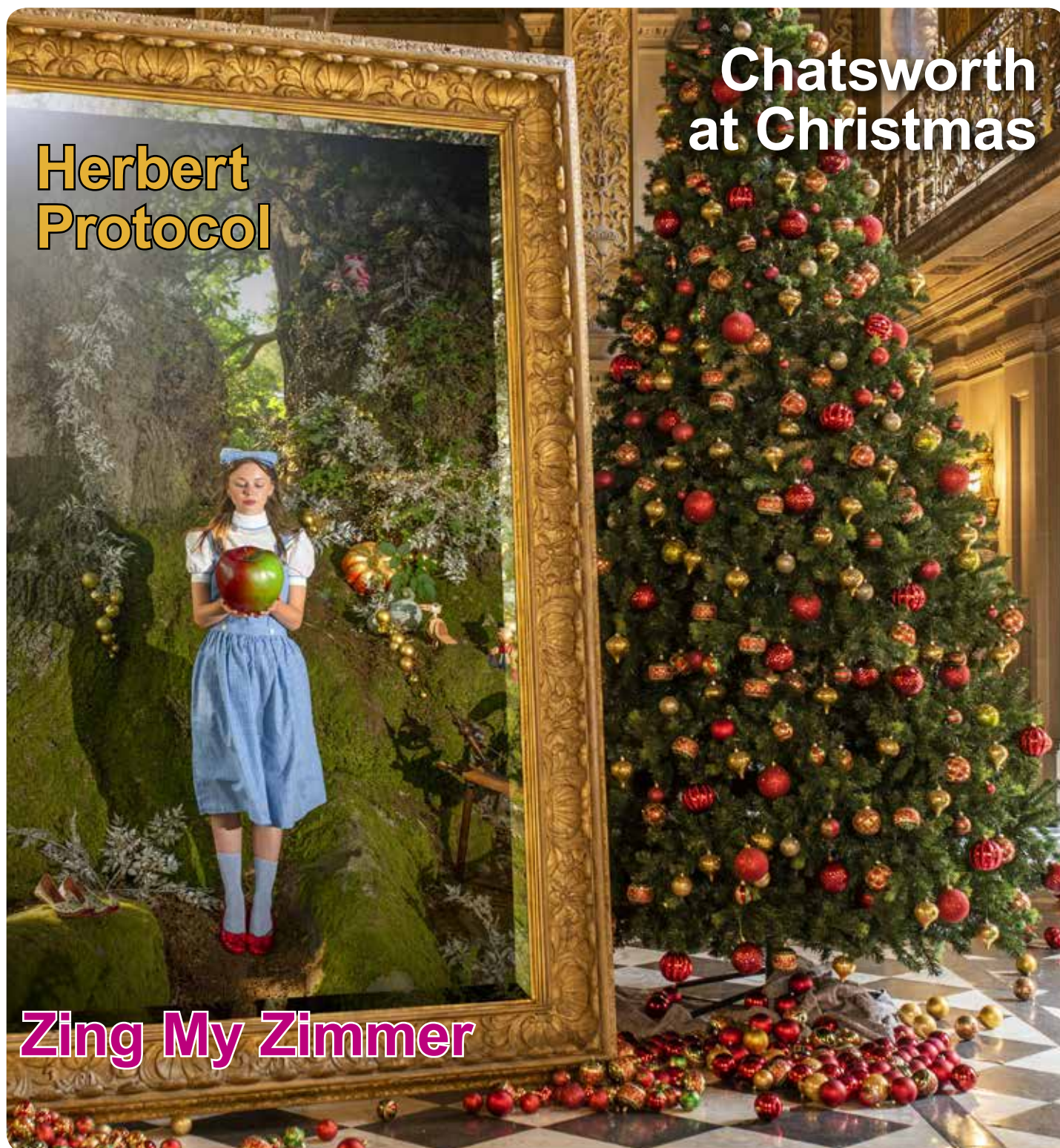


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WINTER 2018

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Thanks to Redbrick Communications for supplying the information and photos on behalf of Chatsworth House

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From the Editor...

