



Committed to providing personalised residential care  
and assisted living since 1945



**Bernhard Baron**  
**Care Homes**  
*Care Amongst Friends*

Bernhard Baron Care Home has been providing outstanding care for over 75 years, welcoming individuals and couples, aged 65 and over.

Our exceptional care is focused on our Residents because as a charity we are not required to make a profit for shareholders. This ensures a high standard, excellent quality, residential environment with outstanding facilities.

We do our best to encourage independence in our Residents and meet all individual needs. As well as our high standard of accommodation and care, our Residents have the benefit of our beautiful grounds.

We are proud of what we achieve here – why not come and see for yourself?



# Why choose BBCH?

Only you can decide whether Bernhard Baron Care Home is for you.

As well as the services we provide in our main building, we also offer residential cottages which allow for added independence. BBCH is your home, where you can join in when you want and entertain your friends and family whenever you like.

We offer accommodation for couples and singles. Some of our cottages are larger and provide more space for couples.

Your room or cottage is your home, you can make it yours with your own furniture and belongings.

As an individual you can personalise your accommodation and ensure your home reflects you.



Your choice, your home, your freedom

# About the Care

It starts when we first meet you.

We work with you to create a detailed care plan to ensure we address your personal, medical and social needs and once your plan is in place, it is easily accessible by staff members, so everyone understands your needs.

Your plan is reviewed monthly as your needs change.

Our focus is on creating the right care programme and providing everyone with enjoyable and active later years.

Bernhard Baron Care Home provides residential care and is not a nursing or EMI (Elderly Mentally Infirm) home. However, we make the greatest effort to provide the best levels of care to Residents who develop higher care needs.

We will manage your medications for you if you wish and accompany you to medical appointments if you need support.





As newcomers to the area, and as a married couple coming to a cottage at BBCH just before lockdown, we would like to give our first impressions of BBCH. Not knowing the district at all, we were looking forward to exploring the countryside, the villages and Eastbourne itself.

However, lockdown meant that was not to be. What we have particularly enjoyed is walking around the beautiful grounds, watching spring slowly turn to summer - the plants and nesting birds slowly evolving with the seasons.

We have much appreciated the dedication and enterprise of the staff, in providing the cottages with social activities, even though we had to keep well apart and were not allowed in the main building during covid-19 restrictions.

The care of the staff is outstanding - nothing is too much trouble, and they are always cheerful and helpful, thinking of new ways to keep us active and busy. The whole ethos of BBCH is of a caring and loving environment and we are both very glad we came to live here.

***Roy & Jill, BBCH Residents***



# The Cottages & Rooms

There are 24 semi-detached cottages, each consisting of a sitting room, bedroom, bathroom and a small kitchen. The larger cottages are ideal for couples.

Our main building has 34 en-suite rooms with lounge area, in addition to three lounges, the dining room, and in-house facilities such as hairdressing and laundry.

Most rooms, and all the cottages, have direct access to our gardens, with a range of flowering shrubs and beds bordering the circular millennium path.

Staying in touch with family and friends is very much part of our caring system. We can arrange an online chat with loved ones and many of our Residents make use of the free Wi-Fi.

Your cottage or room has private en-suite facilities, and we encourage you to bring your own furniture and personal items. In the rooms, we supply a comfortable electric bed. In the main building we have wet room bathrooms with accessible facilities.

Your accommodation is maintained and cleaned by us. We change your bed linen, towels and wash your clothes. You may choose to use our washers and dryers to do your own laundry if you wish – the choice is yours.





“

I feel at home as a cottage Resident. I have experienced immediate support on more than one occasion, where most needed.

Bernhard Baron Cottage Homes is a caring place set in beautiful grounds

*BBCH Resident*

”

# The Gardens

We know how important outside space is for physical and mental wellbeing, and our five acres of grounds are particularly beautiful. The Home is set in mature gardens with a path designed especially for wheelchairs and for those who need walking aids.

The millennium path winds through flower beds and wooded areas with benches along the way, offering the opportunity to sit and take a rest or just enjoy the tranquillity and fresh air.

Seating by our fishpond allows for tranquil contemplation.

A carer will accompany Residents who need a little help. We want you to enjoy the outside world.

There are many lovely little seating areas throughout our five acres of grounds. Residents also have their own garden area where they grow herbs and vegetables.





# The Catering

Mealtimes are an important part of daily life and at Bernhard Baron Care Home, so our kitchen team goes out of its way to make them special.

We provide a three-course midday meal, offering flexible options. The menu is planned weekly as the chef likes to select seasonal and local produce.

We cater for all tastes and ensure personal food preferences are taken into account as well as allergies or other medical and lifestyle considerations.

Management and staff join the Residents at mealtimes, as do the Trustees when they are on site. This all helps to maintain our friendly community environment.

Breakfast and tea can be served in the dining room or in Residents' own rooms.

Friends and family are welcome to join everyone for a meal.



# Activities & Social Events

Daily activities include outings in our own heated and air-conditioned 14-seater minibus which has a lift and easy access. We organise trips to garden centres, beauty spots and shops, plus visits to musical events and summer picnics.

We aim to make our excursions accessible to everyone, so carers go along to help with wheelchairs and other personal needs. We also provide individual activities for Residents with specific needs.

On site, our pastimes and social events range from arts and crafts, exercise classes, WEA (Workers' Educational Association), film nights, indoor games, music and movement and reminiscence workshops.

