



St. Theresa's Care Centre
Nursing Home for the Elderly
CALLINGTON

St. Theresa's is situated on the outskirts of the rural market town of Callington in south east Cornwall. The City of Plymouth is a short distance away across the Tamar bridge, while Dartmoor, Bodmin moor and the beaches of the South coast are all close by.

The town offers a full range of amenities including banks, building societies, shops, chemists, a post office, library and healthcare.



St. Theresa's is a purpose-built, single-storey building with 41 single rooms (16 with en-suite facilities) and 2 twin rooms (1 with en-suite bathroom). We have a variety of communal areas, including a large dining room, which gives clients a wide choice of seating areas.

Outside, there is a newly converted garden with full disabled access and amenities.

There is ample car parking at the front and rear of the building and full wheelchair access throughout the home.



The rooms are fully furnished, however clients are welcome to bring items of furniture and personal effects, subject to a Health and Safety assessment. Nurse call bells are situated in every room and bathroom and in appropriate locations within the communal areas.

Staffing: The home is run by the matron, Mrs Ailsa Weaver RGN, in conjunction with approximately 10 trained nurses and 40 care assistants and ancillary staff.

The 24 hour rotas are designed to ensure we have the appropriate numbers and skill mix at all times. We attach great importance to food and diet and our catering staff operate to the highest standards. The home is maintained by our handyman and is kept to a commendable level of cleanliness by our cleaning and laundry staff.



At St. Theresa's Care Centre we have the following Philosophy of Care regarding the provision of long-term nursing care to the elderly:

1. Reasons why people need long-term care

Life expectancy has gone up dramatically in recent years, but age affects everyone in different ways. Some people will find that at some stage of their lives they need to move to a nursing home for increased care.

We believe we can make this move a positive one and help you to find and maintain a lifestyle that gives you the quality of life you desire and deserve.

2. The rights of people in long-term care

We believe all people who have made the decision to go into full-time care have the right to a safe, secure environment in as homely and loving an atmosphere as possible.

You are entitled to the maintenance and promotion of your sense of individuality and independence together with a continued involvement in the local community.

You should be confident of your continued rights to dignity, privacy, respect and confidentiality, and be able to exercise choice in all aspects of your care and life.

3. The quality of life of people in long-term care

We believe you are a unique individual with strengths and limitations and a lifetime of experience. Whatever your personal circumstances, you have the right to lead as normal a life as possible with a feeling of continued self-worth and importance.

You deserve to be valued and respected, and be treated with love, dignity, courtesy and consideration at all times.

You have the right to expect an holistic approach to your care encompassing the physical, intellectual, emotional, social and spiritual aspects of your life and to be involved in and consulted about all aspects of your care at St. Theresa's.

4. Our role as providers of long-term care

As providers of care, we believe that an organisation such as ours must focus on those areas that most affect the quality of life of each individual client and organise the facilities and resources accordingly.

Our role is to maximise the quality of those facilities and resources to ensure they deliver care of the highest quality.

Our success should and will be judged by our clients according to the quality of care they feel they receive and their quality of life within the home.

There are many varied activities on offer. The home employs an activities co-ordinator who will be happy to discuss your wishes and requirements and to draw up an individual plan of activities for you, should you require.

These plans are reviewed on a regular basis and can be changed whenever you wish.



We are registered with the Commission for Social Care Inspection to provide nursing care for 45 elderly residents.

The CSCI can be contacted at the following address:

CSCI St Austell Office

John Keay House,

Tregonissey Road, St Austell, Cornwall PL25 4AD

Tel: 01726 624550 Fax: 01726 624596



St. Therese Close

CALLINGTON

Cornwall

PL17 7QF

Tel: 01579 383488

Enquiries@StTheresas.co.uk