

# *A short-term break brings long term benefits*



We all know how challenging the last 18 months has been. Especially for those of us needing or providing care. So whether you've been caring for a loved one long term, or helping them recuperate from a recent illness, arranging short-term respite care can work wonders for both you and your elderly family member.

Respite care provides temporary and professional help in a safe environment. At Birchwood House in Speldhurst, Kent, we've been offering short-term care for over 25 years. Set in 9 acres of beautiful countryside, respite breaks can be planned, or in cases of emergency, organised at short notice.

## Why choose Birchwood?

Our residential home is a true home-from-home. Our dedicated team go the extra mile to ensure residents receive the highest quality care.

We deliver care with *professionalism, respect and dignity.*

### A break for you

The well-being of a carer is as important as that of the person being caring for. Carers Support East Kent found since COVID-19 64% of carers hadn't had a break in 18 months and research from Carers UK revealed 80% of carers said caring had a negative impact on their physical health. A break can help you recharge.

### Social stimulation and exercise

Respite gives your loved ones who may live alone, a chance to meet new people and take part in fun and physical activities. In the lead up to Christmas, we run a series of festive events. Last year we created a winter wonderland with a snow machine and this year hopes to be even better.

### Newly refurbished

Many of our communal rooms have just been refurbished offering comfortable and pristine environments to live and socialise in. We even have a new hairdressing suite.



Carehome.co.uk  
Review Score

### Healthy, home-cooked meals

Good nutrition is just important as we age and thanks to our talented chef, we provide home-cooked healthy meals that deliver on taste.

### Fully qualified, friendly carers

Our team of carers go far beyond care plans to use their personal knowledge of our residents to respond to individual needs. We always give that little bit extra – day in, day out.

**Autumn Respite Offer:** Up until the end of 2021, we're offering all new families **£400 off** a 14 day stay for respite care, providing your stay takes place before 1st January 2022.



**“The home is situated in lovely grounds and the conservatory is a delight, at Christmas with the decorations. The staff are like a family and the level of care is exemplary. The home is always clean and the in-house catering very good.**

**As a relative we couldn't ask for more!”**

David, Son of resident,

To find out more about our respite care package and take advantage of our offer, please call **01892 863559** or visit **[www.birchwoodhouse.org.uk/respite-care](http://www.birchwoodhouse.org.uk/respite-care)**

**Terms and Conditions:** Your stay must be booked and take place from 01/11/21 and before 01/01/22. Non-refundable respite fees to be paid in advance. The full-day rate is £185. Valid for one stay only during specified dates. Available to self-funded bookings only and new customers. All admissions are subject to our COVID-19 admissions process. Birchwood House reserves the right to withdraw this offer at any time.