

## What our guests have to say



*"Being at Oak Trees allows me to be independent but gives me the support I need. It's nice to meet new guests each time I stay."*



*"Oak Trees is the No 1 care place in Norfolk. Everyone should come and experience it first hand to see what it has to offer."*

## Contact us

If you would like more information about respite care at Oak Trees, or if you, a relative or a friend would like to arrange a stay, why not pop in for a chat, or give us a call. We would love to hear from you.

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Oak Trees residential and supported living services are registered with the Care Quality Commission (CQC). Visit [www.cqc.org.uk](http://www.cqc.org.uk).

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# Oak Trees Respite Care



Respite care and short breaks for adults with a learning difficulty



## Welcome to Oak Trees

Located close to the Centre of Attleborough, a small market town in the heart of Norfolk, Oak Trees is a four-bedroomed house providing short stay care for people with a learning difficulty.

The house has four single bedrooms, three of which are on the ground floor and are suitable for wheelchair users. The fourth bedroom is upstairs, next to where the staff sleep at night.

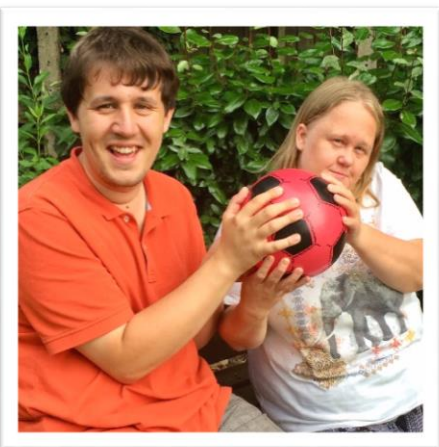
Facilities include a spacious lounge, large conservatory, a sensory room, kitchen/diner, bathroom, laundry room and large garden.

At Oak Trees, we have a seven-seater vehicle so guests can enjoy trips out, as well as two adapted bicycles for local rides.

## What can I expect if I come and stay?

Short stay, or 'respite care' is a bit like a holiday – so that people who usually live at home can make new friends and have some new experiences. It can also be so that someone's long-term carer can have a well-earned break.

At Oak Trees, we like to make sure that everyone has a great time, but also gets a chance to try new things and to learn how to do things that they haven't tried before.



## Sample activity programme

We offer a range of stimulating and interesting activities including:

- Arts and crafts.
- Learning how to cook, plan menus and shop for food.
- Learning how to do laundry, ironing and cleaning.
- Learning how to manage your money.
- Sports, games and accessing local sports facilities like gyms and swimming pools.
- Visits to local pubs, cinemas, bowling alleys and restaurants.
- Outings and trips.
- Special events like discos and dances.
- Attending local health and beauty services.
- Getting involved in the local community and community events.

## Things people like to know

### What will my room be like?

Each room has its own TV, DVD and CD player. There is a bed and places to keep your clothes and things you bring with you. Should you wish to self-medicate, each room is equipped with its own lockable medicine cabinet.

### How long can I stay?

You can choose. Many people stay for a weekend or for a week or two at a time, but we can be flexible to meet people's needs.

### How do I book a room?

If you would like to come and stay with us, please speak to your social care manager, or contact us directly.

We will then arrange for you to come and visit us so you can see what Oak Trees is really like and to meet some of the people who stay and work there.