

“At Vane Hill we do our utmost to empower individuals through support, training and activities. We encourage them to achieve goals in their lives. The sense of community here gives people the confidence to move forward, make decisions and become more self-reliant.”

Vane Hill Care Home Manager



## Vane Hill

### Type of care:

Providing specialist support for individuals living with mental health problems such as Korsakoff's syndrome and the effects of Alcohol-Related Brain Damage.

These large twin Victorian houses are located above the harbour in Torquay and boast spectacular views across Torbay. The tranquil hill top setting is within walking distance of the town centre and beach.

The facilities at Vane Hill are provided with the intention of enabling independence. Residents are encouraged to help prepare home-cooked meals within our kitchens. They use the freshest seasonal ingredients they've helped to grow in the home's vegetable allotments. Further life skills can be re-established in a variety of ways in our laundry, gardens, and around the home. Residents very much enjoy socialising and interacting with one another.

They have the option to partake in daily activities or use facilities within our games rooms, such as the pool table, books, magazines and computers with internet access.

Outside, the gardens and patio are regularly enjoyed throughout the year and provide a quiet, relaxing environment and an ideal space to enjoy popular summer barbecues.

The home also benefits from its own minibus. Regular trips and twice yearly holidays are events our residents really look forward to and love. We take full advantage of Dartmoor and the Devon coast being so close, for treks and adventures in the open air.

Vane Hill is a special place to stay and make progress; developing basic life skills which help an individual establish independence.

“Vane Hill’s residents enjoy each other’s company, whether it’s walking on Dartmoor or just having a chat over lunch. I’m convinced the sense of community here helps people to recover and build self-esteem”.

Vane Hill Care Home Manager



Our home may well be a care home but first and foremost it is the residents’ home.

Each room has been created to be a comfortable place to enjoy relaxing in. We also encourage you to bring the little things that make your new surroundings feel like home.

#### Our home features:

- 14 single rooms and 9 double rooms (shared) catering for 32 residents.
- 2 dining rooms
- 2 lounge areas
- Games room
- Therapy room for visiting practitioners
- Fitness facilities
- Allotments and vegetable planters
- Patio/barbecue area
- Library service
- Computers with internet access
- Telephone facilities
- Full activities programme
- Minibus

#### Bedroom facilities:

- Room sizes vary and facilities can depend on the room
- Furnished
- Television
- Internet access
- Call bell system

### 3 Step Enablement Programme

With over 30 years experience in the field of alcohol related brain damage, we have combined our knowledge and expertise to develop a way ahead. This 3 Step Enablement Programme helps an individual to take back control of their life and regain skills to live independently and alcohol free. See our brochure for more details or call the home direct.

### Activities

We understand the importance of meaningful activities. They play a vital role in helping residents live life to the full, whatever their physical ability. Our activities are not only designed to engage mind, body and spirit but to respect and honour each residents’ individuality. We deliver a fun packed and varied programme which often includes trips out and visits to places of interest across Devon and the South West.

Visitors are always welcome, call in at your convenience to see for yourself how we support independence.

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