



AVALON

NURSING HOME

QUALITY NURSING CARE IN HAMPDEN PARK, EASTBOURNE
ESTABLISHED SINCE 1968



IF YOU CAN'T BE AT HOME BE AT AVALON

- ANTHONY AUKETT (AVALON RESIDENT)



WELCOME TO AVALON NURSING HOME

Established in 1968, Avalon Nursing Home offers a warm and friendly environment with a great history of providing quality nursing care in the Hampden Park suburb of Eastbourne.

NURSING WING

Our residential nursing home is registered for 21 residents making it small and personable, with a dedicated, experienced staff team, many of who have worked at the home for many years. The nursing home specialises in providing palliative care for residents, as well as post operative care and respite care.

NEW EMI NURSING WING

Avalon Nursing Home opened a new dedicated EMI Nursing wing in October 2009 to provide specialist care for residents who require Nursing and who may have

have Dementia, Alzheimer's or Parkinson's. This dedicated wing has 12 large luxury rooms with en-suite wet rooms, a lounge, conservatory and a large garden, providing a vast experienced EMI team onsite at all times. The EMI wing boasts a glass wheelchair lift that gives easy access to the first floor bed rooms for all patients.



LIFT TO
ALL FLOORS



PERSONALISED
CARE



ACTIVITIES



EN-SUITE
ROOMS



FREE
WIFI



LUXURY
AMENITIES

ENVIRONMENT

The home has a warm bright feel to it, with plenty of light. The décor is both tasteful and current. The home is clean and is known for being one of the few Nursing homes that doesn't smell, thus providing its residents with a warm, friendly and personable environment. The family running the home take pride in its cleanliness and presentation. The home has wheelchair access and it able to provide care for residents with Physical Disability.



ACTIVITIES

The home Activity Co-ordinator is able to co-ordinate in-house activities and hobbies. The Activities follow seasonal events, celebrations or topical events. These themed events include trips to the library or Hampden Park. The home provides entertainment and social gatherings each month with shows, and singers performing at the home.

Church Services: We visit St Marys Church in Decoy Drive. Residents who wish are assisted to church on Sundays. We can also accommodate any other religion or culture visits.

FOOD

The home is lucky to have an experienced cook Helen, and her assistants. Helen has been at Avalon for over 14 years serving some of the best dishes, particularly favourites are the fish on a Friday and roast on a Sunday which the residents enjoy with a glass of sherry. The home provides good fresh home cooked meals of the residents' choice, and provides special diets when necessary, traditional Christmas lunch with all the festive trimmings, and traditional Easter lunch with all the trimmings.

The Kitchen has new equipment, cooker, refrigeration and ventilation making it a good environment in which to prepare quality meals.



STAFF TEAM

Gaj Ragnathan the Service Provider of Avalon has been trained by SPECAL in Burford Oxford in Dementia Train the Trainer and has trained his staff team to a high level using these methods of care.

Lynn, The Home's Matron leads a highly qualified staff to ensure that the benefits of the residents are always at the core of the company. The home has a team of nurses.



VISITORS

Avalon is known for its hospitality and making visitors feel welcome. Visitors are greeted with warmth and offered tea and one or two of Helens famous cakes or scones and lunch if they wish.



SCAN ME

ADMISSIONS

If you are interested in possible admissions for a relative please feel free to contact **Lynn Shingfield**, the home's matron directly on **01323 502487** to arrange for a viewing, prior to admission, without any obligation.

HOW TO GET TO AVALON

By Car

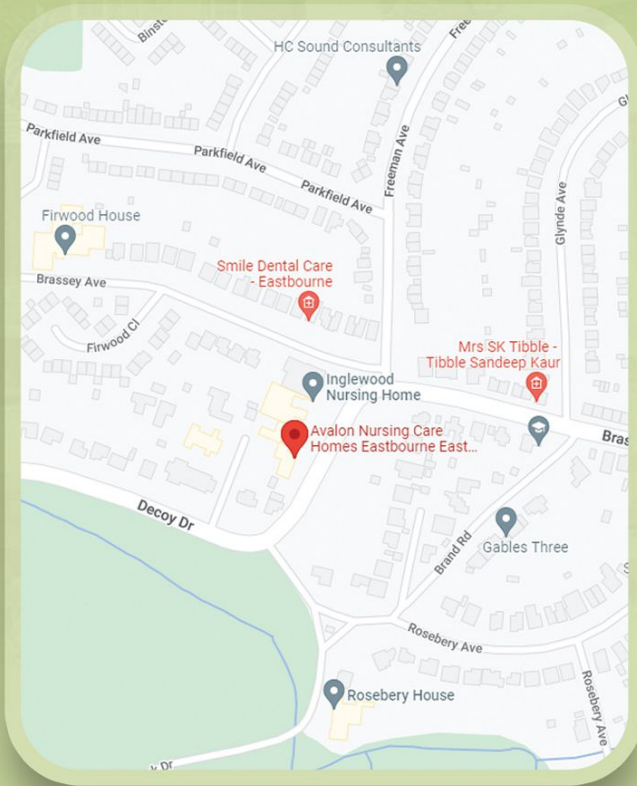
From London take the M25, M23, A23, A27 straight at all the round about for 12.6 miles, then take the A2270 Polegate bypass and follow the signs for Hampden Park. Nevill Avenue is located on the same road as the park.

By Bus

From the Town Centre there are regular buses to and from Hampden Park. Brassey Parade is the destination, then walk up Brassey Avenue. You walk till you come to a bend in the road and you will see the white fence which is Avalon Nursing Home.

By Train

Trains are twice an hour from Eastbourne Station.



Please call **Lynn Shingfield** on **01323 502487** (Option 1)

Postal enquiries should be addressed to:

**Avalon Nursing Home, 5 Nevill Avenue, Hampden Park,
Eastbourne, East Sussex BN22 9PR**

You can also contact Lynn Shingfield at: ✉ lynn@avalonnursingcare.co.uk

For more information please visit: 🌐 www.avalonnursingcare.co.uk