

Welcome to Upper Mead Care Home

Moments to treasure, care & support you can trust.



Welcome to Upper Mead Care Home.

Our lovely family-style home is in the heart of Henfield, West Sussex. Surrounded by green space and trees, Upper Mead is a peaceful, calm and welcoming place to live where family is at the centre of all we do, and all we offer.

We can support people with a range of nursing and residential care needs. With 47 bedrooms, our home is cosy and welcoming, filled with love, laughter and light.

A Place Where Family Matters Most

At Upper Mead, we understand what truly matters — to residents and to their families.

It's knowing your loved one is not only safe, but **happy, valued and surrounded by people who genuinely care.**

It's being able to visit freely, stay connected and continue being part of everyday life. It's the reassurance that care is delivered with **kindness, respect and heart.**

“Knowing Dad is happy, settled and really cared for — like family — means everything to me.”

Daughter of Upper Mead resident

Upper Mead is more than a care home. It's a place where people come together, support one another, and create something very special:



A true home.

We love to welcome visitors – to make an appointment please contact us on **01273 492 870.**



A little about us

At Upper Mead, we believe home should feel like **home in every sense of the word** — warm, familiar, comforting and filled with people who care deeply about one another.

From the moment you walk through our doors, you'll notice the difference. There's a softness in the atmosphere, a genuine friendliness, and a feeling that everyone — residents, loved ones and staff — are part of one extended family.

Our home in the heart of Henfield is filled with **homely touches** — cosy lounges, personalised bedrooms, the smell of freshly prepared meals, and spaces designed for togetherness as well as quiet moments. Nothing feels clinical or impersonal — everything is built around comfort, familiarity and belonging.

Our team go far beyond care. They provide **companionship, reassurance and kindness**, supporting each person as they would a member of their own family. We take the time to understand life stories, routines, and the little details that make someone feel truly at home.

“From the moment I stepped in, it felt warm, cosy and welcoming — not like a care home, but like a place where people genuinely care about each other.”

Daughter of Upper Mead resident

This is a place where **relationships matter**, where families remain close, and where every day is shaped around what matters most to the people who live here.





Welcome from Our Manager, Lynn Lovett

For more than 30 years, Lynn Lovett has been at the heart of Upper Mead — a steady, caring presence who has helped shape the home into what it is today.

Starting her journey as a night care assistant while raising her family, Lynn quickly discovered that caring for others was not just a job, but her true calling.

“This home is my life and my world,” Lynn often says — a reflection of the deep connection she has with both residents and her team.

Over the years, Lynn has grown with Upper Mead, becoming Home Manager around 15 years ago. Her leadership is rooted in **compassion, respect and community**, and she is passionate about creating a home where everyone feels valued and included.

Under Lynn’s guidance, Upper Mead has become a place where:

- People are treated with **dignity, warmth and respect** at all times
- Families feel welcomed, involved and reassured
- Staff build **genuine, lasting relationships** with those they support

Lynn takes great pride in the family culture that exists within the home:

“We don’t just provide care here — we build relationships. We laugh together, we support each other, and we make sure every person feels they belong.”

Her commitment is reflected in the atmosphere you feel the moment you arrive — a home that is not only well-led, **but truly lived in and loved.**

Life at Upper Mead – A True Family Experience

Life at Upper Mead is shaped around the people who live here — their routines, preferences, hobbies and relationships.

There is no “one-size-fits-all”. Instead, we create a rhythm of life that feels natural, familiar and fulfilling.

“Everyone’s so friendly — it feels like they really know me. It’s comfortable, relaxed... it feels like home.”

Josh – resident at Upper Mead



Wellness at Upper Mead

Wellbeing at Upper Mead is about much more than care — it’s about **living well, staying connected and finding joy every day.**

We combine meaningful human interaction with **innovative technology** to support both body and mind:

- Burns Gyms online sessions to keep residents active and engaged
- Sentai AI assistants in bedrooms for reassurance, independence and communication
- Ayla technology to support those living with dementia
- Interactive tables to encourage social connection, memory stimulation and cognitive wellbeing
- Regular entertainment, visiting performers and events

Whether it’s gentle exercise, music, laughter or quiet reflection, we support each person’s wellbeing in a way that feels natural and enjoyable.



Dining at Upper Mead

Mealtimes at Upper Mead are an important part of daily life — not just for nourishment, but for **connection, comfort and enjoyment.**

Our dining spaces feel like a family kitchen and dining room, where people gather, chat and share moments together.

