



GALAHILL
HOUSE
GALASHIELS



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*A secluded, tranquil home on the edge of Galashiels
in the Scottish Borders*

Galahill House is an elegant traditional stone building, with large windows letting in plenty of light, set in its own lovely mature gardens, with hillside, ponds, birds and wildlife on the doorstep. The house retains many period features, including a stunning wooden entrance hall and staircase along with intricate ceiling mouldings. The shared dining and living areas are beautifully appointed and look out onto the grounds and gardens. The home has room for 22 residents on two floors.

Galahill House is a friendly home with tranquil spaces for quieter residents as well as lively events and activities led by residents' wishes. It has good links to the local community, with visits by St Peter's School for pond-dipping, hedgehog-spotting and Easter egg hunts, as well as an annual sing-song with the Gala Braw Lad and Lass.

Like all Mansfield Care Group homes, Galahill House provides exceptional personal care, the highest standard of cuisine, and all the specialised facilities you'd expect from a top quality care home.

Residents can also be matched with regular befrienders from the Borders Volunteer Service, or join in local groups, including the bowling club, library and church. They enjoy pet therapy, music-making, Frantic Theatre pantos, tapestry and baking sessions, as well as visits to Herge's on the Loch, Quins, local shops and the seaside in summer.

The gardens are lovely for sitting out, and some residents get involved in gardening. Others welcome visits by the local library, including the Talking Books service.

PHONE US TO ARRANGE A VISIT
01896 478800



Galahill House is set in secluded, mature gardens close to Galashiels town centre.



Choosing your care home

Choosing Mansfield Care Group as your new home is a big step, and we're there to support you and help you settle into your new community.

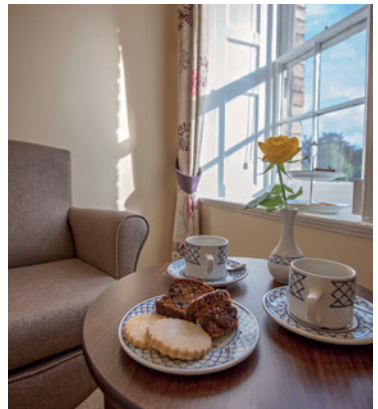
Although we can never replace family, our small size means we get to know residents and their individual wishes very well. Our staff are highly experienced and committed to providing you with what you need to feel at home, secure and happy with us. We strive for continuity and enjoy good relationships with residents and their friends and families.

Our ethos at Mansfield Care Group is bespoke and resident-centred. Every resident is an individual bringing their own life story, background and preferences as well as support needs, and our staff do their utmost to help you fulfil your wishes for this new life phase.

At Mansfield Care Group homes, your choices come first. Rooms can be

personalised to suit your support needs and individual wishes, and our dining is also planned to suit residents. Activities are led by residents' wishes and you are free to choose whether to join in, or enjoy your own quiet time. Some homes have more focus on community and are more active, others are more tranquil and private. However, all offer choices, and every resident is able to create a routine that suits them.

To find out if a Mansfield Care Group home is for you, come and visit, meet the staff, join us for lunch, and get to know us. Get a sense of the ambience and life of the home and discuss your needs and wishes with us. We'll also get to know you, and explain more about what we can offer.



Every resident is a unique individual, and each of our homes has a different character, so you need to experience it for yourself.



MANSFIELD CARE
GROUP



Facilities & Services

All Mansfield Care Group homes are designed to an exceptional standard, with beautiful décor and state-of-the art facilities.

Individual suites are adapted to each resident's needs, and can include special beds, mattresses, hoists, moving aids, bath seats, cutlery, and other aids as required. Each room has a nurse call system and fire safety system, and each home has carefully monitored security systems and procedures.

Each of our care homes also offer residents a programme of activities, as well as the following support services:

Medical Most residents are registered with the local GP surgery, with medication supplied by a local pharmacist and dispensed by our trained care staff.

Well-being You can have your hair done by our visiting hairdressers, or be supported to go elsewhere if you prefer your own stylist. We also have

regular visits from opticians, dentists and chiropodists who are experienced in helping our residents. All our care homes have an in-house laundry service.

Faith We respect your religious beliefs and have good links to local churches and other faith-based organisations. At all Mansfield Care homes, we offer a friendly monthly communion service open to residents, family and friends.

Visitors We have an open-door policy and warmly welcome your family and friends. They are encouraged to come for lunch, outings and social gatherings, enjoy the gardens, and get actively involved. We also welcome visits from local schools, churches, befrienders and people providing activities and entertainment.



Mansfield Care Group homes wouldn't be the special places they are without our wonderful staff, our residents, and their family and friends.



Food & Dining

Good food is a vital part of health and wellbeing, and you'll enjoy the highest quality cuisine cooked fresh in-house by our resident chefs.

Residents enjoy a wide variety of healthy, nutritious, well-balanced meals each day alongside coffee, tea and other drinks. We also prepare lighter supper snacks as well as some delicious home baking, always popular with residents to accompany their afternoon cuppa! We can also cater for special diets.

Menus are discussed and chosen with residents. Typically, the preferred emphasis is traditional Scottish home cooking and baking, though we also hold special themed meals and celebrations.

All our dining rooms are beautifully decorated, bright and uplifting spaces where you can feel at home and enjoy meals and companionship with the other residents. We have worked with university consultants specialising in

elderly care to design thoughtful dining spaces that are attractive, welcoming and dementia-friendly.

There's a menu with choices and a relaxed, friendly atmosphere – after all, this is your home!

Meals are so important for wellbeing and companionship, and we encourage everyone to get together at least once a day for a shared lunch. This gives residents the chance for a catchup and a social focus for the day. Family and friends are welcome to come along, too.

Other meals can be taken in the lounge or your room if you prefer, and coffees, teas and home baking are also offered in between. Some rooms also have tea-making facilities.



A shared lunch in the dining room or afternoon tea in the lounge gives residents and staff time to chat.



Activities

Activities at Mansfield Care Group homes are led by residents' wishes, and we make every effort to support you in what you want to do.

Each home has a wellbeing coordinator who'll discuss your personal preferences with you. Some homes have more sociable activities and a residents' social committee, while others are quieter and residents prefer individual activities such as reading or watching tv, but you always have a choice.

Our homes have good links to local churches and schools, and residents enjoy concerts and art and crafts activities with visitors. We also celebrate birthdays and seasonal occasions such as Christmas, Halloween and Easter, and hold summer garden parties. Friends and family are always warmly welcomed.

We also have favourite animal visitors and therapists, and activities that encourage conversation, such as reminiscence and conversation balls.

If you have a special hobby you love, such as painting, music or crafts,

we'll do our best to support you.

Our chefs help with edible crafts such as baking and cake decorating, and physical activities such as chair aerobics to music are also offered. If you prefer the quiet life, we can provide that too!

Residents are supported to go on outings, depending on the home's location, with popular trips including shopping, garden centres, theatre, galleries and pubs. Some residents enjoy meeting friends in the nearby community and go to tea dances and day centres. Others are supported to keep up with personal interests such as the local library, or going to sports events.

Whatever your interests and personality, we get to know you as an individual, and find out how we can support your wishes to ensure you enjoy life in your new home.



Join in with physical activities, outings or have some quiet time, it's your choice.



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For more information or to arrange a visit, please contact the home manager

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