



Revitalise

Relaxing stays at Sandpipers
with Revitalise



Revitalise in partnership with Stonewater

About Revitalise

Here at Revitalise we are proud to have been providing fun-filled holidays to thousands of disabled people and their carers, nearly 60 years. Our breaks are a vital lifeline for people with conditions including MS, cerebral palsy, stroke, Parkinson's and more.

At our three Revitalise centres we offer full-board holidays, with round-the-clock expert nurse care as well as plenty of entertainment and the certainty that you'll meet likeminded and friendly people.

During the pandemic, our Sandpipers centre remained open for disabled people and carers throughout, while our other centres supported the NHS. This year we proudly reopened Jubilee Lodge, for revitalising stays in the tranquil Essex countryside near Epping Forest. Both centres are once again offering a proper holiday experience, providing relaxing, sociable and fully supported breaks for our guests.

So, if after two years of uncertainty you're ready to explore once again, we would love to welcome you. Enjoy a change much-needed change of scenery, friendly faces and a break from the day-to-day — *you deserve it.*

**In the pages ahead, we'll show you what a Revitalise break is all about.
So have a little read, we'd love for you to join us.**



Stunning Southport

Set on the shore of the beautiful Sefton coast, Southport is (in our humble opinion) one of England's best coastal towns. Thankfully, this hidden gem doesn't draw the crowds of neighbouring Blackpool or busy Brighton, so its long sandy beaches and 19th Century architecture remain blissfully unspoilt.

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Town History

The town of Southport dates back to the late 18th century, when sea bathing became popular along the Lancashire coast. However, a policy brought in during the 1840's was the real turning point for this town, as it encouraged developments which would turn the town into a seaside resort for the 'refined' and 'well to do'. We only choose the very best settings for our Revitalise centres!

Ever since the 19th century Southport has been a well established high-class resort, with multiple hotels, restaurants, shops and gardens to complement its naturally scenic shores.

Marine Lake

Our Sandpipers centre overlooks the town's large Marine Lake, which is nestled between the town centre and the beach. This man-made lake has long been a popular hang out for locals and wildlife alike, so from the Sandpipers garden you might spot swans gliding across the water as well as families playing on rowing boats and pedalos. Cutting across the width of the lake is the striking Marine Way Bridge, which is one of the town's most iconic sights.

Sandpipers

Southport

Sitting pretty on the shores of Southport's Marine Lake, Sandpipers provides stunning panoramic views from its bright and airy lounge area. Spend your break here relaxing, snapping photographs of the idyllic sunsets and chatting with other guests over dinner or a game or two. Our Guest Relations Manager, Sparkey, is well known for making sure everyone is enjoying themselves and really, when you're in surroundings like these, it's hard not to!

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Facilities

- › En-suite accessible shower rooms
- › Call system
- › Television
- › Airflow mattresses*†
- › Profiling beds*
- › Overhead and manual hoists*
- › Tea and coffee making facilities

Amenities

- › Licensed bar & entertainment area
- › Lakeside Restaurant
- › Tea/coffee area
- › Souvenir shop
- › Internet access and WiFi
- › Sun terrace with balcony
- › Heated indoor hydrotherapy pool*

*Available by prior arrangement only, †Supplements apply.



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On the menu

At Sandpipers we pride ourselves on serving hearty, home-cooked meals which are both beautifully presented and delicious. With multiple options to choose from at every meal, you'll never go hungry in our Lakeside Restaurant. Take a look at some of the mouth-watering meals you might find on the sample dinner menu...

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Mains

Teriyaki Pork

Tender slow-cooked pork in a classic teriyaki sauce, served with a fragrant rice, spring rolls & prawn crackers.

Hasselback Chicken

Oven-cooked chicken breast served in the hassleback way with tomato, mozzarella and basil. Served with vegetables and dauphinoise potatoes.

Mushroom Stroganoff

Served with rice and green beans.



Desserts

Banoffee Cheesecake

A banoffee flavoured cheesecake with bananas, toffee sauce and fresh chocolate cream.

English Cheeseboard

A selection of cheeses with crackers and butter.

Ice Cream or Yoghurt or Fresh Fruit



Life at Sandpipers:

Keeping busy, it's what we do best!

We're working hard to offer excursions again, and plan to launch our new programme in Autumn 2022. In the meantime, take a look at some of the fun things you can look forward to during your break...



Around Town

As we mentioned earlier, there's a wealth of excitement in Southport, and the town is brilliantly accessible.

