

Continuing your ongoing care at Preston Lodge after a hospital stay

Trustwide Clinical

Information for Patients

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Welcome

Welcome to Preston Lodge.

- We are a care service run by University Hospitals of Leicester (UHL)
- We are in Spinney Hill near the Merlyn Vaz Centre.
- We have 24/7 nursing care to make sure you are safe and comfortable during your stay.
- We currently have 53 beds.
- You will stay here for a short time if you do not need hospital care anymore but are not quite ready to go home.



This leaflet has information and advice about your stay. We want to work with you over a short period of time to offer the best care and experience so you can be discharged safely.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

Why am I going to Preston Lodge?

You do not need to stay in hospital now. But you still need some help before you go home. The team at Preston Lodge will help you to:

- feel more confident
- get stronger
- be more independent

so that you can go home or to a care home (with or without extra support).

What will happen while I'm at Preston Lodge?

- We will help you move around safely.
- The physiotherapy and occupational therapy team will work with you on a personal plan.
- We have a dietician who can support your nutritional needs while your with us.
- There is a day room. It has daily activities. You can join other people in a similar situation to you.
- Meals will be served 3 times a day in the dining room. Menus are handed out the day before, where your dietary needs will be met.
- Please wear your own clothes. Your relatives can bring in your own clothes, toiletries and other items. Your family will also be encouraged to wash your clothes at home.
- Our aim is to help you get better and moving. We will keep you and your family informed on a regular basis.
- We will involve your carer(s) or next of kin if we have your permission.

How will my stay at Preston Lodge help me?

Going home or to a care home quickly is better for your health. Staying in hospital too long can make it harder to get better. We want you to be as independent as possible.

You will stay here until your discharge plan is ready.

Independence is our ethos and our service objective is:

By working with you and your family, our aim is to achieve the safest outcome while maintaining your independence

What is Preston Lodge like?

Preston Lodge has single person bedrooms. There are lots of toilets and showers. Each bedroom has a sink, a radio, lockable storage, space for visitors and a nurse call system.

There is also

- a large day room with TV facilities
- a dining area
- therapy assessment room
- 24 hour access to refreshments
- a courtyard garden

We would like you to be in the day room as much as possible for activities and games.

If you ever need any help or assistance during your stay, there is a call bell in your room that will alert the nurses that you need help.



Top tips for your stay

- **Keep active** - Do your exercises 2 or 3 times a day on your own. We will give you advice on walking and transfers that you can do in between your therapy sessions. The more you do, the more progress you will see and the quicker you can be discharged.
- **Keep hydrated** - drink plenty of water. Eat well.
- **Keep changing your position** - try to sit out in your chair or the day room. This will help keep your body and mind active. It will help you get stronger and have more confidence to be independent. Staying in bed means your recovery takes longer. It affects your physical and mental wellbeing.

If you are not sure what you can and can't do on your own safely, or have any concerns or pain, please stop and speak to a member of the team who will help you.



Frequently asked questions

Where is Preston Lodge?

20 Kingfisher Avenue, Leicester, LE5 3FY

There is limited visitors parking to the rear of the building.

Who will look after me?

Staff from Leicester's hospitals. These are nurses, health care support workers, trainee nursing associates and allied health professionals, as well as therapy staff from our hospitals.

Can my relatives visit me?

Yes. There may be times visiting may be limited (for example during a pandemic for everyone's safety). This is reviewed regularly. You can keep in touch by phones and tablets. For the most up to date information please contact the team at Preston Lodge directly.

How long will I be here?

This will depend on where you will go next. Our aim is that you will be here for as short a time as possible.

What if I still have care needs when I leave?

We will talk to you and your family and/or carers about what support you need before discharge. The team will assess your needs so that the support you need is in place.

For any other queries or concerns please contact us directly at 0116 502 1650 or 0116 502 1651.

Alternatively please call 0781 546 3204 / 0781 546 3208

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net