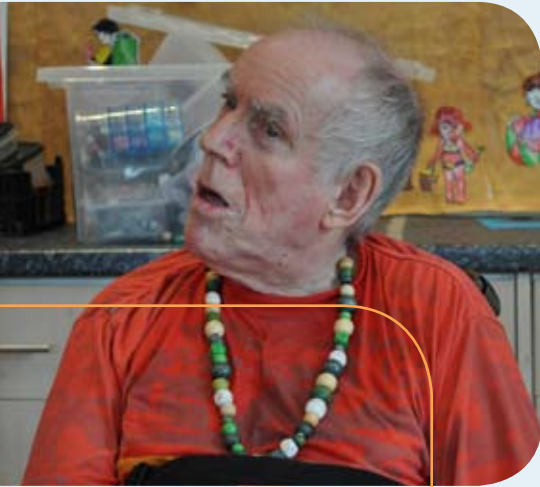


Eastry House

Eastry, Nr Sandwich, Kent

Eastry House is a high-quality residential service for older adults with a learning disability and who may also have physical and mental health needs. Eastry House is located in the quiet, rural village of Eastry, near Sandwich, Kent and set amongst two acres of secluded gardens. The house has been adapted to cater for those with mobility issues and visual impairment.



Service Philosophy

Our service philosophy is based on Valuing People principles, including maximising your ability to make choices, respecting your basic human rights, fostering inclusion in wider society, and encouraging you to gain the maximum level of independence you are able to.

Expert Care and Support

Staff members are trained in a wide variety of areas to support your specific needs which may include:

- Physical health needs (eg epilepsy, diabetes, cerebral palsy, pain management, eating and swallowing difficulties)
- PEG feeding and special dietary needs
- Mental health problems
- Communication skills
- Mobility and movement difficulties
- Sensory impairment (hearing and visual difficulties)

We work closely with NHS and Kent County Council health and social care professionals to ensure your physical and emotional needs are met from a wide range of community services. These include physiotherapy, occupational therapy, speech and language therapy, dietary and enteral feeding services, district nurses, Kent Association for the Blind and specialist clinicians.

A fully equipped kitchen allows the catering team to provide an extensive, well balanced menu that will meet your specific needs including modified diets, diabetic diets, weight and cholesterol reducing diets.

Optima Care recognises the importance and involvement of all key stakeholders in developing and enhancing our services. Active involvement from all parties is encouraged.

On and Off-Site Facilities

Eastry House has a hobby room which is able to accommodate a wide variety of activities and individual hobbies such as needlework, rug making, piano lessons, art projects, cooking sessions and crafts.

We also cater for group projects especially around seasonal events such as Christmas and Easter. Here are just a few of our activities:

- Pamper sessions
- Sensory Garden approved by the Kent Association for the Blind
- Music to movement

- Bingo and quizzes held weekly
- Gardening projects
- Themed monthly parties with entertainers
- Fully equipped on-site Day Centre that develops individual skills

We have a wide range of outdoor and community-based activities which include:

- Theatre trips
- Bowling
- Cinema
- College courses
- Fitness groups



Referral Criteria

Eastry House will support you if you are an older adult with a learning disability, who may also have physical and mental health needs

Eastry House
High Street, Eastry
Sandwich, Kent, CT13 0HE

Tel: 01304 613791

Optima Care General Enquiries:

Tel: 01372 700 860

Fax: 01372 700 861

Thorncroft Manor, Thorncroft Drive
Leatherhead KT22 8JB

enquiries@optimacare.co.uk

www.optimacare.co.uk