

Ashton Manor Care Home

Specialist mental health residential care in a small, therapeutic setting in Bognor Regis.

CQC RATED

Good

22 ensuite beds · Aldwick, Bognor Regis

Thank you for getting in touch. Finding the right setting for someone with complex mental health needs takes careful thought. This guide tells you a little about Ashton Manor and how we can help.

What We Offer

- ✓ **Complex Mental Health Care**
Residential therapeutic care for adults with schizophrenia, bipolar disorder, psychosis and personality disorders.
- ✓ **Challenging Behaviour Support**
Experienced staff trained in de-escalation, PBS and managing high-risk situations safely and with dignity.
- ✓ **Dementia Care**
A secure, understanding environment with staff trained in memory care and person-centred approaches.
- ✓ **Rehabilitation & Recovery**
Goal-focused support to help residents build independence, confidence and daily living skills.
- ✓ **Respite Care**
Short-term placements when circumstances change or families need a break.

What Happens Next

1

Get in Touch

Call or email us. We'll listen and understand the situation.

2

Visit Us

Come and see Ashton Manor. Meet the team. See how we work.

3

Move In

We plan a careful transition so the person feels safe and settled.

"We started as a mental health care home over 40 years ago. It's not a service we offer — it's who we are."

— Rebecca Newman-Smith, Managing Director

What Makes Us Different

MENTAL HEALTH ROOTS

Founded by mental health nurse Sue Newman. Now led by her daughter Rebecca. Mental health care is our origin — not a bolt-on.

SMALL & SPECIALIST

Just 22 beds. Small enough that every resident is known, understood and genuinely cared for.

EXPERIENCED TEAMS

Staff trained in PBS, MI (Motivational Interviewing) and complex mental health. Low turnover means deep relationships.

OPEN DOOR

Families are welcome any time. No visiting restrictions. Your involvement matters to us.

Practical Information

LOCATION

Aldwick, Bognor Regis, West Sussex. A quiet residential area with easy parking for visitors.

ACCOMMODATION

22 single-occupancy ensuite rooms. Residents are encouraged to personalise their space and make it feel like home.

DAILY LIFE

Freshly prepared meals, structured therapeutic activities and community outings. We focus on recovery, growth and quality of life.

FUNDING

We welcome both private and local authority funded residents. We work with placement teams across multiple councils.

Compare Your Care Providers

Use this worksheet to compare the providers you're considering. We've filled in our answers — see how others measure up.

Choosing a care provider is one of the most important decisions a family can make. Use this sheet to ask every provider the same questions and write down their answers. Comparing side by side makes it easier to see who truly delivers — and who just says the right things.

Tip: Print this page and take it with you to calls and visits. The provider who gives you the most specific, honest answers is usually the one worth trusting.

QUESTION TO ASK	ASHTON MANOR ✓	PROVIDER 2	PROVIDER 3
Will we have the same staff? Consistency is the single biggest factor in quality care.	Consistent care teams. Staff who know each resident's triggers, patterns and personality — crucial for mental health care.		
What training do your staff have? Look for specifics — mental health, PBS, medication management. Not just "fully trained."	All staff complete PBS, MI, mental health crisis management, medication management and safeguarding training. Specialist ongoing CPD.		
What is your staff turnover? High turnover means new faces constantly. The sector average is around 30%.	Low staff turnover. Experienced, stable team — essential for residents who need consistency and trust to feel safe.		
How will you keep us informed? Who is the main contact? How often are updates?	Named care coordinator. Regular updates and families included in reviews and care planning. Transparent communication throughout.		
What happens if needs change? Can the care team respond quickly?	Care adjusted quickly by the on-site team. Mental health needs can change fast — we respond in hours, not days.		
Can we visit before deciding? Good providers welcome visits without hesitation.	Yes. We encourage families and referrers to visit, meet the team and see how the home works before any commitment.		
What can't you support? Honest providers know their limits. If someone says they can do everything, that's a red flag.	We're honest about our limits. If someone's needs go beyond what we can safely support, we'll tell you and help find the right setting.		
What is your CQC rating? Check cqc.org.uk . Look at Safe, Caring and Well-Led.	Good — across all areas. Independently inspected by the Care Quality Commission. VERIFIED — CHECK OUR REPORT ON CQC.ORG.UK		
What are their reviews like? Check carehome.co.uk and Google. Look for detail, not just stars.	We welcome honest feedback. Our reviews on carehome.co.uk reflect real experiences. Read them carefully rather than counting stars. ★★★★★	☆☆☆☆☆	☆☆☆☆☆
Your Overall Feeling	✓		

A perfect 10/10 review score might look reassuring — but is it realistic? Genuine care providers earn honest feedback, not flawless ratings. Trust the reviews that feel real. Trust your gut.