

## Starr Hills Lytham St Annes, Lancashire











#### Welcome to Starr Hills

# Specially designed, every detail of the home's layout is designed to enhance the independence and dignity of residents

Starr Hills provides dedicated residential care and support in an adapted setting, designed for both your ease of access and comfort. The home is attractively situated, opposite the White Church in the seaside resort of Lytham St Annes, between Blackpool and Preston. The location is within a conservation area, which ensures both quiet surroundings and a relaxed pace of life. Lytham St Annes is a traditional seaside town with a Victorian pier and the famous Lytham Green and Windmill. The area is also renowned for Ribble Estuary, home to over 250,000 migratory birds every year and the RSPB Discovery Centre at Fairhaven Lake.



Starr Hills, Lytham St Annes, Lancashire

#### Your Home

## Privacy and independence, friendship and support - 24 hours a day

Starr Hills offers care and comfort, compassion and friendship. At the heart of all we deliver is our assurance that you will be treated with the respect and dignity that we all deserve. If you need anything at all, we're here to help, 24 hours a day.

With all care needs delivered by our dedicated staff team, your days are free to spend as you wish. You might want to retire to your private room (many of our upstairs rooms have wonderful sea views), or meet friends in the spacious coffee lounge with its specialist coffee machine, computer and reminiscence area. On fine days you can relax on the sun terrace or in the gazebo in the gardens, which are landscaped and wheelchair accessible. The community even includes chickens and Boo our resident cat.

Meal times are a special part of the day for you to savour tasty food, freshly cooked by our chef to suit you and any dietary needs. And of course, refreshments are available throughout the day for you and your visitors, who are welcome at any time.

Starr Hills has the latest safety and security design features so you can live life to the full with peace of mind.

#### Your Care

#### Our commitment to your well-being

Our highly trained, dedicated members of staff will always be on hand to provide your care and support in the way that best suits you, in the comfort of your own room with en suite facilities.

We choose the people who work with us very carefully.

They need to share our values and respect people, their life experiences and personal choices.

We take pride in the cleanliness and maintenance of your home and provide a thorough and friendly cleaning service. Your personal washing will be carefully laundered and returned to you, clean and fresh.

Resident and Care Assistant help to make the garden grow

### Above & Beyond

#### Nurturing mind, body and spirit

Spiritual needs vary as we each experience well-being and fulfilment in different ways. That's why, at Starr Hills, we offer so many opportunities to foster relationships and positive experiences – from developing new skills and fulfilling personal ambitions to creative pursuits and trips out.

All MHA's care homes have a designated Chaplain who is available for private conversations on any matter close to your heart, and arranges worship services for those who wish to attend.

As part of MHA's desire to offer the very best in later life, we also provide additional therapies such as reflexology for your well-being. These gentle one-to-one sessions aim to bring calm and relaxation



Resident and Chaplain chatting





#### About MHA

Our mission is "to improve the quality of life for older people, inspired by Christian concern".

MHA is a well-established charity with 70 years' experience and is one of Britain's most respected care providers. Providing a range of accommodation, care and support for 16,000 older people nationwide, we offer choice and quality.

Our services are delivered by:

- 7,000 dedicated staff members, and
- enhanced by the commitment of 4,000 volunteers.

MHA is a leader in the field of specialist dementia care and support.

### Find Out More

We would be delighted to welcome you and your family or friends to see Starr Hills for yourselves.

Please contact us on: 01253 735037 Email: home.lyt@mha.org.uk

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