



# Court Regis

Middletune Avenue, Milton Regis, Sittingbourne, ME10 2HT

COMMUNITIES WHERE EVERYONE HAS A VIBRANT AND FULFILLING LIFE

avante<sup>®</sup>  
care & support  
*'Everyone Matters'*

**Avante Care & Support is a registered charity providing personalised residential care, home care and wellbeing support services**

Avante Care & Support is proud to be a well established not for profit organisation, with an experienced and committed workforce, looking to make a difference through the care and support offered to individuals who choose our services.

Avante Care & Support provides care to over 1000 people. In our care homes we deliver specialist residential dementia and nursing services, including day care and short term

respite breaks. Our home care teams provide a range of wellbeing support services, enabling individuals to maintain independent lives in the comfort of their own home.

Our vision is 'Communities where everyone has a vibrant and fulfilling life'. Our experienced and dedicated care teams spend time getting to know each individual. We ensure the most suitable care and wellbeing support is given that is unique to their needs and requirements.

# WHO WE ARE

*The care with which management recruit their staff in order to maintain the ethos of the home is to be congratulated.*



We ensure our care teams are able to provide professional and compassionate care and support, to both residents and their loved ones.



We provide specialist dementia care in all of our care homes and understand the specific challenges faced by people living with dementia.





# Court Regis is situated in a quiet residential area in Milton Regis, Kent

At Court Regis we work to create a welcoming atmosphere in which residents enjoy activities, go on outings and make friends with other residents and staff.

At the heart of our home is our Philosophy of Care, the Eden Alternative, where staff encourage social interaction, engagement and work towards the eradication of loneliness and boredom.

24-hour care and support is provided for people living with dementia, where our team of qualified and attentive staff focus on the individual needs of the residents.

Court Regis provides well equipped, bright bedrooms to support person centred care, overlooking the surrounding gardens.

# OUR CARE HOME

- ✔ Dementia Care
- ✔ Residential Care
- ✔ Respite Care
- ✔ Day Care
- ✔ Daily activities
- ✔ Bright lounges
- ✔ Landscaped gardens
- ✔ Summer log cabin
- ✔ Minibus
- ✔ Hairdressing service
- ✔ Home made food

Other facilities include the spacious dining area, where residents can enjoy great meals every day or take part in the many dining events that take place at the home.

Residents can visit the outdoor log cabin for a relaxing drink and a bite to eat with friends and family, or spend some time in the beautiful gardens around the home. Our minibus also gives residents the opportunity for day trips out to one of the many local places of interest.

Court Regis provides a safe, warm and friendly environment with support for daily tasks such as washing, cleaning and laundry.

As well as a flexible day care service Court Regis offers a respite care service allowing a crucial break for carers, for just a few hours or for several weeks. This offers family carers the chance to go on holiday or simply have some well-earned time off.

**Staff help develop interests and hobbies at Court Regis and provide many opportunities to meet and make new friends**

Residents at Court Regis can enjoy a wide range of in-house and community resources - a trip to the local hairdressers and beauty salon or use of the in-house hairdressing service.

Court Regis residents are also involved with their local community, taking part in local events or enjoying day trips out in the minibus.

Every fortnight the local church visits the home on a Thursday to hold a church service for the residents.



The residents love to see and interact with the animals which often visit the home.

# ALWAYS SOMETHING TO DO

*I am forever grateful for the care that the staff have shown to my father. He has been treated with professionalism but also care and deep affection.*



Personal interests are always encouraged, allowing residents to continue with favourite hobbies and pastimes.



Court Regis has a 'Summer House' log cabin where residents and family can enjoy time together over a drink or food.



*My father has been a resident of Court Regis for 20 months. He has received excellent care from dedicated and friendly staff.*





# Our Philosophy of Care

## The Eden Alternative

### The challenges

After a long and active life, older people are often called to face new challenges around loneliness, feelings of helplessness and boredom.

### How we can help

At Avante Care and Support, our philosophy of care, the Eden Alternative, enables older people to meet these challenges.

We overcome loneliness by regular contact with nature, animals and people in the community.

We overcome helplessness by providing the opportunity to give as well as receive care.

We overcome boredom with variety and spontaneity.

### At Avante Care & Support we believe

Meaningful activities are essential to human health and wellbeing.

Age should not be a barrier to personal growth and learning.

The views of people or their advocates must inform decision making that affects their lives.



**Understanding the type of care you need is an important first step in finding a care home that is right for you**

Searching for a care home is not something any of us do every day. Often it can be quite stressful for all involved.

We are here to provide guidance, whether one of our homes is right for you or not. With this in mind we have plenty of useful information you can access to help you with making the right choice.

You can find lots of helpful information on finding the right care home on our website [www.avantecare.org.uk](http://www.avantecare.org.uk).

We have an open door policy across all of our homes. You are welcome to visit at any time and see what care is provided. Our staff are there to assist with any questions you may have.

# GET IN TOUCH



We would love to hear from you. Feel free to pop in or contact the Home Manager on **01795 423485** or contact our Head Office on **01795 597400**.

**Middletune Avenue, Milton Regis, Sittingbourne, ME10 2HT**  
**[www.avantecare.org.uk](http://www.avantecare.org.uk)**  
**[enquiry@avantecare.org.uk](mailto:enquiry@avantecare.org.uk)**





**1** Parkview care home  
105 Woolwich Road  
Bexleyheath, DA7 4LP

**2** Puddingstone Grange care home  
82 Plumstead Common Road  
Woolwich, SE18 3RD

**3** Northbourne Court care home  
Harland Avenue, Sidcup,  
DA15 7NU

**4** Riverdale Court care home  
17 Dovedale Close, Welling,  
DA16 3BU

**5** Weybourne care home  
1 Finchale Road, Abbey Wood,  
SE2 9AH

**6** Home Care and Support - Bexley branch  
Rear of 21 Bourne Road, Bexley,  
DA5 1LW

**7** Amherst Court care home  
Palmerston Road, Chatham,  
Kent, ME4 6LU

**8** Bridge Haven care home  
Conyngnam Lane, Bridge,  
Kent, CT4 5JX

**9** Chaucer House care home  
82 St Martins Hill, Littlebourne Road,  
Canterbury, CT1 1PS

**10** Court Regis care home  
Middletone Avenue, Sittingbourne,  
Kent, ME10 2HT

**11** Pilgrims View care home  
Roberts Road, Snodland,  
Kent, ME6 5HL

**12** Home Care and Support - Kent branch  
De Gelsey House, 1 Jubilee Way,  
Faversham, Kent, ME13 8GD

**13** Avante Care & Support Head Office  
De Gelsey House, 1 Jubilee Way,  
Faversham, Kent, ME13 8GD

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EDEN ALTERNATIVE  
UK & IRELAND  
BEYOND PERSON CENTRED CARE

INVESTORS  
IN PEOPLE

NCF  
THE NATIONAL CARE FORUM

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