



# York Manor

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 York Manor 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 York Manor care home, 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

York Manor is a 72-bed residential care home offering top-notch facilities, including ensuite wet-rooms, elegant social areas, and modern décor. Our amenities feature a café bistro, gallery café, family room, quiet room, three terraces, sports lounge, and an activity room. A varied activities program will be available daily for residents, to ensure there is something for everyone to enjoy. Located just outside of York, York Manor provides luxurious and contemporary living in a safe and thriving community. The area is surrounded by charming cafés, shops, and peaceful parks, creating a delightful environment for residents.



Pictures for illustrative purposes only.



# 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

### TEA

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

### DINNER DESSERT

Jam sponge & custard  
Fresh fruit platter & cream

### 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



# Our 'UNIQUE' Values

## 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.

## 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.





# Activities

York Manor 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

## York Manor Care Home

Blue Beck Drive

Shipton Road

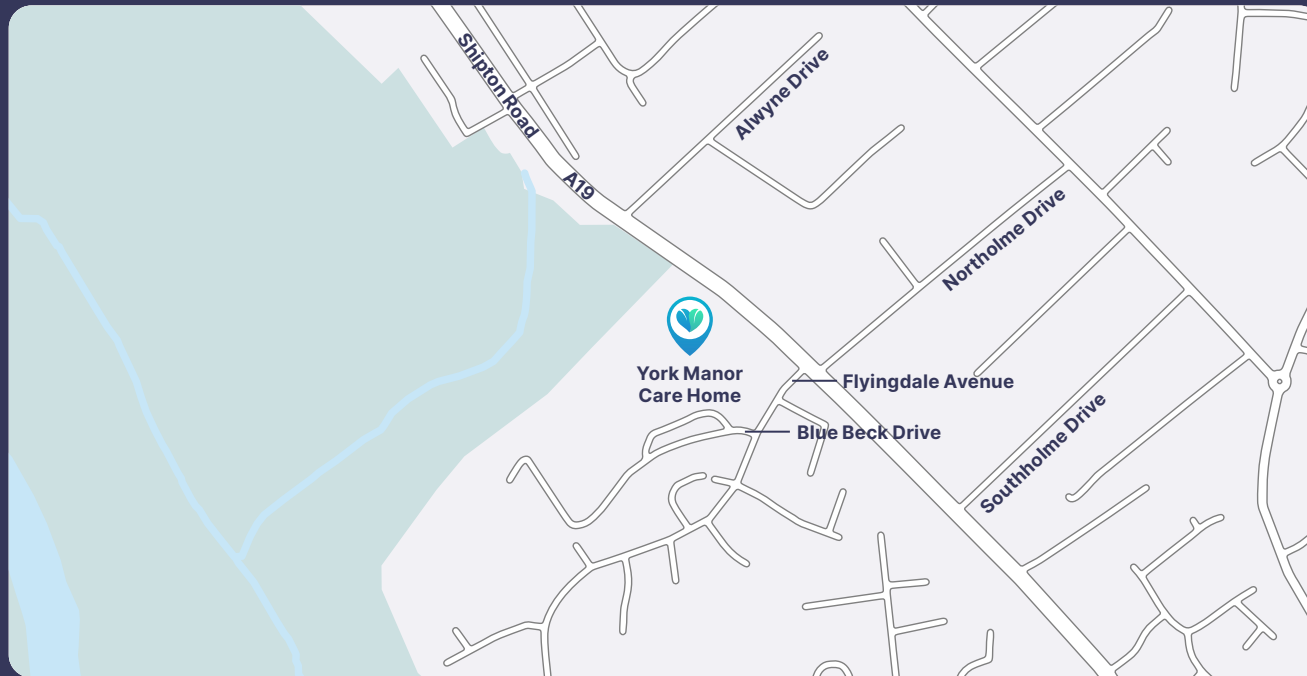
York

YO30 5RA

01904 202825

[info@twhealthcare.co.uk](mailto:info@twhealthcare.co.uk)

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



**From North York:** Head west on the A1237 from Earswick. Cross over three roundabouts, remaining on the A1237. When approaching the next roundabout, look for signs to the Park and Ride. Take the first exit onto Shipton Road (A19), passing the Rawcliffe Bar Park and Ride on your right. Continue for 0.8 miles on Shipton Road (A19). Turn right onto Flyingdale Avenue. Turn right again onto Blue Beck Drive. York Manor Care Home will be on your right.

**From South York:** Head north on the A1237 from Woodthorpe/Askham Bryan. Cross over the roundabouts, remaining on the A1237 until you see signs for the Park and Ride. At the next roundabout, take the third exit onto Shipton Road (A19), passing the Rawcliffe Bar Park and Ride on your right. Continue for 0.8 miles on Shipton Road (A19). Turn right onto Flyingdale Avenue. Turn right again onto Blue Beck Drive. York Manor Care Home will be on your right.

### From Selby to York Manor Care Home:

Start by heading north on Barlby Road (A19) for 10 miles, crossing over roundabouts to remain on the A19. At Fulford Interchange, take the second exit onto the A64 slip road towards Leeds (A64). Merge onto the A64 and continue for 3.2 miles. Take the Askham Bryan exit, following the A1237 road around, and at the roundabout, take the third exit to remain on the A1237. Head north on the A1237 for 5 miles, crossing over the roundabouts to remain on the A1237 until you see signs for the Park and Ride. At the next roundabout, take the third exit onto Shipton Road (A19), passing the Rawcliffe Bar Park and Ride on your right. Continue for 0.8 miles on Shipton Road (A19). Turn right onto Flyingdale Avenue. Then turn right again onto Blue Beck Drive. York Manor Care Home will be on your right.

