Bethany Homestead

A Christian Care Complex for the Elderly

Homes for the Elderly, Care for the Frail

Hon Treasurer: Mr F T G Bird F.C.A | Manager: Mrs C Barford | Hon Applications Secretary: Mrs M Laundon | Hon Secretary: Mrs I Adams

Founded 1925 | Reg Charity No.1160448
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Welcome from Bethany Homestead

Bethany Homestead is a long established 38 bed residential home in a quiet but central area of Northampton. It is situated in 10 acres of wheelchair accessible grounds. Within the grounds are also 35 sheltered houses which provide single and double accommodation for people who are able to live more independently.

Bethany offers a welcoming, friendly, Christian environment with exceptional care for the elderly and frail. We have limited availability for mild dementia suffers.

We pride ourselves on our high reputation.
About Us

Bethany Homestead is a Christian based organisation offering a welcoming, friendly, Christian environment with exceptional care for the elderly and frail. It is supported by the Baptist, Congregational and United Reformed Churches in Northampton.

Bethany Homestead offers 7 day a week, 24 hour staffed, care complex for the elderly, frail persons who are unable to manage appropriately in their home and require some additional personal and social support.

The complex consists of a 38 bed care home, which provides personal care for all its residents; and a domiciliary care service, which delivers personal care to those who require it, and live on site in our sheltered housing facility; consisting of 33 individual homes of which 10 are for double occupancy.

We provide services for the over 65’s with mobility problems, which require the use of hoist, wheelchairs and other mobility aids, sensory and cognitive impairment relating to old age. We may also cater for a limited number of mild dementia suffers (Subject to assessment, room availability and the Trustees approval).

A full statement of purpose and our latest CQC report is available from our website or on request.
The Bethany Story

*Bethany Homestead opened in 1926 and for over 90 years has been providing a holistic approach to the care and support of the elderly and frail.*

The idea of a Home for sick and elderly Church members was first put forward in 1921 at a meeting of the Northampton Baptist Board by the Rev’d Frank Fletcher Dardis who at that time was Minister of the Princess Street Baptist Chapel. He voiced the distress felt by many in the Churches at the social and economic circumstances of some of the oldest and most respected members of the Churches. He declared:

"In our Churches are men and women who have outlived their generation, they are often too frail to manage entirely on their own; others in fair health, perhaps with just enough means to live, have insufficient to afford house rent. Too frequently such people as these are forced to end their days in the Poor Law Institution".

Dardis' concern made a deep impression on the gathering and it was suggested that the Baptist Board should begin discussions with the Congregational Ministers' and Deacons' Association. Following a meeting a joint Special Committee was established in order to make a thorough investigation of the feasibility of founding a Nursing Home in Northampton for the elderly and needy members of their Churches. So the idea of founding a Homestead began; its inception and much of its subsequent growth is owed to a group of dedicated men and women within the Baptist and Congregational Churches at that time. They were successful men believers in practical Christianity who with their wives, were dedicated to the work of the Church and were able to give of their time, talents and money to the project. Since its inception many people have made their contribution to the work of the Homestead but without the vision of the Rev'd
Frank Dardis and the enterprise of the initial group of men and women it is inconceivable that the work would have begun at all.

The health and quality of a society is reflected in how it respects and cares for its older members and those who suffer with ill health. One is reminded of the words in the Psalm 71:9:

Do not cast me off in the time of old age, forsake me not when my strength is spent.

We are reminded through the work of the Home not only of the valuable contribution to the Community and Church that has been given by those who are now elderly residents but also the important continuing part they play both as members of the Bethany Community and in the work of their Churches.

The Homestead is primarily concerned about a quality of life found in a shared community, of love and mutual support, a faith expressed in the action of helping people to feel they belong and they are supported in their need, bringing enrichment to their lives by the positive approach to caring for the residents by both the Bethany staff, the many volunteer workers and the members of our Churches. The words in Psalm 92:14 seem most appropriate:

"They will still bear fruit in old age, they will stay fresh and green"
Our Staff

Our team of dedicated professionals provide 7 days a week, 24 hour a day care, based on levels of dependency and personal needs of our residents. The majority of our staff have been with us for many years.

Our staff play an important role in the well-being of our residents. We assess the risks to each individual's health and safety during any care or treatment and make sure their staff have the qualifications, competence, skills and experience to keep them safe.

We do this by making sure that we provide sufficient numbers and skill mix. We maintain the appropriate number of staff with qualifications in health and social care; in line with standards. Staff are given the support, training and supervision they need to help them do their job. Ensuring safe care and treatment. Staff training and appraisals are continual to maintain the high quality of care given.

Bethany Homestead has strong recruitment procedures in place. All staff are checked with the Disclosure and Barring Service (previously CRB checks) and Independent Safeguarding Authority. Only employing people who can provide care and treatment appropriate to their role.