Welcome to the winter edition of our EngAGE magazine.



We have an article about our shops which are always looking for good quality stock donations and new volunteers to help.

Without our volunteers, our shops would not be able to operate, so thank you to all of you who volunteer for us.

Chatsworth House have sent some information and a few pictures of their highly anticipated and much-loved Christmas decorations. There is another article about decorations of a different variety – one of our services that decorate and personalise walking aids for care home residents to help prevent falls.

Some of our staff recently visited a school and did some training about being dementia friends and we have a reminder about the Herbert Protocol which can be used to help those who have dementia and may go missing.

You will also find information for all knitters who want to get involved in the Innocent Smoothie Big Knit for this year. Our fundraising update contains lots of information about events that have happened plus opportunities you can get involved in the future, one of these being the annual knit and knat.

We hope that you do enjoy reading this winter edition and as always, please do get in touch if you have and comments or suggestions.

If you are reading this before Christmas, I wish you a very Merry Christmas and Happy New Year. If you are not reading this until early on in 2019, then I hope you had a good Christmas and peaceful start to the New Year.

Phil Phil Brown
Editor

UK Derby and Derbyshire shops



AUKDD have several shops across Derby and Derbyshire, each providing the opportunity for their local community to donate items which can be sold, raising money to provide our services for local older people. All the money raised in our local AUKDD shops is spent on older people in Derby and Derbyshire. AUKDD have shops in Mickleover, Littleover, Duffield, Heanor, Clay Cross, Wirksworth and Chesterfield.

All our shops are always looking for good quality donations so if you are clearing out items at home in anticipation for/sorting out after Christmas please pop into one of our shops. Our shops are not just places where we sell stuff; they become hubs in the community. They are places where people volunteer and make new friends and start new chapters in their lives. They are places where older people call in when they feel they don't know where to go to get

help. They are places where children begin to learn about charity and recycling. They are also a good way of raising awareness locally of the services AUKDD provide and the campaigns being run by Age UK nationally. For example, recently we've been telling people how to identify malnutrition. In the winter we run winter warmth campaigns or raise awareness around **No One Should Have No One** and social isolation and loneliness. We also have guide books available in all our shops on older people's

issues such as more money in your pocket, dementia, staying safe and much more.

At the heart of all our shops are the volunteers who keep our shops open and ensure that the goods donated to us are used to the best of our advantage. Some of our volunteers have been with us as long as the shops they are volunteering in have been open - over twenty years in some cases and so they know a thing or two about the gems we get in. We get allsorts donated and lots of the volunteers enjoy the sorting and spotting of these gems that might pass by unnoticed. A short while ago we were given an antique book, which was taken to auction by a volunteer and it raised around £400. Recently, we've been given a vintage Vivien Westwood Jacket, which will be going on sale and we also get lots of collectors' items such as trains and figures as well as a few more unusual or rare items.

Volunteers

We are always looking for more volunteers for our shops whether it be mornings, afternoons or a whole day, which most volunteers prefer. So if you have some time please get in touch we'd love to hear from you. We are also looking for volunteers in our shops on a Saturday and Sunday and these roles appeal to volunteers or younger people who can't volunteer during the week. It's also always nice to get that volunteer with an interest in something like coins, jewellery, vintage, books etc. We've recently been looking for volunteers who might be interested in helping run pop up shops or to help out in them for more than one day a week. If you know of a friend or member of your family (or even yourself) who might be interested in joining a friendly group of volunteers in any of our shops, then we'd love to hear from them or yourself. We can't do what we are doing without volunteers helping us.

So next time you are out and about, why not pop in and visit one of our shops, where you're sure to find a bargain or two. And don't forget if you fancy lending a hand, contact us on 01773 766922 or visit www.ageuk.org.uk/derbyandderbyshire/shops to find out where the shops are located.



