



Amathea care home

*Live later
life well*

Residential, residential dementia and short-stay care in Workington

The care home where *life flourishes*

Nestled in the market town of Workington, Amatheia offers a unique blend of comfort, connection, and care. The home is located near local attractions and access to the wider countryside. This mix of nature, convenience, and community makes every day here special.

Inside, Amatheia is designed with residents' needs in mind. The ground floor, dedicated to dementia care, provides safe, direct access to the gardens, ensuring everyone can enjoy the outdoors. Upstairs, there's a cosy cinema room for movie nights and cheerful lounges where the home's budgies Ant and Dec add a touch of joy to everyday life.

Every corner of Amatheia is infused with warmth and a sense of belonging. Whether it's a family visit, a quiet moment in the garden, or an afternoon of karaoke, Amatheia is a place where life feels vibrant and fulfilling. It's more than just a care home - it's a place to call home.



We pride ourselves on being resident-led which does make such a difference to our residents and the experience of being here at Amatheia.

Cheryl Nicholson, Home Manager



Gardens that *bring joy*

The courtyard gardens at Amatheia are more than just an outdoor space - they're an integral part of life here.

Designed with accessibility in mind, the garden features raised beds bursting with vibrant flowers and seasonally grown vegetables. Residents take pride in trips to the local garden centre, choosing plants to nurture and enjoy.

Time spent in the gardens, whether tending to flowers, relaxing in the sunshine, or enjoying some time with visiting animals during our Zoolab sessions, is a source of happiness and fun. Tortoises, rabbits, and other exotic creatures bring laughter and excitement to these cherished moments.

The gardens are also a place for connection. Families gather for afternoon teas, team members and residents bond over planting sessions, and everyone can enjoy the cheerful chatter of the community.

At Amatheia, the gardens aren't just an outdoor space - they're a sanctuary for memories, laughter, and joy.

Sweet comfort in *every bite*

Mealtimes at Amatheia are an opportunity to come together, share stories, and enjoy delicious food. Every dish is prepared with care, using fresh, locally sourced ingredients that reflect residents' tastes and preferences. Menus are shaped by their feedback, ensuring every meal feels personal and special.

Themed taster days are a firm favourite, offering cuisines from around the world - from Italian pastas to spicy Indian curries. Seasonal treats, like hot cross buns at Easter and festively decorated Christmas cakes, add a celebratory flair. Residents also enjoy special touches, like non-alcoholic prosecco or Bailey's coffee served with dessert, creating moments of indulgence.

At Amatheia, dining is about more than nourishment. It's about fostering connection, celebrating culture, and ensuring every resident feels at home with every bite.



What you can expect at Amatheia:

- 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.







Unlike any other *care home*

At Amatheia, care is designed around each resident's unique needs and preferences.

With 40 en-suite bedrooms and a dedicated team, the home provides exceptional residential and dementia care. Our dementia unit occupies the ground floor, specially designed to offer safe access to the gardens, allowing everyone to enjoy the outdoors whenever they wish.

Interactive activities, such as music therapy sessions and the innovative 'magic table,' bring engagement and joy to residents living with dementia, while visits from therapy pets like budgies Ant and Dec provide comfort and companionship to all.

Amatheia is also deeply resident-led, with regular meetings ensuring that every voice is heard. Whether it's about food, activities, or home improvements, residents play an active role in shaping their community.

Here, care is more than a service - it's a relationship built on respect, understanding, and trust.



At Amatheia, We all have a voice, and both residents and staff feel truly heard and valued.

Cheryl Nicholson, Home Manager

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 ensuite rooms.
- 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
- Encouraging mobility and improved muscle tone through music therapy.







Living later life well

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

Our vibrant and varied daily life, offers residents the chance to engage, connect, and celebrate every day. From arts and crafts to lively karaoke sessions, there's always something happening to inspire joy. Music-themed days featuring everything from The Beatles to Bon Jovi bring nostalgia and fun, while the annual two-week music festival is a highlight of the year.

Seasonal celebrations are made extra special with visits from local schoolchildren and community groups. Residents enjoy gifts at Easter, festive treats at Christmas, and everything that Autumn and Harvest Festival has to offer. Outings to The Royal George Pub, Allonby promenade, and nearby garden centres provide a refreshing change of scenery.

In the cinema room, residents gather for movie nights featuring classics and modern favourites. Meanwhile, quieter moments in the garden or chapel offer space for reflection and peace.



We have found Amatheia to be a lovely and caring environment from every member of staff, they are polite and have time for every resident

Family testimonial from carehome.co.uk



Here *for you...*

Whether you're searching for yourself or a loved one, for short-stays, residential or residential dementia care, our team at Amatheia 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:



01900 63259



amathea@mha.org.uk

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/amathea



Get in touch

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