84 %
Over 84 % of our care staff are trained at NVQ Level 2 or equivalent in Health and Social Care for the Elderly. Of those 78% are at level 3 and above.

Bethany Homestead has recently completed its Gold Standard Framework in End of Life Care.
The Care Home

Bethany Homestead opened in 1926 and for over 90 years has been providing a holistic approach to the care and support of the elderly and frail.

The residential accommodation at Bethany Homestead comprises of a 38 bed residential care home for the elderly, frail persons who are unable to manage appropriately in their home and require some personal and social support.

Trained staff are in attendance in the care home building 24 hours a day and qualified management is always readily available. We can provide respite care to those who need it, (depending on availability) prior to a permanent allocation being made to someone in need of full time residential care.

Personalised Rooms

Bethany is able to offer its residents in the care home single room accommodation with en suite facilities. Each of the bedrooms has a TV point and a telephone line can be connected (Payable to BT).
Our residents and their families are encouraged to furnish their rooms to make them as homely as possible; however furniture must conform to fire regulations as well as health and safety issues in relation to the individuals' management of care.

**Communal Areas**

There is a communal sitting area on all floors. The conservatory and library are situated on the ground floor are favourite spots for our residents. There is access to all parts of the home via a passenger lift. There is also an internal hairdressing salon and a chiropodist visits on a regular basis.

The gardens surrounding the home provide a peaceful area to relax and stroll during the warmer months. A Chapel is situated within the grounds with easy access from the care home for those who wish to attend services.

All catering is done on the premises with care to recognise individual dietary needs. Residents can eat either in the communal dining rooms or in their own room, if appropriate. There is also a weekly trolley service to purchase essential items (See our facilities pages for more detail).

**Bathing**

We have modern bathrooms with overhead hoists and reclining baths. Wet rooms are available to those who prefer a shower.

Our friendly staff discreetly assist residents to maintain their own personal hygiene; safeguarding the residents privacy, dignity and diversity. We actively encourage all individuals to express themselves as unique persons and work alongside care professionals where appropriate. Specialist equipment e.g. hoists, and bathing facilities can be used to maximise independence.

Please contact us for an application form.
Sheltered Housing

Thirty three self contained bungalows and flats are situated within the 10 acre complex; ten of these are for double occupancy. There is a high degree of independence for those living within the sheltered housing but this is also supported with appropriate care.

The trustees wish to offer environmentally friendly facilities with custom built homes for the elderly, but allowing for self help, self reliance and dignity in old age.

- Wheelchair friendly
- Emergency Call system
- Daily visit from care staff
- Wet rooms
- Internet access point (new bungalows only)
- Solar panels (new bungalows only)
- Under floor heating (new bungalows only)

Domiciliary Care

A team of staff are assigned to domiciliary care duties and they visit each dwelling on a daily basis. There is an intercom system that links directly to the care home in case of an emergency. Individual care packages are implemented for sheltered housing residents when they require long term assistance with any of their daily needs. They may also use services such as the hairdresser or chiropodist.

These packages are built up after an assessment has taken place. Contracts are then issued clearly indicating the care agreed and the cost involved.
Accommodation Facilities

The cottages themselves have been built over an 90-year period and, as such, the room sizes and facilities vary. All have undergone modernisation over the years. We have recently completed a major rebuild programme for the eldest cottages.

The new bungalows allow for all facilities to be wheelchair friendly, electrical sockets positioned at suitable heights, wet rooms to replace baths, grab rails where appropriate, slip resistant floor coverings and internet access. Heating will incorporate solar panels and insulation are to the latest standard.

You will only pay for electricity consumed by you, which is measured on an individual meter. In the new bungalows you will also be on a water meter. Council Tax, internal and external repairs, TV reception and contents insurance (limited) are all included in your rental. Private telephone lines are the responsibility of the occupant.

Transport Facilities

Parking spaces close to each dwelling are available for residents if you have your own car. Alternatively, transport to medical appointments can be arranged through the voluntary car system based at the local hospital or any local taxi firm. In certain circumstances our own mini bus may be used to ensure all needs are met. The cost incurred for all these modes of transport are billed directly to the service user.

Please contact us for an application form.

Images: This page: Top, Living/kitchen area in a new cottage, bottom Rodhouse row cottages

Next page clockwise from top left: Living room new accommodation, living room older accommodation, kitchen new accommodation, kitchen older accommodation, wet room, Dardis Close accommodation.
Dementia Care

Bethany Homestead has a limited number of beds for those living with mild dementia (Subject to Trustees approval).