Now that's unusual

We sometimes get some very unusual items donated. This antique medical instrument was donated to our Heanor shop in October and fascinated our shop manager. On the main body it says MAW & SON No 55 Aldermanbury, London. If you have any ideas what it was for or know anything about it, please email us on administration@ageukdd.org.uk



Feedback from Death Café

The Death Café, hosted by Compassionate Communities Derbyshire (High Peak) at Pulse Café in New Mills as part of the New Mills Festival Fringe, was a full house! 'There was no lull in the conversation!' said Jane Butler, project coordinator. 'There was a huge range of topics discussed, from bereavement to end of life care, inheritance and funeral traditions.' The feedback from the evening showed how keen people were to have this space to talk about topics such as death, dying, bereavement and loss, as they can be seen as topics that are taboo, or avoided. Here are some of the comments from those who attended:

Since this article had been written a further Death Café took place in Buxton on Tuesday 27th November.



Zing My Zimmer

Zing My Zimmer is an Age UK Derby and Derbyshire project that mixes a falls prevention scheme with arts and crafts for residents of care homes in Erewash. The sessions are fun and enable the worker to have long chats with the residents who are taking part. Families, friends and staff are welcome to join in too, which makes it a very sociable experience.

Zinging Zimmers uses a variety of materials to decorate each resident's Zimmer frames, sticks and tripods (and any other type of walking aid they may have), to make them personalised and stand out. This helps the residents to identify which walking aid is theirs, as normally they all look identical. Using the wrong size frame could and does often lead to accidents and the idea is to help stop that from happening. It also encourages residents to be more active by wanting to walk around showing their zinged walking aid off.

The residents are asked what their hobbies and interests are as well as their favourite things, like colours, places and animals. The walking aid is then decorated to suit their tastes. One lady said that her favourite thing to do used to be sitting in her conservatory with her late husband looking out over



was decorated with a plaque containing grass, poppies and little sheep with her name on the back. The lady absolutely loved her customised little 'window' from home and newly zinged frame.

In another home near Breaston, two female residents are good friends and share similar interests to each so theirs were done at the same time in similar styles using pink roses and sparkly green tape.

One lady in a care home in Ilkeston actually has two zimmer frames in separate rooms as she never remembers to use them. She initially didn't want any of them to be zinged but actually fell over because she wasn't using a frame. Once the frame had been decorated, she was so happy and paraded round the room several times. The staff were really pleased too!

The manager and activities coordinator of Longmoor Lodge in Sandiacre wrote a brilliant article for Care Choices about the project. www.carechoices.co.uk/zinged-zimmers-reduce-falls/.

Home manager Samantha Ely said:

“ Geoff has limited mobility and we are currently encouraging him to do more. As soon as we gave him back his green jazzy frame, which he chose all the colours for, he instantly got up to give it a try.”

There are some further case studies on our facebook page (@AUKDD)

er



Zing My Zimmer Project Worker, Emma Richards, states that

“Each home that has been visited has been very welcoming and friendly.

Residents and staff have all been really keen to carry out this fun project in their homes, which is fantastic and making a big difference.”

The service is great socially, for health and safety and for self-confidence. So far this project has been proven to reduce falls in care homes up to 60%, which is amazing.

Strictly No Falling success story

In the summer edition 2018, Dorothy Hardwick of Scarcliffe was introduced because of the way she engaged with ‘Strictly No Falling’ classes and the improvements she made after a fall.



Dorothy suffered a fall two years ago which left her with mobility issues such as difficulty getting out of a chair, being unsteady on her feet, having to rely on help with day to day chores and the most debilitating issue was being socially isolated. Dorothy recalls: “Whilst I was immobile I relied upon ready meals and began to put on weight. Now, with the initial help and ideas from my daughter, I’m cooking meals from scratch and I’ve lost a couple of stone.”

