



Milton Grange Values



Compassion & Kindness



Working Together

Pride in Our Work

Respect



About Us

Milton Grange is an East Sussex County Council facility regulated by The Care Quality Commission (CQC). Reports are available online at www.cqc.org.uk



Our vision at Milton Grange is to assess, improve or restore a person's quality of life after illness or injury through a multidisciplinary rehabilitative process. We also support people with mental health needs to make decisions about their care.

Staff consider all aspects of a person's needs- Physical, psychological, social, and environmental. This support can make a real difference giving a renewed sense of purpose, opening up new horizons, which may change the way a person feels about their future.

Our team find ways to support people to manage daily tasks and activities. This might include finding support initially with self-care, accessing the community

Accommodation

Accommodation comprises of a fully furnished single bedroom with emergency call bells and smoke detectors. All bedrooms have an en suite shower, toilet and washbasin (there are also assisted baths available) and each room is equipped with a plasma TV.



Each unit is self-contained with its own lounge, kitchen and dining room.

We have a large garden with a decking area at the rear of the building with seating areas. There are raised planted beds and a sensory garden to enjoy when the weather allows.



Activities

There are a variety of activities to take part in catering for all needs. For example, board games, quizzes, films and music appreciation as well as the opportunity to take part in chair-based exercises.



Wi-Fi Internet

We have a public Wi-Fi system, which means you will be able to access the internet from most areas, including your bedroom, using your own phone, laptop or tablet. Staff will be happy to assist you with accessing this.

Meals

All our meals are freshly prepared on site and meal choice can be selected for the following day. We can provide a selection of meals including vegetarian, diabetic, Kosher and Halal.

Day Centre

We have a Day Centre on site catering for up to 40 places on