



St Margaret's

A truly unique care home in the heart
of Edinburgh

brighterkind





Welcome to St Margaret's.

We're here to make life easier, more settled and altogether better.

brighterkind is our approach to care. It focuses on understanding what quality of life means for everyone here and then provides the right experiences to help our residents live their lives to the fullest. These experiences are built from our specialist approach to quality care, recreation and activities, and food and dining.

By taking the time to understand you, we will provide the informed care that turns a move to our home into a welcome change for the better.



Our home

A real home has as much personality as the people that fill it. That's why we've made St Margaret's a place you'd be proud and happy to live in – just as you would your own home.

Close to a number of parks and golf courses, and with great access to local amenities, St Margaret's is a warm and inviting residence in Newington, close to all that Edinburgh has to offer. With 60 bedrooms divided between our nursing and dementia care units, we think carefully about the type of room each resident needs.

Our bedrooms are set across three floors, and each floor has its own living and dining rooms, meaning peace and quiet is never far away. All furnishings and decor throughout the home are of an exceptionally high standard. We also have a large main garden with raised flower beds accessed from the ground, and two patio gardens used by residents on the first and second floors with fantastic views of Arthur Seat and Salisbury Crags.

We understand that moving into St Margaret's will be a considerable transition, but one we try to make feel as easy as possible. By helping you arrange your room just the way you like, or bringing you your daily newspaper, we'll do the little things that make the biggest difference.

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At St Margaret's we embrace the challenge of trying to meet the changing needs of residents and making a real difference to families.

OUR FACILITIES

- All en-suite rooms with walk-in showers
- All single rooms
- Flat-screen TVs
- Quiet lounges and dining rooms
- Assisted bathrooms
- Hairdressing salon
- Nurse call points in all rooms
- Computer facilities
- Wi-Fi internet
- Lifts
- Large garden
- Two patio gardens
- Minibus





Quality care

We want every day at St Margaret's to be as good as it can be. It's why we deliver brighterkind care, based around a complete understanding of each resident's needs. This means we'll create the right environment to keep you well and happy. You'll decide how you want to live; we'll make sure you always feel valued and comfortable.

All of our 60 bedrooms are suitable for those with dementia, spread across our ground and first-floor suites. Our care is first rate: we provide the most up-to-date training for our carers, and support for our residents.

How will I know what type of care is right for me?

When you arrive at St Margaret's, we'll sit down together to understand you, your life story and your needs. This includes any objectives you have, or specific health concerns. We'll then create a personal care plan together with you, your relatives and our carers.



Our people

We're a diverse group, from different backgrounds and with different roles, but we all have something fundamental in common – every single one of us is passionate about care.

It's almost like a sixth sense: people who are always on hand to help, but with enough empathy to know when to leave you be; people who don't have favourites, and who are always busy creating the little moments of kindness that make a real difference to life here.

As well as our team of carers and nurses, GPs and other care and support professionals are on call to provide services, should they be needed at any time. And everyone gets stuck in together – whether to serve breakfast or perform at our music nights.

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We have a dedicated team of people who are professional, caring and committed to life at St Margaret's.



Our recreation and activities

A willingness to get involved and try new things is something we see time and again, once people are given the opportunity. We have a specific recreation and activities coordinator who oversees everything, but all our staff regularly brainstorm new ideas, too. And our residents vote on their suggestions at our monthly activity meetings, so we can be sure everyone's looking forward to something, every day.

Activities vary each week: from our many music and dance related activities to bowling, shopping and trips into the city. And everything's flexible. If it's sunny we try and get outside, so everyone can appreciate the best of the day.

We also have lots of one-to-one activity sessions, especially for residents with dementia, engaging them with life story books and memory boxes as well as pastimes, music and films which they remember as a link to their past.

We've built excellent links to the community, and receive regular visits from local church groups, animal handlers, and musicians, as well as taking residents out on our minibus to various activities and events.

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There is a varied activity programme depending on the preferences of each residents, which includes group activities in the morning, and one-to-one private sessions in the afternoon.





Our food and drink

At St Margaret's, we love our food. We firmly believe that when you eat well, you live well too. This is a core part of our brighterkind philosophy of care, centring on good nutrition and the importance of mealtimes as a social occasion.

Each day our chef prepares restaurant-style meals combining variety with a balanced diet and an emphasis on locally sourced ingredients. And we can cater to any dietary or health requirements, however complex.

There is a dining room on each floor – spaces that always become a hub of conversation and laughter, and which give even our more frail residents a chance to come together and socialise. Whether it's tea and cakes in the garden or a roast each Sunday, we encourage our residents to make the most of living in a friendly environment. There will be plenty of people to meet, and a lot of stories to share.

Of course, when, where and who you eat with is entirely up to you. Friends and family can join you as often as you'd like (at a small charge). There are snack boxes available 24 hours a day and our extras menu gives you the option to order what you want at any time.

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Every day each resident is treated like it's their birthday – we always aim to serve them what they want, when they want it.

Here are some of the most popular questions people ask us as we show them round St Margaret's:

Will I be able to bring my pet?

This completely depends on the type of animal. We may be able to accommodate smaller animals, so will have a chat with you about it first to see if it's possible. Visitors are welcome to bring pets into the home.

Can I come and go as I please?

We want you to be as independent as you like. So this is something we'll chat about when we sit down together to draw up your care plan.

When can people come and see me?

It goes without saying that we want your friends and relatives to visit, so they can come as often as they like on any day. No appointment is necessary.

What will there be to do during the day?

That is completely up to you. Every day we have different activities, but you should spend your time exactly how you please. There's more about the type of things we do in the Recreation and Activities part of this brochure.

How easy will it be to settle in?

It's completely natural to feel anxious about a big move. We encourage you to come along for a pre-stay visit so you can take part in an activity, meet other residents and have a meal. If you move in you can bring personal items and furniture with you to make you feel more at home in your room.

Please note: This document is available in large print, Braille and other languages if you require. Please contact us to request a copy.

This Care Home is registered and regulated by the Care Inspectorate.





To find out more or to arrange a visit please ask for our Home Manager.

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