Dorothy was advised about ‘Strictly No Falling’, a service available in Derbyshire which gives people the physical skills to reduce their chance of falling. The service works in partnership with lots of organisations including public health and adult care teams, Derbyshire Community Health Services, Age UK Derby and Derbyshire and other partners.

Dorothy has been enjoying this service for a couple of years now and has benefitted immensely, both physically and socially, from the classes she regularly attends. Dorothy states: “Now that I am much more able than I was two years ago, I would say the most enjoyable part of the ‘Strictly No Falling’ classes I attend is the social side, this of huge benefit to me and I would encourage anyone to give them a try.” Classes are available throughout Derbyshire.

Strictly no Falling is on the lookout for volunteers, to give support within the groups. There are also opportunities to train to become a SNF instructor so if this is something that you would like to try then get in touch

If you or someone you know could benefit from these classes like Dorothy has, or you would like more information, then please contact 01773 766922 or email administration@ageukdd.org.uk

Thanks to Bolsover District Council for letting us use this article which appeared in their newsletter in July 2018.



CHATS

All who enter Chatsworth this Christmas will find themselves transported into a world of make-believe as it presents 'Once Upon a Time', a selection of favourite fairy tales to enchant young and old alike.

Scenes from classic tales have been woven throughout the house to create a storybook world guaranteed to set imaginations running wild this Christmas season between 10th November and 6th January.

Arthur the Dragon guards the overgrown North Entrance and those who creep past him to the grand rooms beyond will find themselves surrounded by scenes from fantastical stories. From Snow White in the Sculpture Gallery and Cinderella in the Chapel to more recent classics like James and the Giant Peach and Charlotte's Web, the house has never before been host to such an array of popular characters.

Storytellers with the air of the Pied Piper will roam the rooms and corridors to enchant visitors with mystical tales as they explore the magical land of make-believe. For younger visitors, a free family trail will be available at the entrance with a friendly baby dragon to spot en route.

It wouldn't be Christmas at Chatsworth without a huge helping of dressed Christmas trees along the route, and many mirrors on the wall will provide a perfect photo opportunity. As an enchanting end to the route, snowball decorations and snowflake lights glitter in the pale glow of the Sculpture Gallery.

Once again, the creative team at Chatsworth has produced a Christmas experience that draws on the talents of the staff from across the Estate to make costumes, props and sets as well as painting, decorating, printing and staging with lighting, sounds and scents.



WORTH *at Christmas*

derella



The Christmas route winds its way through the ground and lower floors, as rooms on the upper floor are closed for annual conservation during the Christmas season. A timed ticketing system will be in operation, with visitors encouraged to book online in advance to secure their preferred time slot and take advantage of free parking.

Entrance to 'Once Upon a Time' is included with Christmas admission. Christmas tickets include the house, garden and farmyard and are priced at £25 per adult; £15 per child and £69 per family (2 adults, 3 children).

Will Gompertz, BBC Arts Editor, has chosen Chatsworth as one of the ten places that tell the history of England's art, architecture and sculpture for the Historic England campaign

Irreplaceable:

A History of England in 100 Places. The campaign aims to find the 100 places that bring to life England's rich and extraordinary history.

He said: "Chatsworth is perhaps the finest example of the English stately home. There is a lot of history in its beautiful stone walls, some of which have been standing for nearly five hundred years. But it is still a living home with an energetic owner who makes sure that this historic building is still very much alive in the 21st century, sitting wonderfully – as it does – in the rolling hills of Derbyshire."

For more information about the Christmas at Chatsworth or events and activities in 2019 visit

www.chatsworth.org or call 01246 565300.

