



# Court Regis Care Home

Communities where everyone has a vibrant and fulfilling life

Middletune Avenue, Milton Regis, Sittingbourne ME10 2HT

avante<sup>®</sup>

care & support

'Everyone Matters'<sup>™</sup>

**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. Since 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

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



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

At Court Regis, 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 focus on the individual needs of the residents providing 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 can present a challenge to those receiving care.

Court Regis provides well-equipped en-suite bedrooms. 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
- ✔ Day Care
- ✔ Large, bright lounges
- ✔ Kitchenettes
- ✔ Daily activities
- ✔ Landscaped gardens
- ✔ Hair salon
- ✔ Free Wi-Fi
- ✔ Private phone
- ✔ Minibus





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

The layout of social areas represents a domestic environment to help residents link with memories of their own homes. There are no visual or physical barriers, and residents can move freely within their suites.

All of these strategies help support person-centred care and enable residents to enjoy activities and socialise with fellow residents and staff.



Residents can visit the pretty gardens to relax and enjoy a peaceful afternoon, or join in with many gardening activities. There are quiet spaces for residents who might be feeling anxious or confused, or may just want some quiet time on their own. Our care team will always provide support and reassurance.

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



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



# 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.*





## Activities

At Court Regis, we provide a variety of engaging activities throughout the week that promote well-being and 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.

The stimulating music therapy sessions not only offer entertainment but also evoke memories and emotions, fostering a sense of connection and joy. Our beautifully landscaped gardens provide 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 are often called to face new challenges around loneliness, feelings of helplessness and boredom, all of which can present a challenge to 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 Court Regis, 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 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 you can contact the home directly.

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

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

By choosing Court Regis, 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 **01795 334 088** or contact our Reception on **01795 423485**.

**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)**  
**What3Words: [///video.years.defeat](https://www.what3words.com/#!/en/1111/1111/1111)**

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**SCAN FOR INFO**

