is Diabetic, Gluten free, Dairy free etc. Residents are welcome to come to the lounge and have their meals or can stay in their room. Residents are also given a choice of meals and are freshly prepared and cooked daily. We encourage residents to come to the dining table on a Sunday to enjoy a glass of Sherry or Sparkling wine before lunch which consists of a Roast dinner.



We at Avalon also have a sherry morning during the week to which visitors are welcome to attend.

All the chefs employed at Avalon are trained cooks and hold a current Food hygiene certificate.

Meals are served at the following times:

**Breakfast**

between 7.30 am and 9.00am

**Mid morning coffee/tea and biscuits**

10.00am and 10.45am

**Lunch**

between 12.00midday and 1pm

**Mid afternoon tea**

3.00pm and 3.30pm

**Supper**

6.00pm and 7.00pm

**Evenings drinks**

8.00pm and 9.30pm



The homes Matron is able to co-ordinate in house activities and hobbies. The Activities follow seasonal events, celebrations or topical events. These themed events include trips to the library or Hampden Park.

Christmas time is always a season of cheer at Avalon. We have a Christmas party in December which consists of a raffle where residents and families are welcome to buy raffle tickets to win prizes ranging from Christmas selection boxes to a nice bottle of whisky!

Birthdays are always celebrated by a homemade birthday cake and a small get together in the lounge for visitors and some of the other residents.

Easter is where we give chocolate eggs to the residents and also have a raffle where eggs are top of the list, fruit baskets and bottles of wine are on the raffle table.

The home provides entertainment and social gatherings each month with shows, and singers performing at the home. All residents are encouraged to participate with in-house activities so that any skills lost through illness for example may be regained and they can enjoy as full a life as possible. The decision to attend any activities is purely down to the resident and there is no pressure to participate.

There is also an activities co-ordinator that will work on a one to one basis and brings gentle distraction to those that are easily bored or stay in their room and do not like social activities. We aim to cater for all our residents needs.





Prior to admission, either the Matron or a senior nurse will come and assess you. This is purely to assure you that we can meet and accommodate the needs that you require.

Notes will be taken and more often than not a decision can be made there and then if we are suitable and can meet and manage your nursing needs.

Moving into a nursing home can be a daunting experience for some, the prospective resident and/or family members are welcome to come and have a look around the home and get a feel for how we run the day to day management of the home. Many feel more comfortable if they come in and have a chat over a cup of coffee. The Matron is always there to help you feel at ease.

The move to a nursing home doesn't just happen to the resident — it is a process that the whole family is involved in. There may be only one of you who are a resident, but in a sense, you are all moving. As a family you too are experiencing loss, change, grief. You too can be going through

fear, through the feeling of "I don't want this," and "why does this have to be," and not having an answer that can ever feel right to you.

Of course there are some that do not have the any relatives to help with the move or the decision. Feel free to call and one of our experienced staff can help put you in touch with the right people.



## Fees

Contact the Matron on **01323 502487** for details on the fees.



The home is run by a Matron Lynn Tobin who has been at the home for fourteen years who leads a team of staff of the highest quality with the maximum commitment to the benefit of the client. Lynn is also a qualified NVQ assessor. The home has registered nurses working 24 hours a day who supervise a team of care workers. The small size of the home ensures that there is a full staff team to meet the needs of the residents at all times.

Staff are regularly kept up to date with regular training and in-house training.

Both Registered Nurses and care staff regularly undergo supervision sessions from the Matron to ensure that they are working at their true potential and can give the residents the complete care that is required.

### Staff Structure

Gaj Ragunathan (Proprieter)

Lynn Tobin (Matron)

Day time Registered nurses (x 3)

Senior carers (NVQ 3)

Junior carers (NVQ 2)

Cooks, Domestic Assistants, Laundry Staff





At Avalon the staff are dedicated in making sure that the residents get high quality care, needs and wishes are met. To do this we treat ALL residents in a holistic individual way. A philosophy of nursing practice that takes into account total patient care, considering the physical, emotional, social, economic, and spiritual needs of patients, their response to their illnesses, and the effect of illness on residents abilities to meet self-care/total care needs.

### Religious Beliefs

The home respects residents religious beliefs and if required can provide transport to a local church of the residents wish on Sundays. Every other Tuesday the home has a Clergyman from the local church come in and offer a service for those who cannot go to church.

