



Mary House



Home

Mary House is more than just a home.

Built by Martha Trust in 2005, it's a place where people with profound disabilities can feel safe, loved, valued and fulfilled.



Care

At Mary House we offer the highest standards of round-the-clock nursing care and state-of-the-art facilities. Our full programme of specialist therapies is tailored to the individual and designed to improve their health and emotional wellbeing.



Homely comforts

Our bedrooms reflect the individual characters of the people who live in them. The profiling beds and ceiling-mounted hoists make bedtime as comfortable as possible and all the rooms have access to a fully equipped Jack and Jill bathroom.



Mealtimes are a shared event with delicious, homemade food prepared by our highly experienced chefs. Wherever we can, we offer our residents a choice of meal and specific dietary requirements and personal preferences are all catered for in our daily menus.



Breakfast
Cereals, toast, yoghurt, fruit

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Dinner
Chilli con carne
or
Salmon with
watercress sauce

Supper
Broccoli, peas, new potatoes

Dessert
Macaroni cheese

Dessert
Rice pudding and jam sauce

Dinner
Roast gammon
or
Fish Provencal
Cabbage, swede, roast
mashed potatoes

Supper
Corn beef hash

Dessert
Pears in red wine
and custard

Breakfast
Cereals, toast, yoghurt, fruit

Dinner
Cottage pie
or
Tuna salad

Supper
New potatoes, green beans,
swede

Supper
Jacket potato, ham
and beans

Dessert
Chocolate gateaux and
ice cream



Life



Every resident at Mary House enjoys a programme of therapies built around them. We have our own hydrotherapy pool with a high tech sound and light system, a landscaped sensory garden with an Ability Swing, a sensory room and arts and crafts facilities.

There are regular visits from Pat-the-dog, a reflexologist, a physiotherapist and a music therapist, and trips out shopping, bowling, to shows, concerts and the cinema, holidays and visits home to friends and family.



Activities programme (examples)

Mornings

Aromatherapy, sensory cooking, audio books, church, bowling, news group

Afternoons

Physio, hydrotherapy, walks, pub visit, music therapy, reflexology, computer time, DVDs, games, health & beauty

Evenings

Theatre trips, cinema, music gigs,

Family



Mary House is just like a family home. With no more than 12 people living here at any one time, the residents get to know each other and all the staff really well, from the nurses and support workers to the maintenance people, cooks, cleaners and office staff.

We make sure that families have every opportunity to be involved in the lives of their loved ones and we send them regular progress reports, photos, artwork and updates.



Time to move on

Caring for someone with profound disabilities is incredibly challenging. But letting that person move on, and finding the right place for them to move to, can be harder still.

At Mary House our residents live life to the full. We help them to explore the world around, enjoy new experiences, achieve their potential and live as independently as they possibly can.



Peter

Energetic, boisterous and enormously affectionate, Peter loves life at Mary House. Since he came to live with us he's gained weight and lost the nervous habits he'd developed. His parents, Helen and Joe Stuart-Smith, are happy to have found us: *"Peter now has a home for life where he's well looked after, not just physically but mentally. And because we no longer have to worry about his care, it makes the time we spend with him even more special."*



If you would like to find out more about life at Mary House or about Martha Trust then please contact:

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Kerry

Kerry joined Mary House as a nurse in 2011 having worked in a busy A&E department. The culture couldn't be more different and Kerry relishes the fact that at Martha, she has the time to get to know each one of the residents and make a genuine impact on their lives: *"We love the people we care for, we think of them as 'our guys', not our residents. And no matter what we're doing, or how we might be feeling, they always come first."*





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