



Alexandra House care home

A photograph of a young man with a beard, wearing a light blue short-sleeved shirt with a name tag, walking and talking with an elderly Black man with a white beard and glasses. The elderly man is wearing a purple shirt and a black leather jacket. They are walking through a field of yellow wildflowers with green foliage in the background.

*Live later
life well*

Residential, residential dementia and short-stay care in Harwich

The care home where *history is made*

On the site of a once historic hotel hosting King Edward VII in 1905, Alexandra House has evolved into a purpose-built care home offering modern facilities while retaining its rich heritage.

Located on the seafront at Marine Parade in the heart of Dovercourt Bay, residents enjoy panoramic sea views and convenient access to local amenities, including shops, cafés, and community hubs.

With a welcoming team led by Kerry Graves, who brings over nine years of experience, the home offers personalised care with a focus on creating a family-like atmosphere. The home is just a short walk from Dovercourt train station, making it easy for loved ones to visit.

Alexandra House combines its historic charm with modern comforts, ensuring residents feel supported, connected, and part of a close-knit community.



“

I am proud of my residents and helping them in providing the best care is what I care about most. The feel of the home is more of a family rather than a workplace. I like that when I have finished for the day, I have made a difference, and seeing that love, affection, and smile on the resident is absolutely priceless.

Kerry Graves, Home Manager



Gardens for *all seasons*

Our beautifully landscaped outdoor spaces are an essential part of life for residents. Providing a peaceful retreat and wrapping around the home they have been designed to be accessible for everyone to use.

As you stroll through the gardens there is plenty of comfortable seating and sociable patio areas where you and your family can relax and enjoy the fresh coastal breeze. In summer months they become a venue for garden parties, barbecues and live entertainment.

Of course, we are also lucky to have the wonderful seafront on our doorstep. With the evocative sounds of the seagulls and the very special views we consider the easy access as an extension of our grounds and regularly take advantage of this proximity to make the most of the outdoors and fresh air.



We are so grateful to all the staff who are so dedicated to the wellbeing of the residents. It really gives us peace of mind knowing she is safe and well cared for.

Family testimonial from carehome.co.uk

A taste of *home*

**Mealtimes are more than just about food
- they're opportunities for connection,
celebration, and enjoyment.**

Catering Manager Simon, who has been with the home for four years, prepares fresh meals daily using locally sourced ingredients. Residents have a say in the menus, ensuring every dish reflects their tastes and preferences.

Friday's fish and chips are a particular highlight, with Simon's unique extra crispy batter receiving high praise from residents.

To add buzz around mealtimes, we also plan a calendar of special events and themed days where residents enjoy trying different dishes and getting to know more about different cultures and the flavours in their cuisine. You will find us all enjoying dishes from around the world as well as the traditional favourites like a hearty Sunday roast, ensuring that there is something for everyone.

The dining rooms are welcoming spaces that are filled with chatter and friendship and when you pair this with personalisation of meeting dietary needs, we make every mealtime at Alexandra House feel like home.



What you can expect at Alexandra House:

- Meals are freshly prepared by our in-house chef.
- Menus are designed around seasonal produce.
- Ingredients are sourced locally wherever possible.
- Drinks and snacks are on-hand 24 hours a day.

Take a look at our sample menu:

Lunch

Traditional roast pork
with apple sauce.

or

Goats' cheese, spinach
and tomato quiche.

*All served with seasonal potatoes
and roasted root vegetables.*

Watermelon sorbet.

Evening meal

Soup of the day, with a
selection of sandwiches.

or

Cheese and potato pie.

Lemon drizzle cake.







Support that *speaks for itself*

At Alexandra House we provide residential and dementia care for up to 47 residents in comfortable ensuite bedrooms, delivering tailored support to meet the unique needs of every resident.

Our dedicated team, many of whom have been with the home for over five years, make sure that our residents receive consistency and familiarity in their care.

Facilities like our hairdressing salon and communal lounges create a comfortable and homely environment. Weekly visits from GPs, district nurses, and other healthcare professionals ensure that residents' medical and wellbeing needs are met promptly.

At Alexandra House, care is more than just a service - it's about creating a home where every resident feels valued, respected, and loved.



My mother-in-law who suffers with dementia moved into Alexandra House 18 months ago, and she is so happy. We are so grateful to all the staff who are so dedicated to the wellbeing of the residents, they are all so genuine and really do care.