Our aim is to focus on a person’s key strengths, helping our residents to live an active and fulfilling life as is possible. Bethany Homestead understands that every resident deserves care tailored to their individual personal and well-being needs whilst ensuring that privacy, independence and dignity, religious and social well-being are priorities communication is at the heart of all this. Often people experiencing dementia have difficulty communicating, which in turn can lead to a sense of isolation. We work with them through daily activities to find ways in which they can re-engage with their families.

“We focus on what our residents can do rather than what they can’t.”

We try to gain an insight into our resident’s life through life histories built up with support from the resident’s family and friends. These histories are incorporated into the care plans of each individual and shared across all their carer’s. With support from our activities co-ordinator we try to recapture events from their younger years and through one to one reminiscence and sensory based activities, memory boards and boxes, community and group interaction just to name a few it enables positive connections and purposeful moments which are ideal for both the individual and the staff during everyday interactions.
Care and Well-being

Bethany aims to provide its residents with a safe, secure, relaxed and homely environment in which their care, well-being and comfort are of prime importance and where we encourage all service users to exercise their rights in full and to live life as independently as possible.

We strive to preserve and maintain the dignity, diversity, individuality and privacy of all our residents and in doing so will be sensitive to their ever changing needs.

This includes making sure:

- Residents have privacy when needed and want it.
- Everybody is treated as equals
- Residents are given any support they need to help remain independent and involved in the local community.
Person Centred Care

Bethany ensures all residents have care or treatment that is tailored to their individual needs and preferences. To achieve this each resident has a person centred care plan, in which all needs and preferences are assessed and recorded. Residents are encouraged to participate in the development of their individual care plan; along with the involvement of family, friends, advocates and professional services. These are reviewed monthly or sooner if their needs change.

Residents (or anybody legally acting on their behalf) must give consent before any care or treatment is given. We offer our residents assistance in the management of their own finances and work to accounting financial procedures which safeguard the residents.

Dignity and Respect

Our friendly staff discreetly assist residents to maintain their own personal hygiene; safe guarding their privacy, dignity and diversity. We actively encourage all residents to express themselves as unique persons and work alongside care professionals where appropriate. Specialist equipment e.g. hoists, and bathing facilities can be used to maximise independence.

Our Care Staff

Our caring and dedicated team of staff play an important role in the well-being of our residents. We assess the risks to each individual’s health and safety during any care or treatment and make sure their staff have the qualifications, competence, skills and experience to keep them safe.
Social Wellbeing

Our aim is to provide a lifestyle for our residents, which meets their social, cultural, religious and recreational interests and needs. We encourage residents to maintain old friendships and build new ones. We offer an extensive programme of activities designed to encourage mental alertness, self-esteem, and social interaction with other residents. For more information see our social activities and events pages.

Food & Drink

We cater for all types of diet and a choice of menu is provided on a day to day basis and as far as it is practically possible; residents can choose when and where to eat and with whom. Special cutlery and crockery is available and service users are given assistance according to their needs. Observation charts are completed for the more vulnerable to monitor their nutritional intake. Find out more about our kitchen and dining facilities pages.

Medication

Bethany maintains safe procedures for the administration of all medications, by working alongside Regents Pharmacy and Greenview Surgery (Hazeldene Road, Northampton) and staff are trained in the Biodose system. Those service users wishing to self medicate must pass a risk assessment process.

End of Life Care

Bethany Homestead will provide end of life care that respects the dignity and wishes of the individual. End of life care plans are put in place to ensure that the residents preferences and requirements are recorded and acted upon with the support of Greenview Surgery and District Nurses. Where it is deemed these well-being needs cannot be met within the remit of the care home service, we will work with professional services to provide alternative support.

Bethany Homestead has recently completed its Gold Standard Framework in end of life care.
Our Facilities

Living areas

There are various communal living areas throughout the home to relax and catch up with friends. The conservatory is a personal favourite of many of our residents, taking any opportunity to relax in the sun, with extensive views over the back gardens.

The ground floor also houses our lovely Sitting / TV room and Library, complete with a large collection of books to read, jigsaws and games to play with friends.

We even have our very own in-house hair dressing salon and dedicated art and craft room to get creative in!

Family & Friends Room

We have a Friends and Family room on our 2nd floor, complete with sofa bed. The room is available to visiting friends and family who wish time to contemplate away from the main home or to stay close to a loved one for a short period of time, in special circumstances.
Our Gardens

Bethany Homestead is set in 10 acres of wheelchair accessible grounds and gardens. There is a large lawn and summer house to the back of the care home, landscaped grounds and a third quiet garden to the front set amongst the sheltered housing.

For the green fingered amongst our residents there is Gardening Group who help choose plants and tend to the gardens around the home, some of their creations took pride of place at this year’s Bethany Flower Festival! Others have their own allotment areas, raised flower beds and small personal flower beds around the sheltered housing.

