



# Humberston House

Your Happiness Is Our Reward





# Welcome

Welcome to Tanglewood, where we pride ourselves on our wealth of experience in providing exceptional care for our residents. Our dedicated team members have been carefully selected based on their expertise, empathy, and genuine commitment to enhancing the lives of those entrusted to our care.

Our vision at Tanglewood is to create a nurturing environment that fosters independence, dignity, and a sense of belonging. We believe that each individual's unique story and journey deserves to be cherished and celebrated. Our values are at the heart of everything we do. We strive for excellence in delivering personalised care that exceeds expectations, promoting well-being, and embracing diversity. We understand the importance of creating a home away from home, where residents feel cherished and supported.

We warmly invite you to experience the Tanglewood difference firsthand. Join our vibrant community and let us embark on this remarkable journey together, providing comfort, companionship, and a sense of belonging to all who call Tanglewood home.



**Daniel Rowark**

CEO TANGLEWOOD CARE  
SERVICES LTD



# Why choose us?

At Humberston House care home, we provide something for everybody. Our engaging activities are tailored with our residents' preferences in mind. With personalised care plans, range of facilities and dedicated team members you can be sure your loved one is in safe hands.

At Humberston House, comfort, safety, wellbeing, and happiness are at the heart of all we do. Our personalised care plans will be tailored to include everything from medications to likes and dislikes. We acknowledge how hard the decision to move into care can be and our friendly team are on hand to support you.

# Facilities

This stunning, newly-constructed care sanctuary boasts 72 bedrooms spread over two storeys, all meticulously designed for the utmost comfort of our residents. Each spacious and bright bedroom comes with its own private ensuite wet room, offering a genuine home-from-home experience. With an emphasis on straightforwardness and accessibility, we provide families with the assurance that their loved ones are well looked after. Humberston House has a bistro, hair & beauty salon, cinema, wellness room, tea room and a library with various quiet areas.



# Menu & catering

Our chefs offer a four-week seasonal menu that changes daily, using the freshest ingredients. We cater for all dietary types such as vegan, vegetarian and diabetic. We also cater for different textured diets, including a soft diet and a fully modified diet. If there is nothing you fancy on the menu we always have alternative options available for you. We will discuss your diet along with any likes and dislikes on admission. The mealtime experience for you is very important to us. Catering is always on the agenda at the monthly residents meetings to enable you to give your valuable feedback first hand.

## Sample menu

### BREAKFAST

Cereal of choice or porridge  
Toast & preserves  
Freshly prepared fruit  
Full English breakfast

### DINNER

Hearty beef stew & dumpling  
Creamy vegetable risotto  
Baby new potatoes  
Fresh green beans & carrots

### DINNER DESSERT

Jam sponge & custard  
Fresh fruit platter & cream

### TEA

Fish goujons & sauté potatoes  
Cream of vegetable soup  
Selection of sandwiches

### TEA DESSERT

Lemon posset  
Selection of cakes





**“I am so pleased that we chose this place, I felt surrounded by love here, they are all so friendly, everyone talks to you and I have never felt lonely once.”**

—Tanglewood Care Home resident



## United

We will work together as a team  
We will acknowledge that everyone is important  
We will celebrate our achievements

## Nurturing

We will value and support each other  
We will promote empowerment and independence  
We will acknowledge and enhance strengths

## Innovative

We will find innovative solutions to the challenges we face  
We will welcome new ideas to help us evolve  
We will embrace change and adapt accordingly

## Quality

We will deliver excellence as our standard  
We will continually improve and enhance our service  
We will keep people safe

## Understanding

We will be kind and compassionate  
We will respect and honour individuality and diversity  
We will take accountability and responsibility for our actions

## Empathetic

We will respect and trust each other  
We will be humble and positive role models  
We will embrace new relationships

# Our Mission Statement

## Our aim is to:

Provide high quality care for our residents, in safe and comfortable surroundings, always promoting independence and choice

Give the families of our residents peace of mind, reassurance and confidence in our service

Attract and retain the best team members, giving them the skills and career pathways they deserve

Work in partnership with all external agencies, building relationships that support our visions & values

# Our Vision

To be the service of choice for our residents and their families

To be the employer of choice for our team members

To be the health provider of choice across the Health & Social Care Network

# Our Care

In a Tanglewood care home, we cater for residents who need all varieties and levels of care. We assess every prospective resident subjectively on an individual basis. Following this process, a personalised recommendation is made by our team of highly-trained and dedicated staff members. Any new resident receives a bespoke Personal Care Plan, ensuring the most comfortable transition as they begin to write the next chapter of their lives. Our core values underpin everything that we do, delivering the best possible care and service to all our residents, plus peace of mind for family and friends.

