



## Bernhard Baron Cottage Homes

*Care Amongst Friends*

Eastbourne Road, Polegate  
East Sussex BN26 5HB

Tel: 01323 483613

Email: [enquiries@bbch.co.uk](mailto:enquiries@bbch.co.uk)

Website: [www.bbch.co.uk](http://www.bbch.co.uk)

Registered Charity No. 1070891





Bernhard Baron Cottage Homes has been providing outstanding care for older people for 70 years, welcoming individuals as well as couples, aged 65 and over.

We are not your average care home, and our diversity and quality are exceptional.

Our care is focused on our Residents, and as a charity we do not exist to make a profit for anyone, just to take care of our happy customers. This ensures a high standard, excellent quality, residential environment with outstanding facilities, catering and a great social life!

We value and encourage independence in our Residents, and try to meet all individual needs. As well as our high standard of accommodation and care, we offer beautiful grounds and a clear sense of individuality and independence.

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

The Management & Trustees  
of Bernhard Baron Cottage Homes



*Your choice, your home, your freedom*

## *Why choose BBCH?*

Only you can decide whether Bernhard Baron Cottage Homes (BBCH) is for you.

As well as the sense of freedom we offer to Residents in our main building, we also offer residential cottages which add to the feeling of independence. It is a freedom to be yourself, to join in where you want to, and a freedom to visit or entertain friends and family.

BBCH offers accommodation for couples as well as singles. Many cottages are larger providing space for couples and in the main building we have a number of adjoining rooms suitable for couples.

You can bring your own furniture and personal items, which are familiar and packed with happy memories, although we can supply furniture on request. Your room or your cottage is your home. In the main building we supply electric beds which you can set to your own comfort level. More than anything we treat you like an individual, and ensure your home reflects that.



*"We are privileged to be Residents here and treated as individuals who are part of a caring community."  
Resident*

## *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 updated monthly as your needs change. Our focus is on creating the right care program, and providing everyone with enjoyable and active later years.

Bernhard Baron Cottage Homes provides residential care and is not a nursing or EMI home. So while we cannot accept new Residents requiring nursing or EMI care, 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 even accompany you to the doctor if you need support. Staying in touch with family and friends is very much part of our caring system.

We can arrange a Skype chat online with loved ones, and at least 30% of our Residents already make use of the free Wi-Fi for iPads, Kindles and PCs.

You can choose to have a direct dial telephone in your room at a lower cost than any third party supplier. Part of our care plan is to keep you in touch with friends & family.

## *The Cottages & Rooms*

Bernhard Baron Cottage Homes is stunning and never ceases to amaze. There are 24 cottages, each consisting of a sitting room, bedroom, bathroom and a small kitchen. Half the cottages are ideal for couples, with more space – including more closet space!

Our main building has 34 en-suite bed-sitting rooms in addition to lounges, dining room, and in-house facilities such as hairdressing and laundry. Several of the bed-sitting rooms are particularly suitable for couples.

Every room, whether in the main building or the cottages, has direct access to our gardens, the croquet lawn, or a range of flowering shrubs and beds bordering the circular millennium path.

Your cottage or room has private en-suite facilities and we encourage you to bring your own furniture and personal items. We supply a comfortable electric bed & additional furniture if you need it. In the main building we have bathrooms with lifts for your comfort, and a wet room.

Your room or cottage 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 washing if you wish – the choice is yours.

Bernhard Baron Cottage Homes is your home!





“Our garden is the very envy of all visitors.”

## *The Gardens*

We know how important outside space is, and our grounds are particularly beautiful. The Homes are 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 lots of opportunity to sit and take a rest or just enjoy the tranquility and fresh air.

A carer will accompany Residents who need a little help. We want you to enjoy the outside world. Close to the main entrance is an area with seating next to a fishpond and more trees and shrubs.

There is a whole world to discover with lovely little sitting areas throughout our five acres of grounds. The gardens are maintained by a full-time gardener who has additional help in the busier seasons. Residents have recently started their own gardens with plans to grow herbs and vegetables and we hope to expand on this in the future.

## *The Catering*

In most residential homes the meals form an important part of daily life and at Bernhard Baron Cottage Homes we are no different, so our kitchen team goes out of its way to make them special.