### Hairdresser & Chiropodist

A hairdresser and chiropodist come regularly, and it can be arranged for newspapers and periodicals to be delivered if desired.

### Medical Appointments

Arrangements can be made for any doctors, dentists, opticians, occupational therapists, physiotherapists or hearing resources to visit the Home or for the patient to attend the appointment out side of the Home.

### No smoking policy

The home has a no smoking policy in place but there are some that do like to have the occasional cigarette so for that purpose we provide part of the conservatory area for this purpose.

### Pets

We allow pets to come and visit their owner or friend while they stay at Avalon; we believe that this helps in the emotional well being of the resident. We are also currently in the process of having a small aquarium in the lounge, this will add a focal point to the lounge area.



Back garden of Avalon



## How to get to Avalon

### By Car

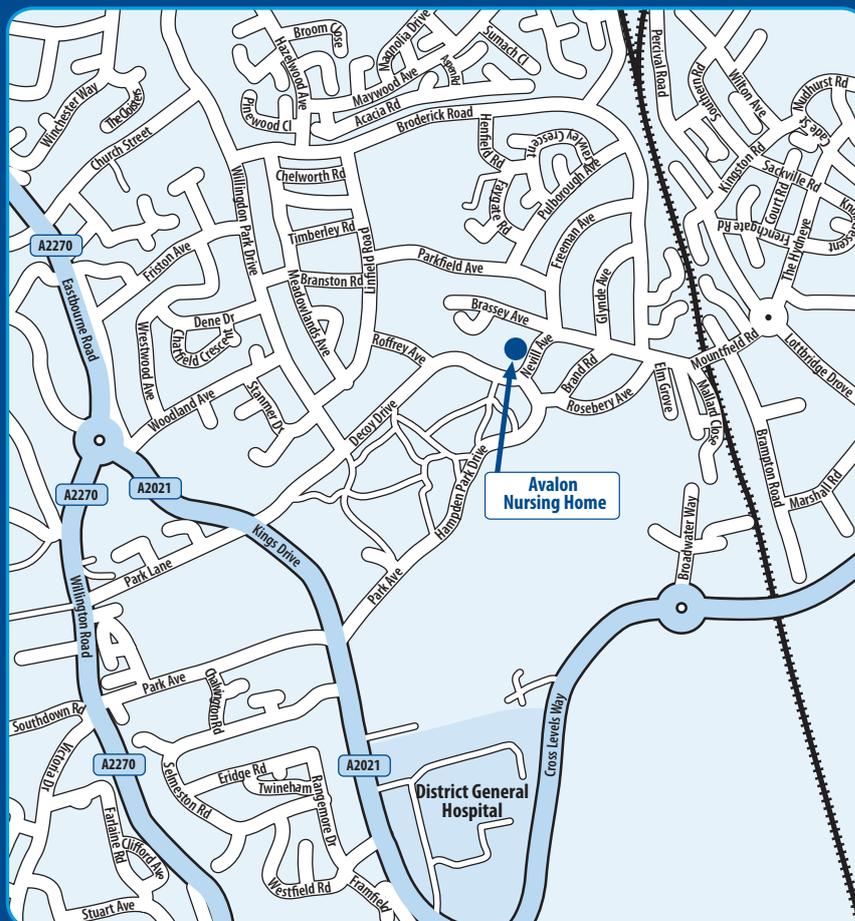
From London take the M25, M23, A23, A27 straight at all the roundabouts for 12.6 miles, then take A22 for 0.1 mile then take the A2270 Polegate bypass and follow signs for Hampden Park. Nevill Avenue is located on the same road as the park

### By Bus

From the Town centre there are regular buses to and from Hampden Park. Brassey Parade is the destination, then walk up Brassey Avenue. You will come to a bend in the road and you will see the white fence which is Avalon Nursing Home.

### By Train

Trains are twice an hour from Eastbourne Station.



## Enquiries

Please call Lynn Tobin (Matron) on: 01323 502487

Postal enquiries should be addressed to: Avalon Nursing Home, 5 Nevill Avenue, Hampden Park, Eastbourne, East Sussex BN22 9PR

You can also contact Gaj Ragnathan at: [gaj@crawfordcarehomes.co.uk](mailto:gaj@crawfordcarehomes.co.uk)