

A care home can combine freedom from the stresses of keeping up a home, with the security of knowing that your needs will be met. For some people it not only provides better care, but also brings a new lease of life – free from the worries of trying to cope alone.

Choosing a care home is like choosing any other place to live. That is why the RMBI believes in treating everyone as an individual to find the right home for you.

We understand that it can be a stressful time for family and relatives when their loved one moves into a care home, as it's a whole new experience for everyone. We hope this leaflet will give you some useful information to help you along the way.

*“Very pleased with the Home which is well run, and the care and consideration my mother receives.”*

*A relative of a resident at the Home*



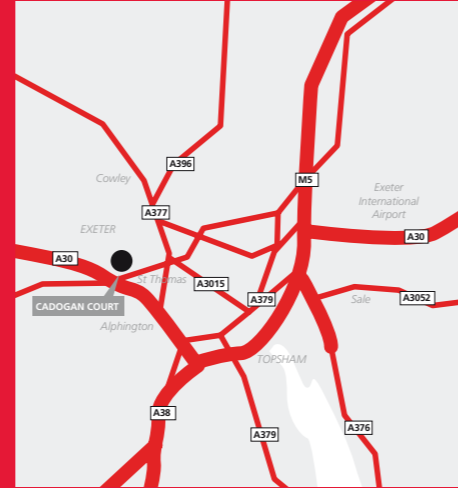
## How to find us

**By train**  
Exeter St. David's - 2 miles

**By bus**  
From the High Street, take bus 'P Barley Lane' to Barley Lane. Or you can take bus 'P' from the coach station in Paris Street (200 yards from the High Street).

**By car**  
From the North  
Take the M5 towards Exeter. Continue on the M5 westbound, cross the River Exe and take exit 31 to the A30, signposted to Okehampton. Follow the A30 for 1 mile and take the first exit signposted to Exeter/Alphington/Ide. At the roundabout take the first exit, signposted to Ide. Continue to a T-junction and turn right up the hill. At the top of the hill, when you see a shop on the right, turn left into Barley Lane. Cadogan Court is on your left in Barley Lane.

From West Devon and Cornwall  
On the A30 exit at Exeter/Alphington/Ide. At the roundabout take the first exit, signposted to Ide. Continue to a T-junction and turn right up the hill. At the top of the hill, when you see a shop on the right, turn left into Barley Lane. Cadogan Court is on your left in Barley Lane.



**Cadogan Court**  
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Registered Charity No. 207360

Cadogan Court is regulated by the Care Quality Commission. [www.cqc.org.uk](http://www.cqc.org.uk)

# Cadogan Court



Purpose-built in 1986 and refurbished in 2005, Cadogan Court is situated on the outskirts of the historic city of Exeter with views over the city to the Cathedral. It is within easy reach of Dartmoor, Exmoor and the nearby seaside towns. The Home is surrounded by well-maintained gardens, which have disabled access, and a number of seating areas.

Cadogan Court is registered to provide residential and nursing care with the dual benefits of individual rooms and shared communal areas. The categories of care offered depend on people's assessed individual needs.

### What's nearby

#### Town centre

Exeter – 2 miles

#### Local shops

St Thomas – ½ mile

#### Places of interest

Cinema, theatre and concerts

Exeter – 2 miles

Cathedral – 2 miles

Exmouth and Dawlish

Beaches – 12 miles

#### Hospital

Royal Devon & Exeter

Hospital – 2 ½ miles

#### Rail station

Exeter St David's – 2 miles

Exeter Central – 2 miles

Here is a snapshot of our services at Cadogan Court

### General facilities and services available

The RMBI aims to create a home rather than an 'institutional-style' environment, both inside and out. Cadogan Court can accommodate up to 70 residents providing both residential and nursing care in single ensuite bed-sitting rooms. All rooms are centrally heated, with points for TV and telephone. Residents may furnish their own room with small items of furniture if they wish, provided that the furniture meets the required safety standards.

On each corridor there are bath/shower facilities especially adapted for safe usage so that residents can maintain their independence in a safe environment. Kitchenettes are available where residents and their guests can make drinks and snacks for themselves.

Lift – Yes

Wheelchair access – Yes

Parking on-site – Yes

Transport – Minibus and adapted car

Music – One stereo, TV and radio in each communal room

Religion – Ecumenical services held fortnightly

Other – Laundry is done for residents

### Leisure and personal care

Cadogan Court offers a range of recreational facilities including a shop and a well stocked library with a wide range of books. A full programme of activities is organised by our Activities Co-ordinators and includes concerts, shopping trips, quizzes and visits to various places of interest.

The Home has its own hairdressing salon where residents can enjoy pampering from a professional hairdresser.

### In-room

- Phone point – Yes. Phonenumber at own cost
- Television point – Yes
- Call bells – Yes. Help available 24 hours

### Other services available

Doctor – Weekly surgery

Chiropodist – Monthly visits

District nurse – By arrangement

Physiotherapist – By arrangement

Dentist – By arrangement

Aromatherapist – Weekly visits

Optician – By arrangement



### Food and drink

The chefs at Cadogan Court create a varied menu, ensuring residents have a choice of meals and maintain a healthy and balanced diet. Meals are served in the main dining room, although residents may occasionally take meals in their rooms. If residents have special dietary requirements, these can also be met. Residents' family and friends are also encouraged to dine with us – at a small charge.

### Funding arrangements

Residents who choose an RMBI Home have the security of knowing that they have a home for life regardless of any changes to their financial circumstances, as long as we can cater for their particular care needs.

Our services are available to people with both private and public funding. Please read the information pack for further details.

*“Help is always available, which gives a great sense of security. The carers are always kind, patient and most helpful, a wonderful band. I could not continue to live on my own.”*

*A resident at the Home*

