



## Hampton Lodge care home

*Live later  
life well*

**Nursing, residential dementia and short-stay care in Southampton**

# Welcome *to the family*

**You won't hear us spend much time talking about our home's design, our facilities or our location. Because those things pale in comparison to the amazing people at Hampton Lodge care home.**

So, instead we'll start by focusing on the team, the families, the volunteers and the residents who have formed such a close-knit and mutually supportive community at our home. Dedicated to supporting people requiring nursing and dementia care, and equally devoted to the family members and loved ones in their circle of support, Hampton Lodge exists to fill the voids that dementia can so often create.

That means becoming a family when you're feeling isolated. Helping to connect to your loved one when you're finding it hard to reach them. Forming a circle of friendship and support when you don't know where to turn. And extending the skills and support that can help you to continue enriching the life of the person that means everything.



Staff are well-trained and very respectful. There is an air of calm, I feel that we have built a really good relationship with the staff and that they know Dad really well too!

**Family testimonial from [carehome.co.uk](https://www.carehome.co.uk)**





# You can't *mistake the lavender*

**The gardens at Hampton Lodge are a peaceful retreat, designed to be accessible to everyone. Raised garden tables and wheelchair-friendly seating ensure that all residents can enjoy the fresh air and flowers.**

To one side is the sensory garden with its spring and summer planters flowing with spikes of fragrant purple lavender stimulating the senses with its calming fragrance. A bench by the entrance, donated by a husband and wife who lived at the home, adds a personal touch or remembrance and throughout spring and summer the garden itself is filled with colourful blooms and visiting nature.

Secure and enclosed, the outdoor space offers both peace and safety for all residents who enjoy spending time outside, whether it's for seasonal activities, a quiet cup of tea, or simply relaxing in the sunshine. The gardens aren't just an outdoor space - they're a cherished part of daily life at Hampton Lodge.

# The care home with *the cakes*

**Dining at Hampton Lodge is about more than just food - it's a time for residents to enjoy familiar flavours and perhaps try some new ones.**

As you'd expect, the menu is shaped around the ideas and preferences of our residents, with quarterly review meetings giving everyone the opportunity to make their mark on mealtimes.

Every meal is freshly prepared by the skilled kitchen team, ensuring dishes are both nutritious and tailored to residents' tastes. Traditional favourites like fish and chip Fridays get the thumbs up, and our chef's Pumpkin pie with a Romanian twist is apparently not to be missed. Special occasions are celebrated with personal touches. For one resident, a walnut cake and a performance by her favourite singer, Delvis, made her birthday truly unforgettable. Every meal at Hampton Lodge is an opportunity to connect, share stories, and enjoy the simple pleasures of delicious food in great company.





## *What you can expect at Hampton Lodge:*

- Meals are freshly prepared by our in-house chef.
- Menus are designed around seasonal produce.
- Ingredients are sourced locally wherever possible.
- Drinks and snacks are on-hand 24 hours a day.

Take a look at our sample menu:

### *Lunch*

Traditional roast pork  
with apple sauce.

*or*

Goats' cheese, spinach  
and tomato quiche.

*All served with seasonal potatoes  
and roasted root vegetables.*

Watermelon sorbet.

### *Evening meal*

Soup of the day, with a  
selection of sandwiches.

*or*

Cheese and potato pie.

Lemon drizzle cake.









“

The care, support, compassion, and kindness shown to us and to my father was wonderful. Everyone went that extra mile and always had time for my dad and us whatever he needed.

**Family testimonial from [carehome.co.uk](https://www.carehome.co.uk)**

# The home with the *nostalgic kitchen*

Located in central Southampton, Hampton Lodge is a short stroll away from Watts Park and Southampton Common, while Southampton Central train station is just half a mile away, ensuring easy access for visiting families.

Purpose-built to meet diverse care needs of nursing and residential dementia, this 44-bedded home has sociable communal areas and direct access out into the pretty garden beyond.

Visitors frequently comment on our unusual 1970s-themed kitchen area, which was created as a space for residents living with dementia, to relax and reminisce. It's an interesting combination of chintzy wallpaper, retro furniture and classic crockery to evoke warm memories from decades past.

Care at Hampton Lodge is delivered with kindness, respect, and a deep understanding of each resident's needs. The home also specialises in end-of-life care, offering comfort to both residents and their families during difficult times.

At Hampton Lodge, care isn't just about meeting needs - it's about creating a calm, peaceful, and homely environment where residents and families feel supported every step of the way.



## *Our commitments to you:*

- You'll remain in control of your care and support. Always.
- You'll be supported by a caring, compassionate team.
- You'll benefit from proven and pioneering therapies.
- You'll be valued and respected in a like-minded community.
- You'll be free to make this home your own – inside and out.

## *Facilities*

- Single furnished rooms (22 with ensuite).
- Wheelchair accessible with lifts to upper floors.
- Comfortable lounges and communal areas.
- Hairdressing salon for care and pampering.
- 24/7 nurse call system in every room.
- Landscaped gardens with patio areas.
- Dedicated chaplain for spiritual support or private reflections.











# Living later life well

## When you think of a care home, what springs to mind?

Life at Hampton Lodge is vibrant and fulfilling, with a packed calendar of activities designed to inspire joy and connection.

The daily calendar is packed with engaging activities, from singing, bingo, and quizzes to baking, pet therapy, flower arranging, and gardening. Afternoons are filled with tea gatherings, coffee mornings, and film sessions, encouraging social connection and fun.

Seize the Day experiences help residents who are keen to relive cherished memories or try something new.

Hampton Lodge was one of the first MHA homes to introduce therapy 'Hug Dolls', as a comforting tool for residents with cognitive impairments to help provide a unique way to bring calm and connection.

As the Home Manager shares, their innovative design creates a genuine feeling of holding a loved one.



The Hug Dolls are weighted around the arm, which gives you a strong hold, and it genuinely feels like you are hugging someone.

**Teodora Stefanache, Home Manager**



# Here *for you...*

Whether you're searching for yourself or a loved one, for short-stay, nursing or residential dementia care, our team at Hampton Lodge will be here to help.

We understand that searching for a care home can be a confusing time for any family. So, we hope it's reassuring to know that our doors are always open. Our advice is always generous. Our residents are always eager to welcome a new character into the fold. And our charitable ethos will always guide everything we do.

We'll be ready to support. Whenever you need us:



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# Proud to be part of MHA

**For more than 80 years, families have been choosing MHA to support the needs and aspirations of their loved ones in later life.**

People have been forging friendships through our community programmes. Fundraising to drive our charitable goals. And spreading the warmth, comfort and spirituality that you'll find across every MHA care home, community and development.

It's always for one reason, which will *a/ways* stay the same: helping older people to live later life well.



[mha.org.uk/hampton-lodge](https://mha.org.uk/hampton-lodge)



# Get in touch

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