



Northbourne Court Care Home

Communities where everyone has a vibrant and fulfilling life

Harland Avenue, Sidcup DA15 7NU

avante[®]

care & support

'Everyone Matters'[™]

Avante Care & Support is a registered charity that provides residential, dementia, and nursing care. We also offer respite care, home care, and well-being support services.

We are a well-established not-for-profit charity with over 30 years of experience within the care sector. As we do not have shareholders, we can reinvest any surplus back into the services we provide. Avante has a caring and compassionate workforce that is 100% committed to providing high standards of personalised care.

Our vision is 'Communities where everyone has a vibrant and fulfilling life'. At Avante Care & Support, we offer care services to a diverse community of over 1000 individuals in Kent and South East London.

Our care homes specialise in providing residential, dementia, nursing, and respite care.

Our experienced and dedicated care team spend time getting to know our residents to ensure the most suitable care and well-being support is given. We develop bespoke care plans to meet their needs and requirements.

In addition, we provide home care that enables our service users to maintain independent and active lives in their own homes.

WHO WE ARE

Mum has been at Northbourne Court for three years and we couldn't wish for a better place for her.



Northbourne Court is a modern purpose-built care home, located in Sidcup, Greater London

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

The team of qualified and attentive staff focuses on the individual needs of the residents to provide residential, dementia, nursing and respite care across the home.

At the heart of our care home is the Avante philosophy of care, the Eden Alternative. Staff encourage social interaction, connection and engagement, and work towards the eradication of loneliness, boredom, and a feeling of helplessness,

which may present as challenges to those receiving care.

The modern and luxurious design provides well-equipped bedrooms with their own en-suite facilities. Rooms can also be personalised by residents with personal items and furniture.

There are bright communal lounges throughout the home where residents and family members can relax and socialise or join in with daily activities. The design of our home environment is significant for those living with dementia, and we consider this when we design our care homes.

OUR CARE HOME

- ✔ Dementia Care
- ✔ Residential Care
- ✔ Respite Care
- ✔ Daily activities
- ✔ En-suite bedrooms
- ✔ Large, bright lounges
- ✔ Kitchenettes
- ✔ Landscaped gardens
- ✔ Hair salon
- ✔ Minibus
- ✔ Wi-Fi





Avante is committed to delivering on the principles of dementia care outlined by Stirling University, who are world leaders in the design of services and environments for people with dementia.

The layout of social areas, resembles a domestic environment, that residents can associate with memories of their own homes. There are no visual or physical barriers, and residents can move freely within their suite.

These designed layouts help support person-centred care and enable residents to enjoy activities and socialise with fellow residents and staff.

Residents can visit the landscaped gardens to relax and enjoy a peaceful

afternoon, or join in with our many gardening activities. There are quiet spaces for residents who might be feeling anxious or confused, or those who just want some peaceful time on their own. Our care team are always on hand to provide support and reassurance.

Northbourne Court also has a salon and therapy room offering many treatments including hairdressing, nail manicures, and also other well-being treatments.

All laundry and cleaning are included and managed by the home domestic team, but should residents wish to continue independently with daily tasks such as cleaning and laundry, there's always practical support available from staff to do so.



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



ALWAYS SOMETHING TO DO

When I came to the care home, I was a 7-stone man unable to walk without the aid of a zimmer frame. Due to the brilliant care from all the staff members and range of quality food, I am now a 12, sixty-something, fully fit man. It made me realise that these people were not just carers, they really cared.





Activities

At Northbourne Court, we provide a variety of engaging activities throughout the week that promote well-being, which in turn enhance the quality of life. Creative pursuits, such as art therapy, craft workshops, and indoor gardening provide an outlet for self-expression and encourage cognitive stimulation.

Music therapy sessions not only entertain but also evoke memories and emotions, fostering a sense of connection and joy. Our beautifully landscaped gardens offer a tranquil space for residents to participate in gardening activities, promoting physical activity and sensory engagement.

Day Trips

We believe in creating enriching experiences in our local communities. We organise regular day trips to various locations of interest, ensuring that our residents continue to engage with the world around them.

Whether it is a visit to local museums, art galleries, or historical sites, these outings provide opportunities for socialisation, mental stimulation, and the joy of exploration.

Our commitment to fostering and maintaining connections in the local area allows our residents to remain connected, vibrant, and actively involved in their communities.

Nutrition & Hydration

We prioritise the health and well-being of our residents, including their nutrition and hydration needs.

We offer a wide range of delicious and nutritious meals prepared by our skilled team, which ensures that our residents receive meals that cater to their individual tastes, cultural preferences, and dietary needs. All of our meals are freshly prepared throughout the day, with light meals and snacks available at any time.

We are committed to promoting the well-being of our residents by providing nourishing and enjoyable dining experiences.



Our Philosophy of Care

The Eden Alternative

The challenges

After a long and active life, older people typically face new challenges around loneliness, feelings of helplessness and boredom, all of which can present a challenge for those receiving care.

The Eden Alternative reduces these challenges by ensuring residents have opportunities to build relationships with each other and staff as well as children and animals, and stay connected to nature outside and inside the home.

We do this by encouraging residents to feel useful and needed, and by providing a varied and interesting environment.

How we can help

At Northbourne Court, our philosophy of care, the Eden Alternative, enables our residents 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 well-being.

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.

Selecting a suitable care home can be an overwhelming and challenging task. We are here to provide guidance and support, to help you make the right choice. With this in mind, we have plenty of useful information available on our website or by contacting the home directly.

We have an open door policy and you are welcome to visit the care home at any time and see what care is provided.

Our staff are there to assist with any questions you may have.

By choosing Northbourne Court, you can trust that your loved one will receive the highest standard of care, compassion, and understanding; allowing them to thrive and maintain a sense of purpose and joy in their daily lives.

GET IN TOUCH

We would love to hear from you. For new resident enquiries please call **0208 0530 372** or contact our Reception on **0208 2699 840**.

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SCAN FOR INFO