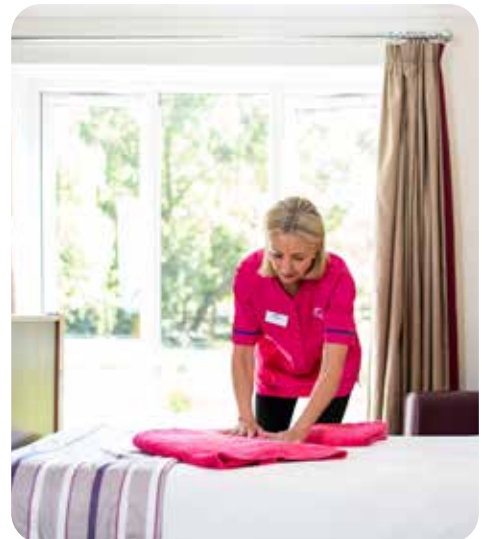
Family testimonial from carehome.co.uk

Our commitments to you:

- You'll remain in control of your care and support. Always.
- You'll be supported by a caring, compassionate team.
- You'll benefit from proven and pioneering therapies.
- You'll be valued and respected in a like-minded community.
- You'll be free to make this home your own – inside and out.

Facilities

- Single furnished ensuite bedrooms.
- Award-winning music therapy to support life with dementia.
- Comfortable lounges and communal areas.
- Hairdressing salon for care and pampering.
- 24/7 nurse call system in every room.
- Landscaped gardens with patio areas.
- Dedicated chaplain for spiritual support or private reflections.









Living later life well

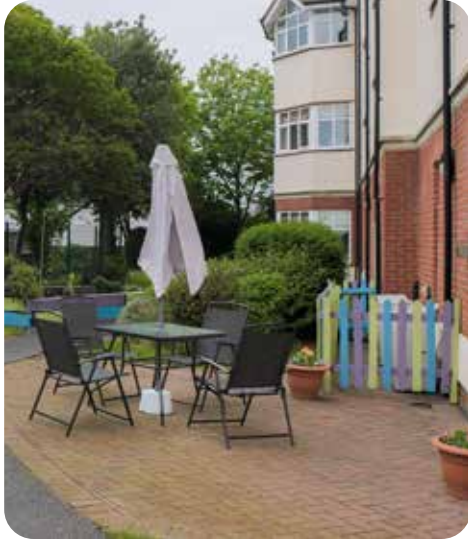
When you think of a care home, what springs to mind?

Life here is vibrant and varied, with activities tailored to residents' interests. Weekly Knit and Natter sessions bring residents together to create blankets for local hospitals, while flower arranging is a favourite for its creativity and beauty.

Music plays a central role in the home, with regular sessions led by Music Therapist Ruth. Residents living with dementia enjoy everything from nostalgic wartime songs to lively hits by Rod Stewart and Bob Marley. Seasonal events, like autumnal harvest-themed arts and crafts or visits from Mayflower Primary School for Christmas carols, bring a sense of celebration and connection to the home.

The tropical fish in the lounge provides a soothing background, while visiting animals like dogs, guinea pigs, and cockatiels bring smiles and moments of joy. Residents also love engaging with the pets, watching their antics, and even helping to care for them.

Whether it's enjoying a day at the local pub for lunch, visiting the dementia café at the library, or participating in armchair exercises, every day offers opportunities to celebrate life, build connections, and create lasting memories.



Here *for you...*

Whether you're searching for yourself or a loved one, for residential, residential dementia and short-stay care, our team at Alexandra House will be here to help.

We understand that searching for a care home can be a confusing time for any family. So, we hope it's reassuring to know that our doors are always open. Our advice is always generous. Our residents are always eager to welcome a new character into the fold. And our charitable ethos will always guide everything we do.

We'll be ready to support. Whenever you need us:



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Proud to be part of MHA

For more than 80 years, families have been choosing MHA to support the needs and aspirations of their loved ones in later life.

People have been forging friendships through our community programmes. Fundraising to drive our charitable goals. And spreading the warmth, comfort and spirituality that you'll find across every MHA care home, community and development.

It's always for one reason, which will *a/ways* stay the same: helping older people to live later life well.



mha.org.uk/alexandrahouse



Get in touch

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