



Woodlands care home

A photograph of an elderly Black man with a grey beard and glasses, wearing a light purple button-down shirt. He is sitting in a brown leather armchair, smiling warmly at the camera. His hands are clasped in his lap. To his left is a green potted plant, and to his right is a window showing green foliage outside. A person's hand is visible on the right side of the frame, resting on the arm of the chair.

*Live later
life well*

Residential, residential dementia, nursing, nursing dementia,
palliative and short-stay care in Poynton

The care home where *life flourishes*

Set among tall trees and green spaces, this welcoming home offers residential, nursing, and dementia care for up to 80 residents. Its location, near the heart of Poynton, strikes just the right balance - peaceful and tucked away, yet close enough to local shops, cafés, churches, and the scenic Middlewood Way for those who enjoy a stroll or staying connected to village life.

Inside, the atmosphere is open and bright, thoughtfully arranged to support residents' comfort and independence. Spacious lounges and open plan areas create inviting spots for relaxing, socialising, or simply watching the day go by. For those living with dementia, the home includes gentle design features that help make everyday life easier to navigate.

The secure and gated setting provides reassurance for families and a sense of freedom for residents, allowing everyone to enjoy each day with confidence. It is a place designed to support wellbeing where safety and comfort go hand in hand with community and care.



Visiting is free and easy with no restriction and there is ample car parking. The surroundings are pleasantly rural.

Testimonial from carehome.co.uk



Gardens for *all seasons*

The gardens offer a calm and inviting escape, carefully looked after and thoughtfully laid out. With three connected spaces, raised flowerbeds, and plenty of seating, it is a place where residents can enjoy everything from seasonal events to a quiet cup of tea in the fresh air.

Many enjoy spending time in the allotment, planting flowers or growing vegetables and herbs, often with a little help from local volunteers. It is a lovely way to stay active and enjoy nature's rhythms throughout the year.

Wildlife is a regular feature too. Birds flit between feeders, squirrels dart through the trees, and the occasional fox might wander by - small but joyful reminders of the natural world.

Whether it is sharing a chat with friends or simply sitting back to enjoy the warmth of the sun and the sound of birdsong, the garden continues to be a favourite part of everyday life.

A taste of *home*

Mealtimes are more than just routine - they are moments to look forward to, bringing comfort, conversation, and plenty of flavour. Each dish is freshly prepared, with menus shaped by resident feedback to reflect personal favourites and familiar tastes. From sweet and sour pork to classic roast dinners and homemade cakes, there is always something satisfying on the menu.

The head chef, who also supports and mentors others across MHA, brings real care and creativity to the kitchen. Special occasions like Burns Night, Shrove Tuesday, and international food days offer a chance to try something different and spark conversation around the table.

For those with texture-modified diets, the team takes extra care to ensure meals remain appealing and full of flavour, with thoughtful presentation and attention to individual needs.

Whether it is a quiet lunch or a themed celebration, dining is an experience to enjoy and one that brings everyone together and adds something special to each day.



What you can expect at Woodlands:

- 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.







Support that *speaks for itself*

Care is personalised and thoughtfully delivered, whether residents are staying long term or just for a short break. With nursing, dementia, residential, and respite care all available, support is shaped around individual needs and preferences - always with dignity, comfort, and connection at its core.

Specialist dementia-friendly suites offer calm and engaging environments, enhanced with music therapy, sensory activities, and opportunities for reminiscence. These approaches have had a real impact, helping residents rediscover joy and improve their sense of well-being.

For those living more independently, residential care offers flexibility and freedom, with residents free to come and go, stay active in the local community, and enjoy the home's varied activity calendar at their own pace.

A multi-faith space provides room for quiet reflection, while regular visits from physiotherapists, opticians, and holistic therapists help ensure every aspect of health is supported.

It's a place where care goes beyond routine - where each person is supported to live well in their own way.



Mum has great care in Woodlands, the staff are attentive and caring. We couldn't have asked for a better place.

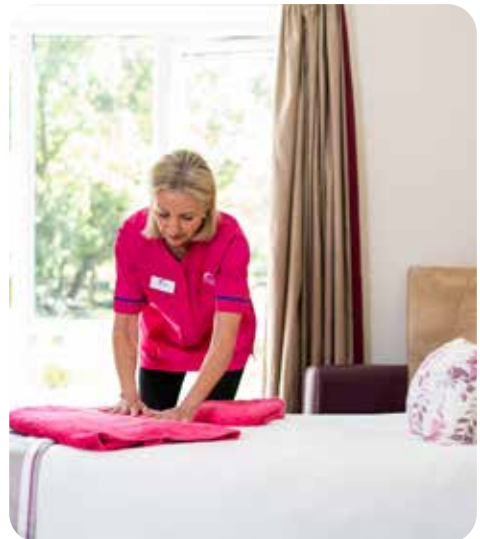
Family testimonial from carehome.co.uk

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 bedrooms.
- Award-winning music therapy.
- 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 here is all about creating meaningful experiences and enjoying the things that bring joy, purpose, and connection. The activity team offers a wide variety of sessions tailored to individual interests and abilities, from craft and baking afternoons to live music, quiz games, and gentle chair-based exercises that support well-being in a fun, social way.

Through the Seize the Day initiative, residents have revisited treasured memories and fulfilled personal wishes, from day trips to the seaside to horse therapy and rediscovering long-lost hobbies. These moments often spark new connections and a real sense of accomplishment.

Outings to local garden centres, parks, and Poynton village are a regular part of life, keeping residents active in the wider community and enjoying the world beyond the home. Back indoors, themed social events and seasonal celebrations bring everyone together, adding a spark of excitement and giving each week something new to look forward to.



There's always something happening here, and I love that we can be as involved as we want to be!

Resident testimonial carehome.co.uk



Here *for you...*

Whether you're searching for yourself or a loved one, for residential, residential dementia, nursing, nursing dementia, palliative or short-stay care, our team at Woodlands 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:



01625 877112



woodlands.poynton@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/woodlandscare



Get in touch

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