Relish the seaside breeze as you explore the pier and arcades (make sure to have an ice cream!) or visit the Atkinson museum for a wealth of art and history. The architecture is lovely in the town centre, so even just a wander or shopping around feel like an adventure.



Live Entertainment

Each night at Sandpipers is a riot of fun, with live, in-house entertainment. We often get in the 'best of the northwest' — brilliant local bands, artists and comedians, as well as tribute acts during our special themed nights.

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Valentines Day

Are you looking for a way to celebrate Valentines Day with your special someone? We're here to help! Book a stay with us over the 14th February* and we can arrange a special private dining experience for two – complete with candles, waiter service and white tablecloths. *We'll even throw in a bottle of bubbles!*

**T&C's apply, please enquire for more information.*



Quizzes

When we're not hosting a live singer, our own staff members and volunteers get the fun started, and keep it going. Each week we put on a range of quizzes, karaoke and casino nights — bringing people together for a bit of healthy competition!



Arts & Crafts

From drawing to scrapbooking and painting to poetry, our guests have been keeping up their creativity and have produced some fantastic pieces that they can take home.

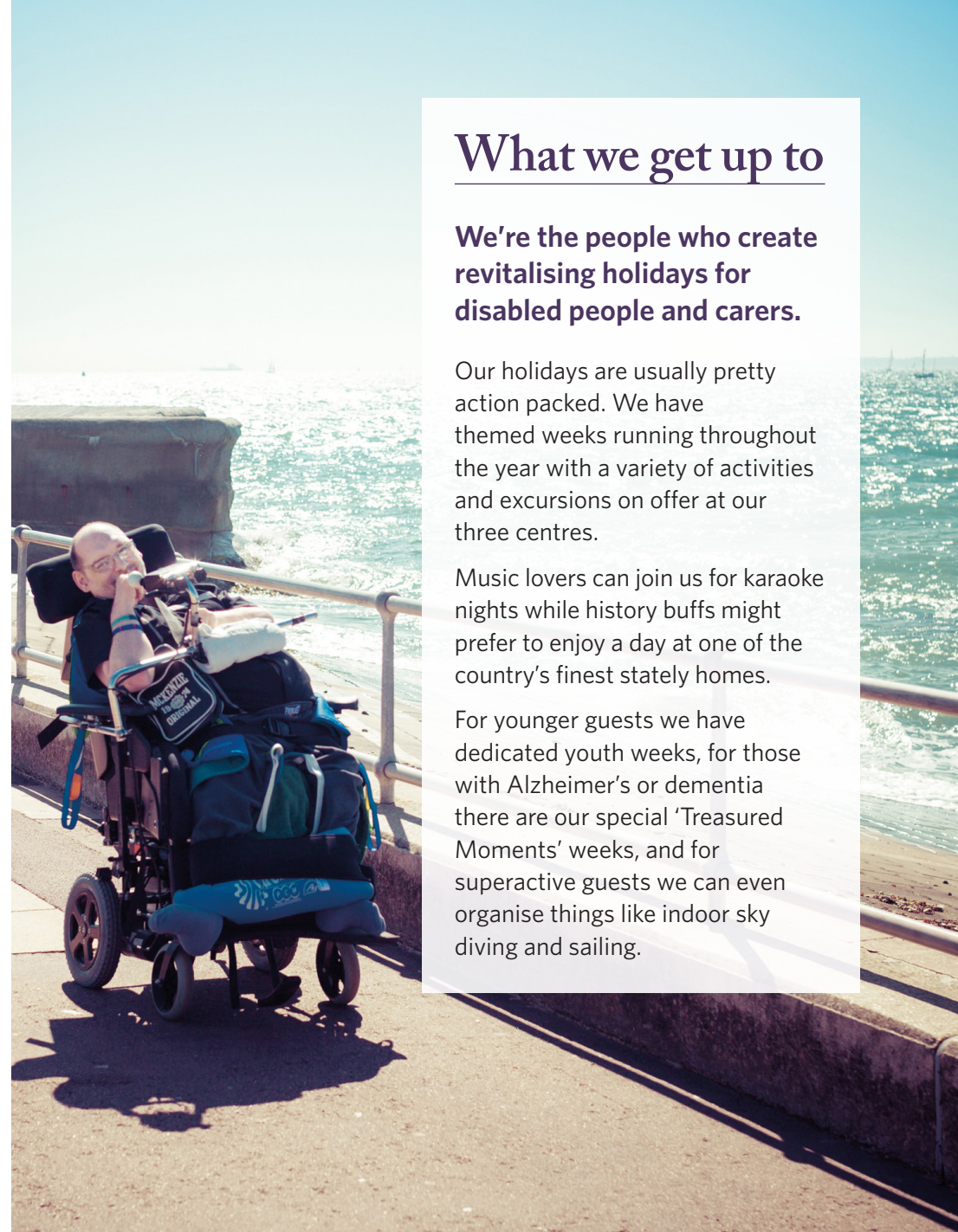
What we get up to

We're the people who create revitalising holidays for disabled people and carers.

Our holidays are usually pretty action packed. We have themed weeks running throughout the year with a variety of activities and excursions on offer at our three centres.

Music lovers can join us for karaoke nights while history buffs might prefer to enjoy a day at one of the country's finest stately homes.

For younger guests we have dedicated youth weeks, for those with Alzheimer's or dementia there are our special 'Treasured Moments' weeks, and for superactive guests we can even organise things like indoor sky diving and sailing.



Care at our Centres

With nearly 60 years' experience providing expert care, we can cater for almost every type of disability or impairment.

We understand that everybody's care needs are different, so when you make a booking, we ask a series of questions to get an overview of your medical conditions and establish which Care Support Package suits you. Before your break, our

nurses will phone to go through pre-assessment questions, identifying your exact needs and addressing any concerns. In most cases, carers and accompanying adults do not require a care support package, but please let our assessment team know if this is required. We offer 24 hour on-call nursing and personal care, with fully qualified staff available on request all day, every day - so you can simply relax and enjoy a worry-free break.

Our Care Support Packages

Care Support Package 1

No specific care needs, but the reassurance of knowing our Care Team is on hand should you need them.

