



**Coupar Angus Care Home**  
Sharing your care



**Balhousie Care Group**  
sharing your care

[www.balhousiecare.co.uk](http://www.balhousiecare.co.uk)

# Come in!

## Make yourself at home

It's my pleasure to introduce myself, **Kath Beattie**, and also to introduce you to the beautiful care home here in Coupar Angus, where I am the Manager.



**Thank you for your interest in our purpose-built home. It provides a modern, light and airy environment, where our focus is on resident safety, respect and comfort.**

Opened in July 2011, we offer single accommodation in 41 bright, elegantly furnished bedrooms, each with a large, stylish and private en-suite bathroom.

Rooms can be decorated with personal furniture and mementos, making your

new home unique and comfortable for you. There is also a telephone point and flat screen television in each room.

The greatest achievement for me is creating a warm, homely, secure and stimulating environment for our residents. Fun and laughter fill our home here in Coupar Angus, making it such an enjoyable place to live and work.

I would welcome the opportunity to let you see our home for yourself, in a personal tour...

To arrange a visit, or to find out more about the care we provide, please call 01828 424930 or email me: [kathleen.beattie@balhousiecare.co.uk](mailto:kathleen.beattie@balhousiecare.co.uk)

“Almost immediately, Mum’s health and sense of well-being started to improve, due to the constant tender care she received at Coupar Angus.”

Daughter at Balhousie Coupar Angus Care Home



“ Our open door policy promotes two-way communication, and a range of activities and initiatives promote community interaction.”

Carer at Balhousie Coupar Angus Care Home



## Home from home

**We know that it can be a big decision to leave somewhere that has been your home for many years, but the team here are all passionate about making this your home from home.**

We aim to provide the flexibility and comfort you've enjoyed previously, with the knowledge that, if and when you need support, you're surrounded by professional and caring people who will look after your safety, health and well-being.

My team provide a caring environment that respects your needs, while balancing this with opportunities to enjoy stimulating company and a wide range of activities.

## Passionate about care and well-being

**The prime focus for the entire team is creating a caring environment based on respect and dignity, and providing a holistic approach to the care of our residents.**

We understand that each individual is unique, with different likes, dislikes, needs and wants.

We therefore tailor our approach and service based entirely on each individual. Before moving in, we'll conduct an individual assessment of your needs and this is continually reviewed and re-assessed.

As well as any care needs, our review will also include learning about your existing hobbies and interests, and discussing new activities you may like to try.

## Activities

**We know events help improve overall physical strength and mental well-being, and seeing residents blossom, as our approach brings out the best in them, is an absolute joy.**

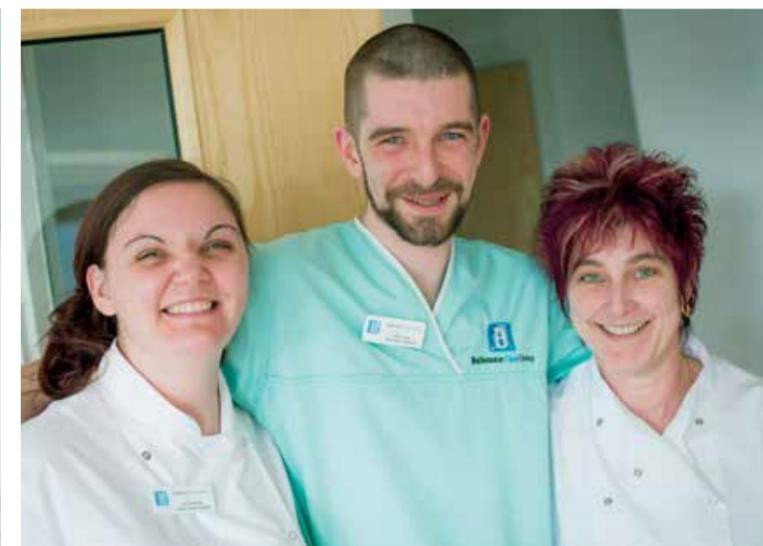
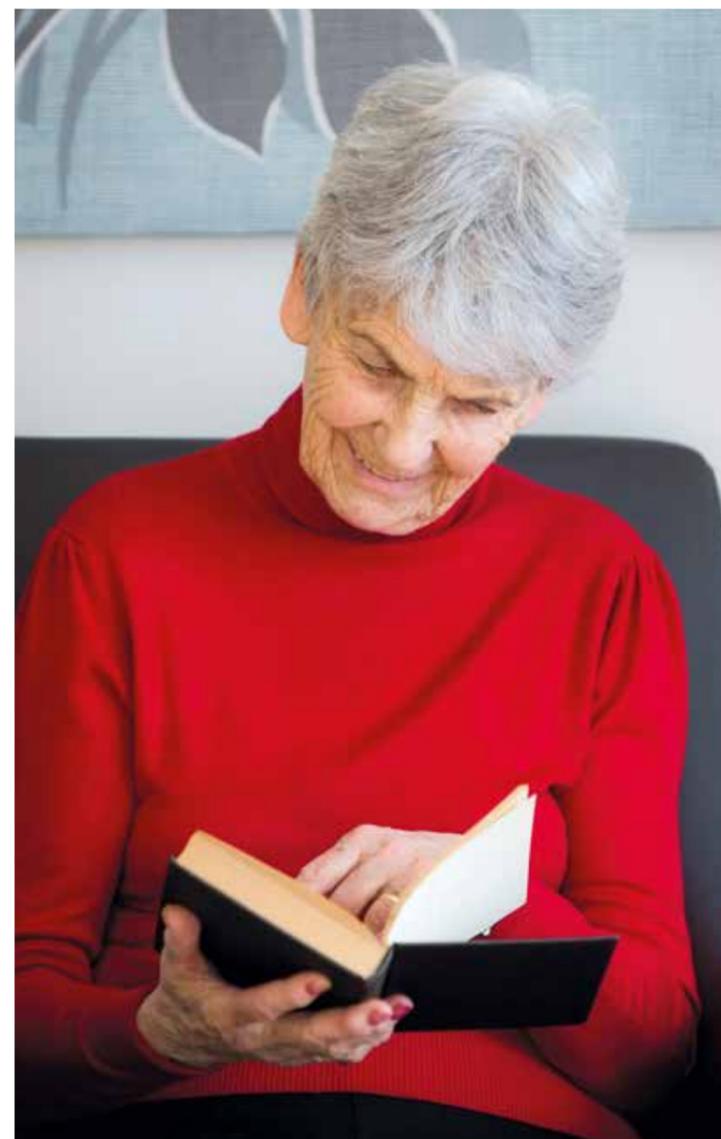
Regular organised activities vary and include seated exercises, entertainment with regular shows, quizzes and concerts; hobbies, such as arts and crafts, flower arranging, painting and card making; and games.