Residents enjoy:

- Freshly prepared, home-cooked meals
- Choices that reflect personal tastes and preferences
- Opportunities to dine socially or more quietly
- Flexible mealtimes that suit individual routines

It’s about more than food — it’s about creating that **familiar, comforting feeling of sitting down together.**

Our Lovely Home

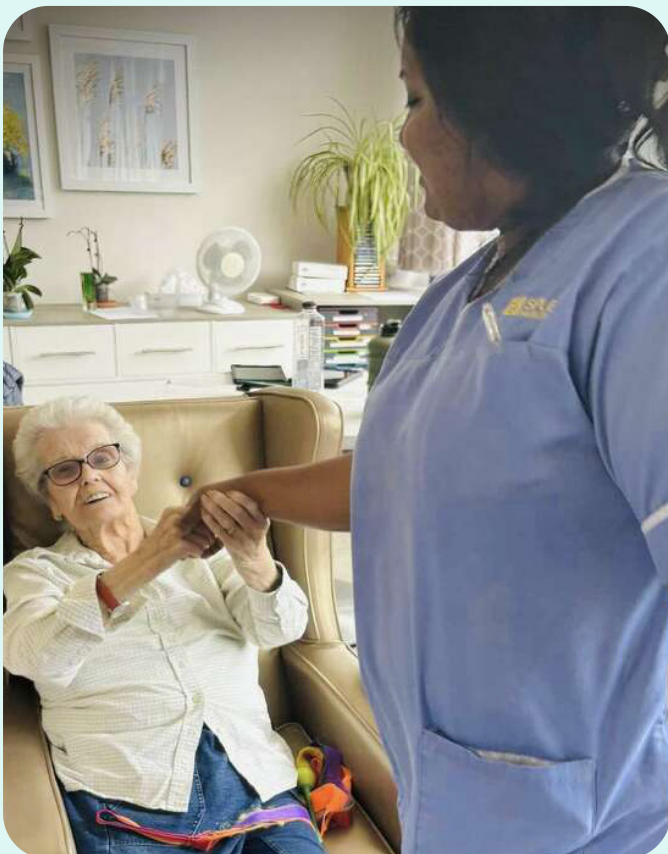
Upper Mead has been thoughtfully designed to feel safe, welcoming and truly homely.



What our home offers:

- Comfortable **communal lounges** for relaxing and socialising
- Bright, welcoming **dining areas**
- A **beautiful, secure garden** for fresh air and quiet moments
- Peaceful **quiet lounges**
- A hair salon and spaces for pampering and wellbeing
- **47 ensuite bedrooms**, each personalised to feel like home

Every space encourages comfort, independence and community, helping residents feel at ease wherever they choose to spend their time.



Care at Upper Mead

We provide a range of care services, always delivered with warmth, dignity and a personal touch:

- **Residential care** – for those who value companionship with gentle support
- **Nursing care** – for more complex health needs
- **Dementia care** – with specialist understanding and compassionate approaches
- **Respite care** – short stays in a welcoming, supportive environment
- **Palliative care** – with dignity, comfort and kindness at the heart

Every care plan is personalised, created alongside residents and their loved ones to reflect what matters most.

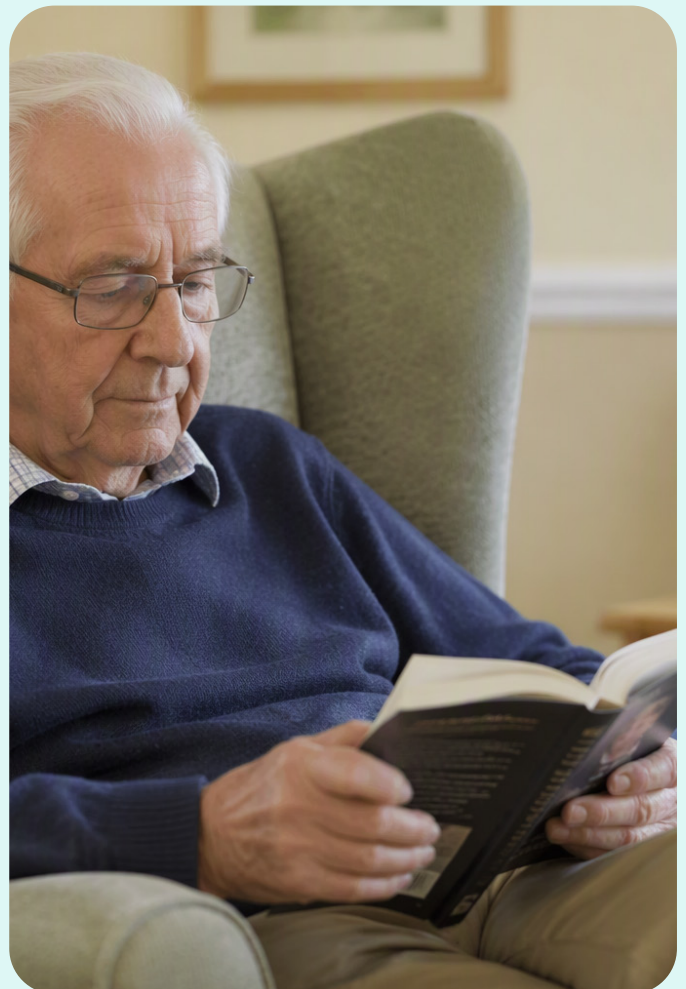


Who We Support

At Upper Mead, we support people with a wide range of needs, including:

- Those living with **dementia**
- Individuals with **physical health needs or reduced mobility**
- People requiring **short-term recovery or long-term care**

Above all, **we focus on the person, not just their needs** — their story, their preferences, and what makes them feel at home.





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