

North Weald, Epping

# Cunningham House

# Welcome to Cunningham House in Epping

We understand that peace of mind is important to you. That's why we take the time to ensure that's exactly what you get from our Residential and Dementia Care.

Delicious, daily home-cooked meals and everyday housekeeping are organised and all your household bills are included in the cost, leaving you free to enjoy your time.

If you choose to live with us, you'll enjoy your own comfortable room, socialising in shared lounges and dining areas with meal services to cater for your requirements.



# The Abbeyfield Promise: We make time so you can enjoy life

Making time for our residents is at the heart of everything we do.

This promise means we have the time to share friendships, understand individual needs and make every day more fulfilling – so everyone feels valued, content, cared for and safe.



## Residential and Dementia Care

Our Residential and Dementia Care is the perfect way to continue to live independently, with the security of on-site staff who are there 24 hours and day to provide support and companionship as and when you need it. Cunningham House isn't just a care home, it's a home that cares.

# Your home, your way

You'll have your own room and how you decorate it is entirely up to you – it's your room after all.

Your meals and dietary needs are well catered for, with meals served either in your room or our spacious dining room. Our staff and volunteers are always there should you need a helping hand.

There are comfortable shared social spaces, such as lounges and libraries, as well as peaceful gardens to explore. If you'd like to stretch your legs a little further, regular outings are arranged away from the house which you are more than welcome to join.

“The staff and volunteers are so friendly, there's always someone to have a natter with.”



# Your safety and quality assurance

You can't enjoy peace of mind without trust.

This is why Cunningham House is registered and regulated by the Care Quality Commission, the UK's independent regulatory body.

But our quality control doesn't end there – the opinions of our residents matter too. We have regular resident and family meetings, so we can get feedback on how we can improve our service at Cunningham House.



# Time well spent

Cunningham House is a thriving community. Our fantastic team of kind, compassionate and highly trained staff and volunteers not only ensure the safe and smooth running of Cunningham House, they also help make it a friendly, enjoyable place to live.

Though your time is always your own, our staff and volunteers create personalised activity programmes, such as:

- Music events
- Coffee mornings

- Exercise sessions with a Personal Trainer
- Regular trips to local areas

Daily activities are also arranged, but we also believe in spontaneity – whether that's a walk in the garden when the sun shines or an improvised sing-a-long to favourite songs.

Anything goes.

*"The activities offered are numerous and varied, aimed at retaining abilities both mental and physical. The encouragement given by the activity staff is second to none"*  
- Resident's daughter

# Your community

Cunningham House is situated by the well-known North Weald Market and outskirts of beautiful Epping Forrest. North Weald is home to many landmarks, including The North Weald Airfield Museum and The Kings Head, the oldest pub in the county of Essex.

Epping town centre is close by with a number of amenities such as Post Office, GP surgeries and a number of shops, restaurants and pubs. The historic city of Chelmsford is just a short distance away.





Please do get in touch

Whether you're considering Abbeyfield for yourself or a family member, whether you've just started exploring options or are ready to take the next step, we are here to talk.

### Cunningham House

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