



  
**akari**  
care

# Frindsbury Hall.

You Care. We Care. **Akari Care.**





**Nursing Care**

# Welcome to Frindsbury Hall

Our aim is to provide a friendly, caring, 'home from home' environment where dignity, independence, safety and comfort are paramount.

We have a dedicated and compassionate team, with good staff retention, which means our staff can build close and meaningful relationships with all our residents.

We are part of a wider, friendly and welcoming community and we always make sure that all our visitors are made welcome and well looked after, whoever they are.

We ensure that all residents are fully involved in the planning and delivery of services, promoting their right to privacy and independence. We recognise that everyone is different and the care we deliver aims to reflect this. Frindsbury Hall provides a homely, relaxed and safe atmosphere for its residents, guests and staff.



A home from home.

## Communal

Frindsbury Hall Care Home is situated close to the River Medway in Kent, just a few miles from Rochester and Gillingham, and the historic naval docks at Chatham.

If I have to select three qualities of Frindsbury Hall that make it special, it would have to be our homely and welcoming atmosphere, our committed colleagues, and the fact that the majority of them have been with us a long time. Their dedication, loyalty, positive attitude and compassion is what puts a smile on the face of all our residents, every day.

We have lots of special features to boast about, but one we're particularly proud of is the suite set aside for relatives for use at challenging times.



74 Beds



Wheelchair  
Access



Wifi



Gardens



Local Shops



Public  
Transport



Lift Access



No Smoking

**Relax,  
enjoy a laugh.**

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## Our rooms

Each of our 74 bedrooms at Frindsbury Hall are inviting, comfortable and well-furnished; residents are encouraged to personalise their room with their own furniture, photos and other momentos to create a home from home feel.

## Dining

Our catering team provide a wide range of home-cooked, nutritionally balanced meals prepared in our own kitchen and made from quality ingredients. Menus are prepared in consultation with experienced dieticians, with suggestions from our residents, to ensure that any specific needs, allergies or cultural and personal preferences are considered, while achieving a balanced nutritious diet.

Residents are encouraged to eat in the dining rooms but they can choose to eat in their room if they wish. We encourage friends and family to join us for meals with prior arrangement. We also cater for special occasions for our residents such as birthdays and anniversaries. The main meal of the day is served at midday, with a lighter meal in the evening. All meals offer a choice of menu options. Snacks, fresh fruit and refreshments are available at all times.

How do you like your eggs?



# From bingo to beauty.



## Activities

A regular programme of activities is promoted within the home by our dedicated activity organiser.

Each activity is designed around keeping fit and active or to simply stimulate. We encourage residents to live their lives as they wish and are able to join in, or not, as they please.

Our activities often involve the local community and we encourage strong social links with local groups. Typical daily activities include arts and crafts, indoor bowling, bingo, passive and gentle exercises, one to one shopping trips, beauty therapy, reminiscence meetings and lots more.

# Support through challenging times.



## Peace of mind

Our staff have the experience and training to know and understand the challenges that everybody involved has to overcome, so we know how to help. We provide as much support as possible to residents and their families during the moving process and throughout their stay at Frindsbury Hall.

Our staff are diligent, caring and trustworthy personnel who have each resident and their family's happiness as a core priority.





# Frindsbury Hall

**Frindsbury Hill, Strood, Rochester ME2 4JS**  
**Call us on 01634 715337**

Photographs shown represent typical home accommodation

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84 Albion Street,  
Leeds, West Yorkshire,  
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**[www.akaricare.co.uk](http://www.akaricare.co.uk)**