## Respite Care

Respite care is generally 'short term' for people who are usually looked after by a relative or professional carer at home. It is also for people who have been in hospital but require a period of convalescence. Many people arrange a trial stay as a temporary resident to see if the home is the right long term option for them.

## Residential Care

Residential care is generally for people who require a low level of support. It may include assistance with washing and bathing, and other activities of daily living. It is primarily for those who are finding it difficult to cope at home, or who need more help than home carers are able to provide.

## Dementia Care

Our team members are trained to support people living with dementia. Through daily interactions, activities and compassion, our team learn about the individual's needs and help them feel settled and safe. We make sure people with dementia receive the quality of care that suits them best.

## Day Care

We recognise that some people are not ready to move into a care home permanently, or ready for any overnight stays. We do also recognise that as a carer you may still require support, and that you or your loved one may require some social interactions with other individuals. We can support you with this by offering day care services.

## Palliative Care

At Humberston House, we understand that end of life care is an extremely difficult time, and we want to support you in this process by providing a warm, welcoming atmosphere. Our teams are compassionate and caring, and will provide you with all the support you and your loved one require.



# Activities

Humberston House offers a range of activities that appeal to our residents, regardless of interests and abilities. All activities are of course optional, but we do encourage our residents to be involved to increase their social interaction, mental stimulation and, most importantly, their enjoyment. Activities take place in groups, small task groups or one-to-one. Our dedicated Lifestyles Coordinator is an integral member of our team. They ensure monthly meetings are held with our residents to ensure that activities reflect their interests and choices.



# Weekly Activity Planner

	Morning	Afternoon
<b>Monday</b>	<b>MORNING WALKS &amp; GARDENING</b> 11.30am	<b>LIFE STORY BOOKS</b> 2.30pm
<b>Tuesday</b>	<b>NAILS &amp; HAND MASSAGES</b> 11.30am	<b>SING ALONG</b> 2.30pm
<b>Wednesday</b>	<b>COFFEE MORNING</b> 11.30am	<b>POETRY CORNER</b> 2.30pm
<b>Thursday</b>	<b>CHAIR EXERCISES</b> 11.30am	<b>PAINTING AND ART CLASS</b> 2.30pm
<b>Friday</b>	<b>BAKING CLUB</b> 11.30am	<b>FRIDAY AFTERNOON DRINKS &amp; QUIZ</b> 2.30pm
<b>Saturday</b>	<b>GAMES &amp; ACTIVITIES</b> 11.30am	<b>SATURDAY SOCIAL</b> 6.30pm
<b>Sunday</b>	<b>BOOK CLUB &amp; APERITIFS</b> 11.30am	<b>SUNDAY ROAST</b> 12.30pm





# Get in touch

## Humberston House

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[www.tanglewoodcarehomes.co.uk](http://www.tanglewoodcarehomes.co.uk)

### From Lincoln to Humberston House Care Home:

Start on Nettleham Road B1182 in Lincoln and head northeast, following signs to Dunholme for 12 miles, passing through Dunholme, and continuing further northeast. Stay on A46, heading towards Grimsby for approx. 30 miles. Keep going over the roundabouts. Look out for signs directing you to Cleethorpes on A46. At a major junction with traffic lights, turn right onto Peaks Parkway A16. Continue on Peaks Parkway A16 and at the next roundabout, take the first exit onto A1098, following signs for Cleethorpes and Humberston. After that, take the first right onto Peaks Lane. At the following roundabout, take the first exit onto Humberston B1219. Continue along Humberston Avenue, and then make a left turn onto Blackthorn Avenue. Simply follow Blackthorn Avenue until you reach your destination, Humberston House Care Home.

### From Grimsby Town to Humberston House Care Home:

Head south on the A16 from Grimsby town centre. Continue for approx. three miles until you reach a roundabout where the A16 meets the A1098. At the roundabout, take the second exit, the A1098 signposted for Cleethorpes and Humberston. Make a right turn onto Peaks Lane. Continue until the roundabout, take the first exit, B1219. Continue on Humberston Avenue, and then turn left onto Blackthorn Avenue. Follow Blackthorn Avenue until you arrive at Humberston House Care Home.