There are two patio areas around the grounds and plenty of seating to relax in the sun - or shade! All the gardens are within the gated complex on private grounds.
Chapel

The Chapel at Bethany Homestead provides a modern, accessible place of worship within the Bethany complex. It offers residents, family and friends the opportunity to attend weekly services on their own doorstep should they wish to. With visiting ministers and lay preachers from the supporting local Baptist, United Reformed and Congregational churches.

The Chapel also provides us with the ideal base for events and entertainment for the residents, within the complex itself.

Official Opening 2011

Bethany Homestead’s Chapel was officially opened at the start of September 2011 by Lady Townsend. A service of dedication took place on Thursday 29th of September 2011, conducted by A.W. Avery.

The new Chapel replaces our old Memorial Hall as part of Bethany Homestead's redevelopment project. The cross at the front of the Chapel is constructed of wood recycled from the old development.

All of our current residents wished to be a part of this redevelopment and to symbolise this, a banner hangs within the Chapel, made up of fabric squares, chosen by each resident.
Kitchen and Dining

All catering at Bethany Homestead is carried out on the premises, in our professional kitchen by our dedicated team of chefs. There are also modern kitchenette facilities on each floor to make drinks and snacks in between main meal times.

We take care to recognise the individual dietary needs and preferences of our residents; there is an extensive seasonal menu to choose from each day. Residents have the choice of eating either in one of our two communal dining rooms or in their own room if they prefer.

Costs: The cost if meals are included within the care package for care home residents. Residents of the sheltered housing, Family and friends are welcome to join us at mealtimes if they wish; there is a small charge per meal, as appropriate. There is a weekly room-to-room ‘trolley service’, for resident to purchase snacks and essential items such as toiletries. There is a weekly visiting groceries and fresh produce van to purchase supplies.

You can view a sample menu on our website!
Social Well-being

Our aim is to provide a lifestyle for our residents, which meets their social, cultural, religious and recreational interests and needs. We encourage residents to maintain old friendships and build new ones.

Programmes of activity are designed to encourage mental alertness, self-esteem, and social interaction with other residents. We will seek to maximise development of individuals within their potential and encourage them to express themselves as unique persons. Residents of the sheltered housing are encouraged to join in with social activities held in the care home.

Social Activities

Residents are given the choice of what activities they wish to join in with and when to take free time. They have the opportunity to give input on what entertainment and activities they wish to be arranged through quality assurance questionnaires and by being on the Entertainment Committee.

Monthly newsletters, notice boards, and visual pictures / signs are used throughout the home to assist individuals that may experience communication difficulties.
Getting Out & About

When we can we like to take our residents on trips out and about, locally and further afield, we even have our very own mini bus especially for such occasions! Past trips include to the park, the theatre, and the seaside, and for those need to stay close to home the seaside has been known to come to us!!! Our scheduled weekly activity timetable typically includes:

- Arts and Crafts
- Bible Study
- Coffee Morning
- Exercise Class
- Indoor Skittles
- Knit and Natter
- Services in the Chapel
- Scrabble, Quizzes & Games
- & much much more!

Events & Tea Parties

Any excuse for a tea party and with Chefs famous cream teas you can't go far wrong! Whether it a birthday celebration, a national event or just for fun we hold numerous tea parties throughout the year, it's a great chance to socialise and make new friends!

Family & Friends

Family and friends are always welcome to join in with our events and activities programme, we also have a dedicated public event calendar for our main fundraising activities.

Our biggest events of the year include our annual:
- Summer Fayre
- Flower Festival
- The Annual Auction
- Craft Fayre
- Christmas Fayre

See our Date's for your Diary page on our website for a list of upcoming public fundraising events.
Contact

Please do not hesitate to get in touch with us if you require any further information or to obtain an application.

Take a look around our website for more details, our latest reports and events programme:

Website:
www.bethanyhomestead.co.uk

Email Contacts:
General / Application Enquiries:
reception@bethanyhomestead.co.uk

Contact the Manager:
manager@bethanyhomestead.co.uk

Other Administration Enquiries:
admin@bethanyhomestead.co.uk

Telephone:
01604 713171 (The main care home)

Where to Find Us:
Address:
Bethany Homestead,
Kingsley Road,
Northampton
England
NN2 7BP

Visiting by Car:
From Northampton town centre take the A43 Kettering Road for approximately 1 mile. Pass the Racecourse on your left. At the traffic lights opposite the White Elephant Pub turn left into Kingsley Road. Go over 1 set of traffic lights and 1 pelican crossing. The entrance to Bethany Homestead is approximately 150 yards on the left - (by the post box!)

*Please note the entrance is slightly set back from the road; there are also automatic gates in operation.

By Public Transport
We are on the No 19 bus route from Northampton town centre, the bus stops on Kingsley Road opposite the newsagents.