We offer a three course midday meal prepared in our state of the art kitchen, offering flexible options, and the menu is decided weekly as the chef likes to select seasonal and local produce. We have a full, busy kitchen team, including our four excellent chefs!

We cater for vegetarians, and for something lighter, Residents can choose options like an omelette or a jacket potato.

Across all courses, personal preferences are taken into account as well as allergies, diabetes or other considerations. Management and staff join the Residents at meal times, as do the Trustees when they are in. This all helps to maintain our friendly community environment, which is what Bernhard Baron Cottage Homes is all about.

Breakfast and tea are served in the dining room or in Residents' own rooms and friends and family are welcome to join everyone for a meal. This is your home, but you will have more choice, and we do the washing up!



*"I think the varied menus are excellent."  
Resident*

## *Activities & Social Events*

Daily activities include outings in our own heated and air-conditioned minibus (with lift and easy access) to places like garden centres, beauty spots and shops, plus visits to musical events, exercise classes, and a wide range of other events such as picnics in the summer.

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

On site, our activities range from crafts, WEA (Workers' Educational Association), play-reading, indoor games, music and movement and reminiscence workshops.

There is a library service and shop run by a volunteer. There are talks, slideshows, visits from music groups and local schools.

Religious needs are catered for with transport to church services, as well as the weekly Meeting for Worship in our Quiet Room and a service with hymns on Sunday evenings in the Main Lounge. All activities are optional and open to all Residents. New ideas are welcome, especially those initiated by Residents.



## *Daily Life at BBCH*

Daily life at BBCH starts with a cup of tea for the Residents in the main building at the time of their choosing. You may like it earlier or you may like it later on – after all, you are retired.

Breakfast is served in the main dining room from 8.15am onwards, but many Residents prefer to have breakfast served in their rooms. No two people are the same and neither are their rooms. You are living in what is called 'me time' now and we are simply there to make more about you.

There is usually a morning activity either on premises or out in our 14 seater minibus with wheelchair lift, easy entrance for the more able, air conditioning and double heater. Most mornings one of the activity organisers will arrange a discussion or quiz in one of the lounges, while other Residents come to read one of the many daily papers and to enjoy a cup of coffee. A member of staff can make it for you, or you can use our self-service coffee machine, perhaps with help from another resident.

At 12:30 pm lunch is served in the main dining room. If you have other plans, we are happy to serve you an early lunch and most days there is a small group enjoying the early lunch. Lunch 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 want anything else like an omelette or a jacket potato or a yogurt, just ask.

In the afternoon there is an activity in one of the lounges on most days. The television is very seldom on, so seldom that it is now no longer visible in the main lounge. However, for the Queen's Speech or Wimbledon, the screen drops down and we project the event. 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 choice is yours.

The evening meal is served at 5:30 pm. Again you have a choice and occasionally Residents opt to have tea in their rooms. We like Residents to remain socially active, but the choice is yours.

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 Cottage Homes has over 60 members of staff, and all receive continuous training in-house, as well as by third party providers and East Sussex County Council.

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.

Our staff are happy here! We are particularly proud that the average length of service is over 7.5 years, and one of our team recently retired after 35 years. We have experienced staff to support and mentor our younger team members starting their career in care. As a result we have staff ranging from ages 17 to 70 who all work closely together.

We have about a dozen volunteers in addition to our Trustees.

Our volunteers 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. They were for the poor and needy living within three miles of the Parish Church.

In 1945 his 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), with the generous help of the Bernhard Baron Trust and many other donors, the cottages were purchased and renamed the Bernhard Baron Cottage Homes. The Homes are for anyone in need (social, physical, economic or other), of any religion or political opinion and of any race.

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

## Contact Details

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E: [enquiries@bbch.co.uk](mailto:enquiries@bbch.co.uk)  
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Dirk van Dijk  
Business Manager  
(Responsible Person)



Trudi Knight  
Principal Care Manager  
(Registered Care Manager)

## HOW TO APPLY

If you would like to apply for a place, please do not delay.

We have a waiting list, and the waiting time can vary.

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)

Registered Charity No. 1070891

View our CQC Report at [www.cqc.org.uk](http://www.cqc.org.uk)

