



Welcome to  
**River Meadows**

Nursing home in Shawbury, Shropshire

# Welcome to River Meadows

River Meadows nursing home is set in lovely surroundings in the village of Edgebolton near Shawbury.

The building is a beautiful converted and extended country house with modern interiors, extensive views over open countryside, and its own gorgeous landscaped gardens.

A cheerful family atmosphere means new residents settle in quickly and soon feel at home.

## The types of care we offer

Nursing and personal care in a residential setting for those whose main care needs are age- related and for younger adults with physical disabilities.

We also provide dedicated end of life care and offer long term placements plus respite, short stays and day care.



**“This is a wonderful place and everyone is helpful and smiling. My privacy is respected and I am treated as an individual not just a name”**

# Our Facilities

## Bedrooms

We have 34 single rooms and 5 double rooms, all of which have en-suite facilities, a TV aerial point, and a nurse call system. Some rooms have phone points (we can arrange connection, with costs billed directly to you). Many rooms have views over either the gardens or the surrounding meadows or both, whilst others look onto a pleasant internal courtyard.

You can use our bedroom furniture, or you can bring your own (as long as it meets fire regulations), and you can make the room homely with photos and other personal items.

Where people are at risk of falling, we can provide sensor equipment that alerts staff immediately of any fall.

If you use any walking aids, then please bring them with you.

## Communal facilities

- Light and bright TV lounge and dining room with views to the river plus a further spacious lounge
- Attractive dining room
- Conservatory lounge overlooking the courtyard
- Quiet seating areas
- Spacious rooms and wide doors and hallways so people with walking aids and wheelchairs can access all areas easily
- Gorgeous gardens, with seating areas and open views across the rolling meadows
- Free WiFi throughout the building
- Mobile library service
- Laundry service and lift

**“I can’t tell you how happy we are. The staff are all very professional and caring”**

## Extra services\*

**We also offer the following additional services to help you enjoy your stay:**

- Chiropody
- Hairdressing and manicures (with posh coffee and biscuits!)
- Newspaper delivery
- Sky TV in bedrooms
- One-to-one care not already agreed in your care package
- Holistic therapies
- Chaperones to hospital appointments

\* Not included in home fees

## Moving in

**Moving into a care home is a big step, and we find that the more homely the new bedroom, the sooner people settle in. Taking time to choose what personal belongings to bring can really help.**

If you are helping a loved one to move, find photos of friends and relatives that will remind the person they are loved and evoke positive memories. Make sure you put the photos where your loved one can see them easily.

Another good idea is to bring a favourite bedspread or blanket. This brings comfort and familiarity, helping create a room “just like home”, rather than a completely new and unfamiliar space.

**“I have a lovely room. I see the sheep and the cows and the view of the hills and it reminds me of home”**

Memory boxes filled with personal treasures and trinkets can also be a lovely way to help people handle the change. Making the box is a valuable activity to do together as a family, and the box then provides a focus for conversations and for remembering happy times.

Please do not bring in expensive items such as jewellery, however, as they won't be covered by our insurance policy.



## Life at River Meadows

At River Meadows, you choose how to spend your day. It's your home, and you're free to get up when you want, to come and go as you please, and to receive visitors just as you always have done. Visitors are welcome at any reasonable time, and you can entertain people either in the communal areas or in your own room. If you want to take part in activities, you'll find plenty to get involved with – but there's never any pressure to join in. If you want to sit quietly in your room, potter in the garden, or simply watch TV, that's absolutely fine.

And, of course, there's always time to meet and chat with new friends – and even simply sitting in the lounge can be full of interest. Wildlife sightings include pheasants, foxes, ravens, robins and more, whilst sheep and cows graze nearby. You'll also spot helicopters, fighter jets, the Red Arrows and the occasional Spitfire, as they fly in and out of RAF Shawbury.

# Keep mind and body active

To help you keep mind and body active, you'll find a wide variety of activities on offer, indoors and out, here and further afield. Activities are resident-led – and suggestions are always welcome!

## Activities within the home

- Gardening with our gardening club (raised beds give easy access)
- Making friends with our resident cat and guinea pigs and visiting therapy dog
- Playing Boccia (a game similar to bowls, but played from a sitting position)
- Participating in armchair aerobics sessions led by Shrewsbury Town Football Club
- Watching movies on our Film Fridays
- Exploring your creative side with our art group
- Chatting and playing with local children, who visit regularly.
- Playing board games
- Listening to music from our extensive record collection
- Socialising at events such as Football Evenings and Ladies' Nights
- Enjoying special events, including summer and Christmas fetes and residents' and relatives' afternoon teas
- Taking part in religious services – our local church holds a monthly service in the home, and we can bring in ministers from other faiths as needed.
- Enjoying visits from outside entertainers and activity organisers.

“I enjoy my food; it is always tasty and good”

“Staff know I am still young in my head”

## Trips out

Springcare have their own minibus and drivers, which means we can offer trips out at least once a month. There's something for everyone: pub visits, shopping, lunches, local beauty spots, places of interest and more. People able to go out by themselves can also visit Wellington and Shrewsbury using the local bus service.