Care Support Package 2

Package 1 reassurance, plus personal care support.

Not sure which level applies to you?

Please feel free to get in touch and we will be more than happy to help with any questions you may have.

Care Support Package 3

Including Package 1 & 2, plus:

- › Support with a hoist
- › Moving assistance
- › Wound care
- › PEG management
- › Stoma management
- › Catheter
- › Other clinical procedures



What our guests say...

Each week, Revitalise Sandpipers welcomes so many people through their doors, and we thought it might be nice to hear what they had to say. One guest, Leon, got in touch to discuss an urgent respite break.

Leon stayed at Revitalise Sandpipers during the first national lockdown, travelling all the way from Southampton for much-needed time away from home. Living with his family, day to day life

can be both easy and hard at times for Leon, with worries that he is always under his family's feet. Leon's mother is also a frontline health worker, so there were concerns that Coronavirus could be brought into his family home. During his stay at Sandpipers, Leon said,

"It has reduced my stress levels from 100 to 20. If it wasn't for Sandpipers, I don't know what I would do."

I just can't thank the staff and Revitalise enough – the organisation, the whole kit and kaboodle for giving me the opportunity to be here. Some days I'm having a really bad day, then you guys pick me up and make me feel better again by saying look its okay to be frustrated and angry."



What our guests say...

"I am my husband's carer and often in need of a break from routine myself so when I found Sandpipers on a web search I was happy to book. So glad I did. My husband loved it and when he had a 'wobble' he received much understanding and care. I was able to relax knowing the staff would just take over. Every one of them is a credit to the organisation.

We shared a double room and have no complaints regards facilities or cleanliness. We both enjoyed having a dip/splash in the pool and it was so lovely and warm."

Jennifer

"It's absolutely excellent here, the staff are brilliant, you can't fault it.

I had to isolate for 7 days and I was quite worried about that. But when I came here, I was put at ease, I was relaxed, I've never received such love and care.

I stayed for Christmas and it was the best Christmas and New Years I've had for years, because usually I would be on my own at Christmas."

Sean

"Since the day I arrived at Sandpipers I just feel like a huge weight's been lifted, I was so alone at home and coming here I'm surrounded by wonderful staff and other guests. There's been an excellent programme of activities each day to keep us occupied and I've enjoyed doing the arts and crafts. Revitalise has been a lifeline for me, and all the staff have helped me get through this period of lockdown."

Grace





We're looking forward to welcoming you to Sandpipers...

Contact Gareth and Tracey at **Stonewater** for more details
Tracey.McNally@stonewater.org | Gareth.Ward@stonewater.org