

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.

*“All the staff are kind and helpful.  
Nothing is too much trouble.”*

*A resident at the Home*



## How to find us

### By train

York - 2 miles

### By bus

From York station: Take bus number 7 (which goes to the Designer Outlet), and get off at St Oswald's Church in Fulford

From York city centre: Take bus number 415 (which goes to Selby), and get off at St Oswalds Church Fulford

### By car

From York city centre

Take the A19 South towards Selby. Pass the police station on the left, a set of traffic lights and the army barracks (also on the left). Immediately after the next set of traffic lights and a short row of Victorian houses on the right, take the first right turn into St Oswalds road (post box on the corner). The home entrance is 75 yards down on the left.

From the A19 south (Selby)

At the junction with the A64, continue straight ahead towards York. Then see \*\* below.

From the A64 West (Leeds)

At the junction with the A19, turn left towards York. Then see \*\* below.

From the A64 East (Scarborough)

At the junction with the A19, turn right towards York. Then see \*\* below.

From the A59 (Skipton, Harrogate)

Take the York bypass A1237 west towards Leeds. At the junction with the A64, take the A64 towards Hull and Scarborough. Take the exit for the A19 towards York and Selby and turn left onto the A19 towards York. Then see \*\* below.

\*\* From the A19 towards York

Continue on the A19 for about ¾ mile to Fulford. At the traffic lights take the left-hand lane and go straight ahead. After passing the church on the right, take the first left (postbox on corner) into St Oswald's Road. The Home is 75 yards down on the left.

### Connaught Court

St Oswald's Road  
Fulford

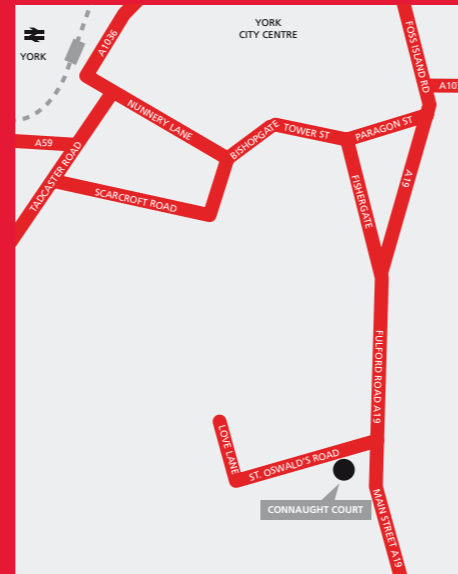
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Registered provider: Royal Masonic Benevolent Institution, 60 Great Queen Street, London WC2B 5AZ  
Registered Charity No. 207360

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

November 2011



# Connaught Court



Situated in extensive parkland close to York City Centre, Connaught Court was purpose-built in 1971. The grounds are beautifully landscaped and well-maintained, providing pleasant areas to sit and walk and with sufficient space for disabled access.

Connaught Court is registered to provide residential, nursing and dementia 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

York – 1 ½ miles

#### Local shops

Fulford – ½ mile

#### Places of interest

Cinema York – 2 miles

York Minster, museums and city walls nearby

#### Hospital

York Hospital – 3 miles

#### Rail station

York – 2 miles

Here is a snapshot of our services at Connaught Court

### General facilities and services available

The RMBI aims to create a home rather than an 'institutional-style' environment, both inside and out. Connaught Court can accommodate up to 90 residents providing residential, nursing and dementia 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.

The Dementia Support Unit is set in its own enclosed gardens and caters for residents with dementia requiring specialist support.

The first floor of the Home has ensuite shower rooms and 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 visitors can make drinks and snacks for themselves.

- Lift – Yes
- Wheelchair access – Yes
- Parking on-site – Yes
- Transport – Car and minibus
- Music – Stereo and piano
- Religion – Chapel at the Home. Services held weekly
- Other – Laundry is done for residents

### Leisure and personal care

Connaught Court offers a range of recreational facilities including a well stocked library with a wide range of books. Large-print books and audio books are also available. 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 professional hairdressers.

### In-room

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

### Other services available

- Doctor – Weekly visits
- Chiropodist – By arrangement
- District nurse – By arrangement
- Physiotherapist – By arrangement
- Optician – By arrangement
- Dentist - By arrangement



### Food and drink

The chefs at Connaught 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 can have meals in their rooms if they are unwell. 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.

*"I visit every week. My father is very happy at Connaught Court and I have peace of mind that he is well cared for. Thank you."*

*Relative of a resident at the Home*