There is a library service and shop run by our volunteers. We arrange talks and slideshows as well as visits from music groups and local schools.



# Daily Life at BBCH

Daily life at BBCH starts with a morning cup of tea for the Residents in the main building at a time of your choosing.

Breakfast is served in the main dining room from 8.15am onwards but many Residents prefer to have breakfast served in their rooms.

There is usually a morning activity in the Home or a trip out in our 14-seater minibus.

Most mornings one of the activity organisers will arrange a discussion or quiz in one of the lounges or Residents may choose to read the daily papers in the lounge with a cup of coffee.

At 12:30 pm lunch is served in the main dining room. If you have other plans, we are happy to serve you earlier to accommodate this.



Lunch usually consists of a fruit juice followed by soup or a starter, two choices of main course (one of which is vegetarian), followed by two choices of pudding. If you would prefer a lighter option like an omelette or jacket potato or a yogurt, just ask.

Most afternoons there will be an activity in one of the lounges. For events like Wimbledon there is a drop-down television screen so that Residents can enjoy it together. On Friday and Saturday nights there is usually a film on the screen.



The tea trolley does the rounds, but some Residents choose to get their own in the main lounge.

The evening meal is served at 5:30 pm. We hope to see Residents remain socially active, eating in the dining room but the choice is yours and you may opt to have tea in your room.

There is of course a lot more detail which we are happy to share with you when you come to visit, which we hope will be soon



# Staff & Volunteers

Bernhard Baron Care Home has over 60 members of staff, and all receive continuous in-house training, as well as courses run by third party providers.

Our staff are happy to go beyond simple mandatory training, striving for experience in new areas of care. The majority of our care staff have NVQ2 or higher and staff in other areas, such as the kitchen, are also encouraged to get higher qualifications.

We pride ourselves on having a happy staff team and a low staff turnover. We have experienced staff to support and mentor our new team members starting their career in care.

We have a team of volunteers who offer essential support; running the shop, engaging in the production of concerts, helping with the Sunday services, driving the minibus and helping on outings, as well as providing companionship to Residents.

**Most importantly of all,  
a volunteer is there when a resident  
needs a special friend.**



# History of BBCH

Bernhard Baron Cottage Homes started as the Diplocks Cottages which were built in 1936 as a memorial to Caleb Diplock, a wealthy Polegate resident and landowner.

The cottages were for the poor and needy living within three miles of the Parish Church.

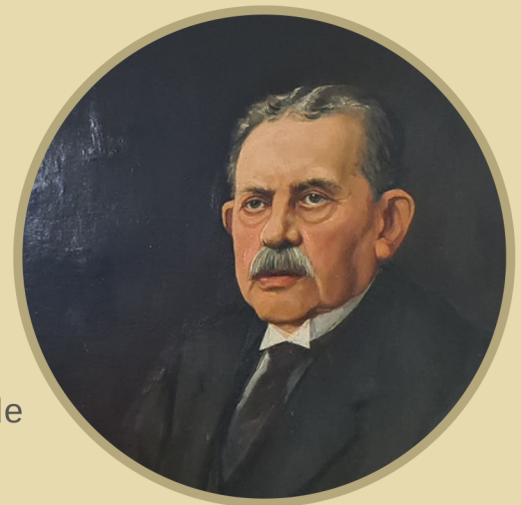
The first Residents were elderly evacuees who had been made homeless in the 1939-45 war.

In 1945 Caleb's distant relatives succeeded in contesting his will and the Cottages were put up for sale.

Under the Trusteeship of the Religious Society of Friends (Quakers) and with the generous help of the Bernhard Baron Trust among others the cottages were purchased and renamed the Bernhard Baron Cottage Homes.

More recently the charity has been renamed Bernhard Baron Care Home to more accurately reflect the care provided.

BBCH is a home for anyone in need and is open to people of any religion or none. The Homes are managed by our Trustees, the majority of who are members of the Religious Society of Friends also known as The Quakers. All our residents and staff value the Quaker ethos even though few are themselves Quakers



*Bernhard Baron*

# Our Key Philosophies

## **Independent living**

From the time you get up and to the time you go to bed, what you eat, where you choose to dine and how you fill your days, is up to you.

## **Charity is at the heart of what we do**

As a registered charity we have the freedom to concentrate on people rather than profit, an ethos that applies equally to our residents and staff.

## **Your care, your way**

From making a cup of tea and having a chat to providing high levels of support, our care is as individual as you are.



## Contact Details

Bernhard Baron Care Home  
Eastbourne Road  
Polegate, East Sussex  
BN26 5HB

T: 01323 483613  
E: [enquiries@bbch.co.uk](mailto:enquiries@bbch.co.uk)  
W: [www.bbch.co.uk](http://www.bbch.co.uk)

Trudi Knight  
Principal Care Manager  
(Registered Manager)

Janice Andrews  
Business Manager  
(Responsible Person)



## HOW TO APPLY

We encourage you to come and have a visit, perhaps accompanied by family or friends, to see if you like the Homes.

To find out more and arrange a visit, please call us on **01323 483613** or simply email: [enquiries@bbch.co.uk](mailto:enquiries@bbch.co.uk)

We look forward to seeing you and telling you more about our very special Home.

**Registered Charity No.1070891**  
**View our CQC Report at [www.cqc.org.uk](http://www.cqc.org.uk)**

Inspected and rated

Good



Safe	Good ●
Effective	Good ●
Caring	Good ●
Responsive	Outstanding ●
Well-led	Good ●