Events are always optional, but our dedicated activity champions help deliver a full calendar of structured and meaningful activities. Family and friends can also participate, so there's bound to be a lot that appeals.

Here at Balhousie Coupar Angus, we offer a full range of caring support: residential, nursing, convalescent and post-operative care; respite care, Alzheimer's & dementia care and palliative care.

My team is fully trained to meet the special needs and requirements of residents.

If you would like to discuss special care needs please contact me: [kathleen.beattie@balhousiecare.co.uk](mailto:kathleen.beattie@balhousiecare.co.uk)



## Listening

**Our open door policy promotes two-way communication. We are committed to listening to, and meeting the needs of, our residents.**

We consult with them on menu choices, activities programmes and general home and service improvements.

Our professional chef prepares seasonal menus that cater for specific dietary requirements, delivering healthy, appealing and nutritious meals that reflect nutritional needs.

## Keeping in touch

**Living in Balhousie Coupar Angus is a safe and supported continuation of the lifestyle you have been used to enjoying, and we welcome and encourage visitors.**

Family are always welcome to join in activities and, if we have notice, can join you for lunch or an evening meal. They may be interested in joining the feedback group I've already mentioned, where your experience can help us continually improve the enjoyment for all residents.

If your family live further afield, our internet corner is very popular. The team is always happy to help you. We have residents whose family Skype regularly from Australia, and your friends and family can post videos and photographs at any time, which we'll always ensure you see. We'll also help you keep in contact by email and provide regular updates via our quarterly newsletter.

## The community

**Our Care Home is at the bottom of a quiet cul-de-sac close to the centre of Coupar Angus and set amidst the calm and serenity of our beautiful landscaped garden.**

With excellent access throughout the building, including full lift access to all floors, our approach embraces an overall feeling of wellness for our residents; right at the heart of the local community.

There are four comfortable communal sitting rooms here, each providing space to meet up with old and new friends alike. Coffee, tea and hot chocolate are available throughout the day, as is a range of tasty squashes and refreshing fruit drinks.

The location of our home also encourages strong interaction with the community. We invite people into our home for a 'pop-up' dining experience and take residents to the local coffee shop and pub to enjoy their favourite tippie.





## Coupar Angus

**Coupar Angus is a small market town on the River Isla.**

Nestled between the Grampian mountains to the north and the Sidlaw hills to the south, the town is set amidst the rich agricultural land of Strathmore, which provides us with a range of fresh, local produce for residents to enjoy through our seasonal menus.

### **Balhousesie Coupar Angus Care Home**

Meadowside Close, Coupar Angus PH13 9FB

tel: 01828 424930 email: [enquiries@balhousesiecare.co.uk](mailto:enquiries@balhousesiecare.co.uk)



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