

# SUPPORTING SOBRIETY THROUGH

# OUTSTANDING CARE

>> Providing care and support for some of society's most vulnerable people is a challenging task, and a Manchester care home is leading the way.

Rated "outstanding" by the Care Quality Commission, Mary and Joseph House in the Ancoats region of the city, is a residential care home for gentlemen with past and present alcohol problems and mental health issues.

The facility offers 30 single rooms and 11 self-contained flats, plus two lounges, a dining room and bistro, games

rooms, doctor's surgery, chapel, art room and a woodwork room. Landscaped gardens provide a safe haven where residents can enjoy some fresh air and exercise, and are given the opportunity to grow herbs and vegetables.

Residents are referred via social services or local health authorities from anywhere in the country, and the home, which is run by a Christian-based charity, is a role model in its approach to partnership care.

Food and nutrition play a vital role in helping the residents on their road to recovery, and Alex Fraser is the home's catering manager. Born in Manchester but

raised in Perth, Australia, Alex and his wife returned to the UK in 2011.

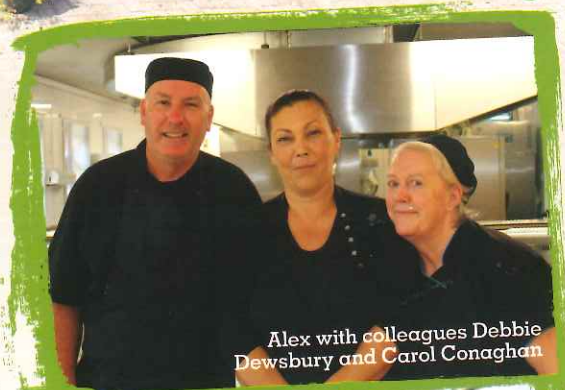
He explains the approach at Mary and Joseph House. "Our residents are gentlemen who have had past and present alcohol and mental health issues. We work in partnership with medical professionals to try to educate the residents of the benefits of a healthy and well balanced diet and good hydration. With their consent we work in partnership to improve their quality of life to have better physical health and mental wellbeing.

**“It's rewarding helping our residents through their recovery and food plays a big part”**

"Most of our 41 residents are from a generation of eating 'meat and two veg' so a lot of our dishes tend to be traditional favourites but with a healthy twist, things like cottage pie but with vegetables in with the meat and a layer of sweet potato."

Everyone gets a birthday cake on their special day and themed events, such as barbecues and Chinese New Year celebrations, are a regular occurrence.

Country Range ingredients are key to many of Alex's dishes. "I really like the Country Range Baked Beans because they're sugar and salt reduced, which is good for our residents on a healthy and nutritious diet. The Country Range Oat Flakes are great



Alex with colleagues Debbie Dewsbury and Carol Conaghan



Mary and Joseph House dining area

value and we also use them to make granola and to add a nice texture to fruit crumbles.

"I'm also a big fan of the Country Range IQF Cod Fillets. They don't shrink when you cook them and it's a really nice tasting fish."

The best thing about his role is the job satisfaction it brings. Continues Alex: "It's a very rewarding job helping our residents through their recovery and food plays a big part in that. Many residents didn't have good eating habits before they came here so it's wonderful to be able to be a positive influence on them and watch them regain their health."