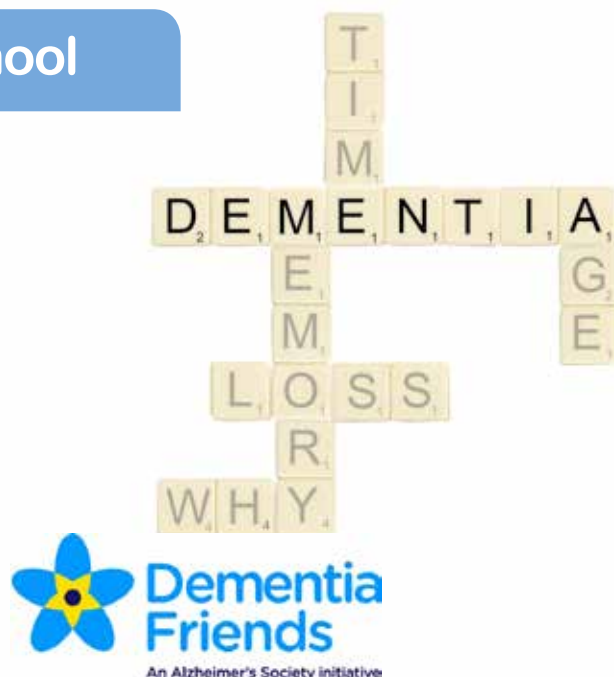
Thanks to Redbrick Communications for supplying the information and photos on behalf of Chatsworth House.

Giant Peach

Charlotte's Web

Dementia Friends Training in school

On the 12th of October two members of staff from Age UK Derby and Derbyshire conducted a Dementia Friends training session at a local school. Jo Briggs and Di Cliff, who are both Dementia Friends Champions, spoke to all the year 12s at Derby Moor Academy in Littleover. The aim of the Information Session was to help the young people to understand more of what dementia is and to encourage them to share what they have learnt or get involved. The school tweeted their thanks following the training session: "Thanks to Di and Jo from @AgeUK_DD for coming to make our community #DementiaFriends. @alzheimerssoc"



Dementia Friends

Dementia Friends is an Alzheimer's Society initiative where people can learn a little bit more about what it's like to live with dementia and then turn that understanding into action. Anyone of any age can become a Dementia Friend. Whether you attend a face-to-face Dementia Friends is about learning more about dementia and the small ways you can help. From telling friends about Dementia Friends to visiting someone you know living with dementia, every action counts.

Dementia Friends Information Sessions are run by volunteer Dementia Friends Champions, who are trained and supported by Alzheimer's Society. Each Information Session lasts around one hour. You will learn more about dementia and how you can help to create dementia friendly communities. To find out more about Dementia Friends or to get more information about Dementia Friends training, please visit www.dementiafriends.org.uk

What is dementia?

Dementia is caused by a number of diseases that affect the brain. The most common is Alzheimer's but diseases also include vascular dementia, dementia with Lewy bodies and Pick's disease.

Different types of dementia affect the brain at different rates and in different ways, but other things like someone's personal circumstances, the people around them and the environment in which they live, will affect their experience of dementia. Dementia progresses in a way that is unique to each individual.

The word 'dementia' describes a set of symptoms that may include memory loss and difficulties with thinking, problem-solving or language. These changes are often small to start with, but for someone with dementia they have become severe enough to affect daily life. A person with dementia may also experience changes in their mood or behaviour.

It is true that more people over 65 have dementia but it is not exclusively an older person's disease; younger people get dementia too.

More information

Age UK produce a range of information resources, so pop into one of our offices, call us on 01773 768240 or visit www.ageuk.org.uk

Or you can contact the Alzheimer's Society on 0300 222 11 22 or visit www.alzheimers.org.uk/



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Safe & Found

The Herbert Protocol is a way of recording all the useful information the police may need in the event you, or someone you love, goes missing. It is designed for people who experience memory problems or who are living with dementia but it could be useful if you have any issues which may mean you become disorientated or lost.

The Herbert Protocol is a form which the individual and people who know them well complete and keep safely. It includes information like regular medication, places you used to live and work, regular habits and places you like to visit. The police don't have access to the information until whoever alerts them that you are missing shares the form with them. Carers and relatives who have used the protocol say it makes a big difference at a very stressful time and the police welcome it because it gives them vital information quickly and means everyone can get on with the search.

