

# Tramore Nursing Home



ENHANCING THE QUALITY OF LIFE  
FOR OLDER PEOPLE

Mowlam  
Healthcare 

**Purpose-built  
luxurious accommodation**



## **Tramore Nursing Home**

**Mowlam Healthcare provides person-centred health care with compassion, dignity, and respect. Our clear focus is 'To Enhance the Quality of Life for Older People'.**

### **This is The Mowlam Way**

Our 92 bed home-from-home is supported by an exceptional team of compassionate nurses, senior carers and care assistants, whose focus will be to enhance the lives of the elderly residents in our care.

Each bedroom provides a private, comfortable and personal environment for both short-term recuperation or as a place to make your home. Residents' private bedrooms are just as important as our communal spaces in fostering a sense of home.



## Personalised Nursing Care

- Long & Short Term Care
- Respite Care
- Rehabilitation Care
- Dementia Care

## Services

In addition to 24 hour nursing care, Tramore Nursing Home offer services such as the following:

- Dementia Specific Therapies
- Activities based programmes
- Physiotherapy
- Occupational Therapy
- Music Therapy

Our residents are provided with a choice of meals daily and all specialised diets and special requests will be catered for and have input from a dietitian.



## Resident-led activities & therapies

### Living with Purpose

We work tirelessly to ensure that we are doing everything we can to promote our residents' overall health and well-being.

We encourage our residents to engage, enjoy, express, and live as full, independent and active a life as possible with us. Our dedicated activities team develop an extensive weekly calendar of group and one-to-one activities, tailored to the unique needs, and expressed interests, of our residents. Residents' freedom of choice guides everything we do.

On a typical week residents enjoy music, singing, dancing, light exercise, games, gardening, social activities, pampering treatments, and excursions when weather allows. Our activities programming is designed to turn each day into an opportunity for our residents to live with purpose.



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# A tranquil setting in the heart of Tramore

The prime location of Tramore Nursing Home enables local residents to remain part of a community.



## Enquiries

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**[mowlamhealthcare.com](http://mowlamhealthcare.com)**

Tramore Nursing Home participates in the FAIR DEAL scheme.  
Registered Provider: Mowlam Healthcare Services Unlimited Company.

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