



## Lauriston care home

*Live later  
life well*

Nursing, residential, residential dementia and short-stay care in East Sussex

# Welcome to *the family*

**Lauriston sits in the heart of Hastings, close to St Leonards-on-Sea beach, Coombe Valley Countryside Park, and St Leonards station, making it easy for families to visit and enjoy local attractions with their loved ones.**

Led by Dionne McEwan who has over 35 years' experience in the care sector and a post graduate diploma in Dementia studies, with a deputy manager who was previously an ICU nurse, the Lauriston team is passionate, skilled, and dedicated to going above and beyond for every resident. When there's an idea or opportunity to make life better for the residents, it happens.

But Lauriston is not just a care home. You can sense the passion after just a few minutes and know that it's a place where residents are treated like family, feel totally at home and are supported with kindness and professionalism every day.



Placing your mum into the care of others is a very difficult thing to do. I'm so pleased we found the perfect place for mum and her last few years are the best they can be.

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



# Gardens for *all seasons*

**Our secure, beautifully kept gardens offer a peaceful retreat for residents to enjoy throughout the year. Filled with colourful flowers, comfortable seating and the easy access from all the lounges, the outdoor space is the perfect spot for relaxation, socialising, or simply soaking up the fresh air.**

Residents enjoy spending time in the two summerhouses, which are often decorated for seasonal special occasions or turned into quiet retreats for chats over tea. Our accessible gardens bring nature closer to residents, with plants chosen to add colour, fragrance and joy to every season.



We're very passionate about delivering the best quality of care and take pride in ensuring that we engage with all residents and encourage them to participate in meaningful activities.

**Dionne McEwan, Home Manager**

# Just wait until the *goulash is ready*

**The home's Hungarian chef is passionate about cooking and delights everyone by going the extra mile to create dishes that are as beautiful as they are delicious.**

She is known for her imaginative touches, special decorative piping and baking themed treats like the very special Remembrance Sunday cake.

One resident with a similar background, enjoyed reconnecting with her culture through traditional dishes prepared just for her. It's these personal touches that make mealtimes at Lauriston so special.

Menus are freshly prepared each day and designed with residents' input to reflect familiar favourites and new tastes. Residents look forward to hearty lunches, creative desserts, and special celebrations, where food takes centre stage.

From everyday meals to special occasions, dining at Lauriston is about nourishing not just the body but also the spirit - bringing comfort, flavour, and moments to share with friends.



## *What you can expect at Lauriston:*

- 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*

Lauriston is situated less than a mile from Hastings' Grand Parade and the coast and enjoys easy access to the local amenities and shops.

The home was purpose-built in 1997 and provides high-quality residential, nursing, and dementia care for up to 60 residents in single en-suite bedrooms.

The thoughtful design includes plenty of communal space and promotes independence for our residential household and dignity with security for those who need additional safety features.

We aim to bring quality and choice to residents' daily lives, offering person-centred care in which residents are encouraged to make their own decisions on matters such as choosing a meal or how to pass their time. Our varied activity programme that gives everyone the opportunity to join in if they wish, fostering a vibrant community where friendships flourish.



An absolutely wonderful care home. My brother and I are completely satisfied that we have helped Dad choose the best home locally. Quality in every respect.

[Family testimonial from carehome.co.uk](https://www.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 to support life with dementia.
- 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.
- Minibus for day trips.









# Living later life well

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

Life at Lauriston is always vibrant, with activities that cater to every interest and ability.

Music plays an important role in life at Lauriston, with our two pianos on hand to accompany music therapy for residents living with dementia and sensory Namaste activities to comfort and engage. We have our own minibus which gives us the freedom to have secure trips outside of the home, including visits to the local garden centre and the panto at Christmas, always a firm favourite.

We work hard to preserve links with our local community and invite family and friends to join in our fancy dress parties, karaoke nights, and seaside-themed days which come complete with a visiting ice cream van. From lively parties to visits from St Leonard's Academy choir, every day offers residents opportunities to connect, create, and make memories.

At Lauriston, life is about celebrating the little things and cherishing each moment, in a home filled with warmth and care.



# Here *for you...*

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



01424 447544



[lauriston@mha.org.uk](mailto:lauriston@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/lauriston](https://mha.org.uk/lauriston)



# Get in touch

## Lauriston care home

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