But when someone goes missing time is the most important factor in the success of the search. If you think about how far you can walk in 15 minutes, then 30, then 45 you will see the radius for the search increases as every minute ticks by. The Herbert Protocol can help focus the search but it's still time critical. The police call the first hour after someone has become lost as 'the Golden Hour'.

Some people worry about calling the police when they realise someone is missing. They think they shouldn't bother the police or that they won't do anything until someone has been missing for many hours; but the police want to hear about anyone who goes missing as soon as possible. When you call they will ask questions, give advice and decide how to prioritise their response. If the individual has memory problems, lives with dementia or has long term conditions they will prioritise the search.

So, if you haven't already, complete a Herbert Protocol for yourself or someone you care for. Store it somewhere safely and tell people where it is and how to access it. A bit like an insurance policy we hope it's never needed but if it is you'll be glad you had it. And if someone you love goes missing alert the police immediately, share the protocol and follow their advice.

You can download the form from Derbyshire Police:

<http://www.derbyshire.police.uk/Documents/Safety-Advice/Personal-Safety/Herbert-Protocol/The-Herbert-Protocol-Form.pdf>

or request a copy from our Information and Advice Service on

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April			
Mon 29	5	Skegness, The Savoy Hotel	£279
May			
Sat 04	8	Great Yarmouth, Hotel Victoria	£399
Mon 06	5	Saundersfoot, Merlewood Hotel	£359
June			
Fri 07	4	Llandudno, Tynedale Hotel	£335
Mon 10	5	Weston-Super-Mare, Sandringham Hotel	£275
July			
Mon 01	7	Paignton, Torbay Court Hotel	£469
Mon 08	5	Llandudno, Dunoon Hotel	£479
Sat 13	8	Isle of Wight, The Wight Bay Hotel	£455
August			
Sat 03	8	Llandudno, Tyndale Hotel	£689
Mon 12	5	Ilfracombe, Palm Court Hotel	£319



*Door-to-door pick-ups are included on selected breaks only, but can be added on request on all other breaks and holidays (additional costs may apply). Please check at the time of booking.



Fundraising News

Help Us to Help Older People Across Derby and Derbyshire

Over the last few years Age UK Derby and Derbyshire, like all charities in the East Midlands, have been hit by a number of funding cuts, which is continuing to impact on the number of services we provide and how we deliver them to older people across Derby and Derbyshire. This has meant AUKDD having to look at newer ways we can help ourselves to sustain our services for older people and their carers into the future. One of the ways we are looking at doing this is to engage more with individuals and businesses to encourage more fundraising for us and to develop more meaningful partnerships with companies and businesses. Individuals can help us out by doing smaller fundraising events themselves or by helping us fundraise or taking part in some of our fundraising.

However, most businesses think that when a charity contacts them for help they need money. Well that's true we do need your money but at Age UK Derby and Derbyshire we're also aware that money comes in all shapes and forms and not necessarily just your cash. Sometimes we just need a business friend willing to give their time and support and help older people. We also need help with teams joining in our activities, developing older people's ambassadors amongst your staff, space and storage etc. the list is endless. There is an estimation of an extra 1 million older people in the workforce by 2025 – in developing meaningful partnerships we too can help you engage with your workforce in a number of ways and we'd love to discuss these with you.

If you're an individual or a company interested in helping and engaging with us to build a brighter place for older people in later life please contact ray.gumbley@ageukdd.org.uk or angela.barnes@ageukdd.org.uk or telephone 01332 343232

VintAGE Crockery Hire

Age UK Derby and Derbyshire have set up, with the help of the public and their kind donations, a VintAGE crockery hire service to help us raise money. It is a new venture for us and one we hope will help enable us provide and sustain in the future our services for older people in the City and County. The venture is based on a very simple premise of making as much use as we can of the donations kindly gifted to us by the public. By hiring out our mismatched VintAGE crockery sets, for weddings, tea parties, business meetings, anniversaries and special events, we will not only be raising awareness of Age UK Derby and Derbyshire but the customer will know that the hire fee they pay will be going back into the community to help others.



