We shared a community then and we share one now

A care home exclusively for the Armed Forces community

ROYAL BRITISH LEGION

Mais House
Care Home

At Mais House, we share something special

Rediscover the unique sense of camaraderie and belonging that you felt as part of the Armed Forces community.

Situated near picturesque Bexhill-on-Sea, East Sussex, Mais House is a period building with a sense of grandeur. Only a few miles from the sea, residents enjoy regular trips to nearby coastal towns such as Hastings, Brighton, and Eastbourne. We cater to the needs of ex-service members and their families, bringing together those who already share a common bond.

Welcome home

Mais House Care Home is a place where ex-servicemen and women and their spouses can feel completely at home. Our residents' shared experiences in the Armed Forces create a truly unique and supportive community, where everyone looks out for one another.

We have 51 refurbished en-suite bedrooms, as well as multi-purpose activity rooms designed by our residents, a bar lounge, and a memorial garden that's lit up for an evening stroll. Our nurses love being at Mais House and offer an expert level of care within our specialist nursing wing.

My team and I take great pride in the fact that our residents feel so at home at Mais House, and we're privileged to look after those who have given so much to our country.

Emma Ballard
Mais House Manager

To find out more about our home or to arrange a visit

**Call us on
01424 215 871**

or visit rbl.org.uk/maishouse

Where comfort meets companionship

Make the most of every day in Mais House. Relax in your modern en-suite bedroom, the comfortable lounges, or one of two well-stocked libraries. Enjoy time with friends and family in the bar lounge and onsite cinema or take in the views in the conservatory overlooking the landscaped gardens. Residents can attend a service with Reverend Olivia, who's been coming to Mais House for the last 16 years.

Social interaction and community are a huge part of the day-to-day life of our home. Our dedicated Activities Co-ordinator can help you pursue old and new hobbies with a whole range of activities including yoga, music therapy, cooking, quiz nights.

What makes Mais House so unique?

Whether you're planning for your own future or looking on behalf of a loved one, here are a few of the features that make our care home special.

- It's a community designed exclusively for ex-serving personnel and their families, where everyone, whether you're visiting, working, or staying, has fun and looks out for each other

- There's a food forum every three months, where caterers and residents come together to help make choices about the menus

- The unique octagonal dining room was designed by our residents, using lamb's wool on the ceiling to capture vibrations to help those with hearing difficulties

- We hold regular events to get the local community involved, such as inviting local school children to a Teddy Bears Picnic on the grounds

- A regular minibus service takes residents out for day trips, and there are always lots of activities at the house

- Experienced registered nurses and a team of care assistants provide 24-hour care, plus an aromatherapist, hairdresser and masseuse on site

- We're really proud of our Butterfly Suite, where we've created a private space for families to stay with their loved ones and organise final requirements in a safe and loving environment.

"Since my husband came into Mais House, everyone has been very helpful and caring. The rooms are comfortable and there is plenty of entertainment for the residents. Thank you to all who look after my husband so well."

Christine, wife of Mais House Care Home resident

"Mais House is well run, from management down to cleaning staff. All staff are friendly. The chef looked after my dietary needs, all staff knew my name by the second day and checked if I was ok or needed anything often. Very happy stay."

Alan, Mais House Care Home respite resident

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