## Food and drink

Our tempting home-cooked meals feature fresh, seasonal ingredients. There's always a choice of dishes, and your food will be prepared to meet your individual needs and preferences (including cultural diets). In the unlikely event there's nothing on the menu you fancy, the cook will do their best to find an alternative.

You can ask for a hot drink whenever you want one, and you'll have a jug of water or squash in your room at all times.

## Perfectly balanced menus

All Springcare homes feature the same weekly menus, put together by Springcare's Catering Manager. Experienced in catering for the needs of nursing home residents, the cook plans every dish carefully to ensure a tasty blend of ingredients and flavours and a nutritionally well-balanced diet. We also follow the Shropshire Clinical Commissioning Group's 'Think Food' programme, which ensures people are well nourished through their ordinary meals and don't need to be prescribed supplements.

## Flexible mealtimes

Meals are provided over a span of several hours, so you can keep your normal routine and eat at the times that suit you. Families are welcome to dine with relatives. You can choose to eat in your room if you wish.

## GP and health services

If you are moving to River Meadows from nearby and already have a local GP, you can keep the same doctor. We'll advise on GP services if you need to change. Dentists, opticians and chiropodists visit the home on request (charges apply for these services unless you are entitled to free NHS treatment). Shropshire Hearing Loss Support visit quarterly to check hearing aids, make small repairs, and report any issues to the hospital (no charge).

# Our Family Circle philosophy

**At River Meadows – as at every Springcare home – we follow a strong ‘family circle’ philosophy based on getting to know residents as individuals and treating them as such throughout their time with us.**

Before people move in, we start to find out what they like, what they don't like, and most importantly, who they are as people. We want everyone who comes to us to feel safe and secure, respected for who they are, and valued for their life up to now. We help people maintain as much independence and privacy as possible, and encourage a sense of identity.

We believe in getting the little things right, in being kind, compassionate, and considerate – just as if we were looking after our own loved ones.



## Your life, your care

We'll talk to you and your family about your care needs and agree a care plan that sets out everything our staff need to know to make sure you get the care that's right for you. The plan includes everything from your history and background to your preferences around bathing, when you like to get up and go to bed, how you want to be addressed, and what you like to wear and eat.

The plan is an evolving document – you can talk to us about any aspect of your care at any time.

With the plan in place, you and your friends and family can enjoy spending time together in a relaxed environment, knowing your needs are being taken care of.

There is also plenty of opportunity for you and your family to give ideas and input into the running of the home. We have two residents' champions – one male, one female – to liaise between residents and staff. We also hold regular residents' and relatives' meetings as well as using questionnaires to ask for feedback.

## Staffing

Our dedicated staff understand how to care for our residents and look after each person according to their individual needs. Staff spend one-to-one time with residents, making sure they are comfortable and happy. You'll have your own key worker so there will always be one person who knows you particularly well.

All staff are trained to support people with a wide range of health issues and have regular training to keep knowledge and skills up to date. In addition, individual staff take a lead on specialist issues such as Dignity in Care and dental and oral care, and share knowledge across the team. For complex health issues, we source specialist advice and training for staff.

When residents go out of the home environment, they are usually accompanied by staff. Keypads at all doors mean we can keep people safe in the home where needed.

## Trial visits

With a trial visit, you can experience life at River Meadows first-hand. Come for a morning, afternoon or even a full day, take part in an activity, and join us for lunch. A family member or friend is welcome to come along too.

## Financial information

All our homes welcome residents who choose to either fund their own care or to top up their government entitlements to ensure they have the very best care and support.

The cost of your care and accommodation will depend on your situation. The River Meadows Manager will be happy to discuss this with you.

With changes to the way social care entitlements are calculated, many people will not qualify for government support to fund nursing home costs. You may be able to get help with funding if your assets are less than the 'upper capital limit' set by the government. The Age UK website at [www.ageuk.org.uk](http://www.ageuk.org.uk) has useful information on the system for paying for residential care.

We also have our Springcare Guide to Paying for Care available on our website.

You will be asked to sign the terms and conditions as well as a contract (if you are paying for any part of your care) before any admission to the home. The contract will include the full details of what is/ is not included in the fees.

**“I feel totally safe here, the environment and the people make me feel safe”**



# Welcome from the Springcare team

**We would like to offer you a warm welcome to Springcare.**

We would like to offer you a warm welcome to Springcare. We understand how difficult choosing the right home can be, and we hope you will find the information in this brochure helpful. To help you take the next steps, the manager and team at River Meadows are always happy to answer questions and discuss concerns. You can call and talk on the phone, or ask to come and see round the home. If you like what you see, then we'd be happy to welcome you for a trial visit to help you make your mind up.

We hope you'll decide River Meadows is right for you – and if you do, we promise to make your wellbeing our priority.

**“Any member of staff could tell me straight away what a person’s needs are and how they support them”**

## About Springcare

Springcare is an established family business with a portfolio of care and nursing home across Shropshire, Cheshire and the Wirral. At each of our homes, we provide a warm, caring environment that puts the resident first.

Over the years, we have had the privilege of looking after so many wonderful people, and we have a strong track record of delivering high quality care centred around individual needs.



# Get in touch with River Meadows

To get in touch or book a visit, please use the details below:



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