Derby 10K

Plans are already underway for next year's Derby 10K in April and AUKDD already have people signing up and pledging to run the 10K and raise money for us. If you, or a team of you from your work, would like to take part and help us raise money to help older people in Derby and Derbyshire please get in touch with Angela Barnes on 01332 343232.



Are you an older person who wants to help other older people in a very special way?

We are looking for older Ambassadors who could help us with our fundraising in an exciting new way. If you're older and up to doing something a little bit different then give us shout by contacting ray.gumbley@ageukdd.org.uk or phone 01332 343232

Easter Walk

AUKDD are planning a very special family walk in aid of AUKDD on Saturday 6th April 2019. It'll of course include the kids dressing up but more information will be on our website and Facebook pages nearer the time. So if you fancy stepping out in spring don't forget to follow Age UK Derby and Derbyshire on Facebook or visit our website for more information as it becomes available.

And This Is Only the Beginning of the Activities We Are Planning
We are looking for Your Help – Your Ideas - Your Commitment to Help Older People Across Derby and Derbyshire

If you can do this, please fill in the reverse of the Pledge Card below, cut it out and return it in an envelope to

Angela Barnes,
Fundraising and Business Development Worker,
Age UK Derby and Derbyshire,
15 The Morledge, Derby, DE1 2AW

Pledge card to cut out



The crockery can be hired:

- For a very reasonable price compared to other hire services.
- Our standard hire period is four days.
- Picked up and returned to an Age UK Derby and Derbyshire shop near to the customer (or other arrangements can be made)
- Is also washing up FREE because we do that for you also.

There is also the feel factor good because your special occasion is also really going to help others. For more details visit our website www.vintagehire.org or phone 01773 766922



I PLEDGE

Plant the Seeds
for a Brighter
Future.

Knit and Knat for AUKDD

Age UK Derby and Derbyshire have just held their Knit and Knat and after its success plan to now do this on annual basis. People from all over Derby and Derbyshire have been raising money through being sponsored to knit triangles for bunting we will use with our Vintage Crockery Hire Service came together. Knitters either worked alone, in groups or joined us at St Peters Church in Derby City to help celebrate Older Peoples week. If you or a group you belong to would like to take part in next year's Big Knit and Knat in October then please contact us.



Pledge card to cut out

Age UK Derby and Derbyshire is a registered charity (no. 1068550) and company limited by guarantee. Registered in England and Wales No. 3510613. Registered Office: 29a Market Place, Heanor, Derbyshire DE75 7EG. VAT Registration No. 598 322602

As someone who cares about older people and wants to create a brighter life for them,

I Pledge to: (please state how you can help)

Your full name

Your address or email

A contact number



AGE UK DERBY AND DERBYSHIRE ARE COMMITTED TO IMPROVING THE LIVES OF OLDER PEOPLE AND THEIR CARERS AND HELPING THEM TO LOVE LATER LIFE.

You can help Age UK Derby and Derbyshire do this by pledging to fundraise for us in a way that you feel comfortable. There are a number of ways you could do this: It could be a bike ride, walk, sponsored silence, a bag pack, by donating your old clothes, or volunteering.

All the money you raise will be spent in Derby and Derbyshire helping us to sustain and provide our services

For more details contact us on 01773 766922 or email angela.barnes@ageukdd.org.uk



Calling all Knitters

Time to dig out those knitting needles for the Big Knit

It's the return of the Big Knit campaign and Age UK Derby and Derbyshire is calling on Derby and Derbyshire to join in and get knitting!

Whether a knitting ninja, purling pro, crochet connoisseur or just keen to have a go it's time to get wild about wool and join the Big Knit. Now in its 15th year, the campaign is recruiting knitters to help create an impressive 1.6 million hats to adorn innocent smoothie bottles. For each be-hatted smoothie sold, Age UK receives 25p, and that money helps the Charity support older people who are facing later life alone.

Katy Pugh, Chief Executive of Age UK Derby and Derbyshire said: "We need the people of Derby and Derbyshire to join us and help knit as many miniature hats as possible this winter to help us hit our target. It's such a fun campaign to get behind and it does so much to help older people in our area".

"The money raised will make a big difference to the lives of older people by funding our hugely important services and classes. These services, which include information and advice give local older people the chance to come along and make friends, learn new skills and most importantly have fun."

Last year alone, more than one million hats were lovingly created, with designs including the hugely popular unicorn, grizzly bear, fluffy sheep and desert island.

Bara Amouyal, innocent drinks, said: "The Big Knit has had such an incredible amount of support over the past 15 years and we are hugely grateful – we love seeing what miniature creations the nation can come up with! Through the Big Knit campaign, we want to do everything we can to make a difference to the lives of older people."

For more information on The Big Knit and to download knitting patterns contact Age UK Derby and Derbyshire on 01773 766922 or visit www.ageuk.org.uk/derbyandderbyshire

Please send completed hats to Age UK Derby and Derbyshire at 29a Market place, Heanor, Derbyshire, DE75 7EG

Any hats knitted need to arrive in Heanor by the end of June. All hats knitted will be on sale on Innocent Smoothie bottles in October 2019.



Welcome to our homes...

Our care homes have built up excellent reputations within their local communities with the vast majority of our new residents coming through recommendations from others. This has been established through our commitment to the on-going provision of dedicated quality care delivered within a high quality, yet homely environment.

We welcome visitors into our homes and encourage family members and friends to get involved in their loved-ones care and become part of the care home's life. Those looking for a care home are welcome to visit at any time, an appointment is not always necessary.

- You are reading this because you are thinking about finding a care home for a loved one or even yourself
- You're trying to ensure you are making the right decision to find the best possible care for your family member
- Are you unsure what funding you are entitled to, how to work through all the paperwork?

It can be a very challenging process - We will help and advise you. Let our management team offer professional support and guidance from people who genuinely care.

Contact us now...

Residential Homes

Ashton Court

56 Three Tuns Rd, Eastwood,
Nottingham NG16 3EJ
T: 01773 712017
E: ashtoncourt@my-care.co.uk

Manorfields

47 Farley Rd, Derby
DE23 6BW
T 01332 346248
E manorfields@my-care.co.uk

Normanton Lodge

75 Mansfield Rd, South
Normanton, Alfreton DE55 2EF
T 01773 811453
E info@my-care.co.uk

Peacemills

132 Perry Road, Sherwood,
Nottingham NG5 3AH
T: 0115 9602 539
E: peacemills@btconnect.com

Edward House

175 Nottingham Road,
Eastwood NG16 3GS
T: 01773 531591
E: edwardhouse@my-care.co.uk

Moriah House

Deep Furrow Avenue, Carlton,
Nottingham NG4 1RS
T: 0115 9110 078
E: moriahhouse@my-care.co.uk

Orchard House

46 Easthorpe Street, Ruddington,
Nottingham NG11 6LA
T: 0115 9217 610
E: orchardhouse@my-care.co.uk

St. Peters

15 Vicarage Lane, Ruddington,
Nottingham NG11 6HB
T: 0115 9844 608
E: stpeters@my-care.co.uk



Assisted Living Apartments & Residential Home

Willow Tree House

3 Sutton Road, Mansfield,
Nottinghamshire NG18 5ET
T: 01623 471300
E: willowtree@my-care.co.uk

Nursing & Residential Homes

Baltimore Country House

245-247 Loughborough Road,
Ruddington, Nottingham NG11 6NY
T: 0115 9213 006
E: baltimorehouse@my-care.co.uk

Bramcote Hills

36 Sandringham Drive, Bramcote,
Nottingham NG9 3EJ
T: 0115 922 1414
E: bramcotehills@gmail.com