

Welcome to the Westmeria Healthcare product and service brochure.

Please use this as your point of reference for your equipment and service needs. Throughout these pages we will detail to you the products that we offer, the services we can provide and useful information that we feel would be of benefit to you.

Our Services

Westmeria Healthcare provides a wide range of best of breed medical equipment, backed by comprehensive service and support. We offer solutions to suit the requirements of hospitals, trusts, the community and nursing homes of all sizes - in the private and public sector.

Our specialist pressure relieving systems form the core of our product range and are available on retail or rental basis. We can fulfil orders ranging in size and budget from one-off products, to complete new hospital developments.

We are consistently developing our product range, which caters for the individual needs of patients in the very high risk category, all the way through to those at low risk.

Purchasing and Supply Agency (PASA) National Framework Agreement

The Pressure Care products advertised in this brochure are included in the National Framework Agreement for Pressure Area Care:
Ref No CM/MSS/05/3740.

Cont..

Introduction & Navigation

Indexing System



This brochure uses an indexing system to allow you to find what you want, when you want it, with the least amount of effort.

Each page has a side bar like this one identifying the key points of each product.

Low - Medium - High Risk



To navigate between the four individual sections, please use the coloured tabs at the head of the side bar. The sections are as follows:

Pressure Area Care

Beds

Hoists, Slings & Baths

Information

Other Services

Within these sections you will find the side bars are headed with a product category followed by an image thumbnail of the product, then the product name and a brief description. Where applicable this will be accompanied by a risk level indicator appearing in the form of traffic lights as depicted above. The appropriate level will be highlighted for the product you are viewing.

The most important details of the product or service will then be outlined.



Moving and Handling products are also included in the National Framework Agreement for Moving and Handling equipment ref: A/6/N/1344/11.

For more information on our products included in the National Framework Agreement, please visit: www.pasa.nhs.uk

Westmeria Healthcare Services/ Repair and Maintenance

Westmeria Healthcare can provide a full maintenance and repair service for a wide range of moving and handling equipment, dynamic air mattresses and electric profiling beds.

Our team of engineers operate throughout the UK providing services to Private and Public healthcare organisations. These range from single hoist and mattress servicing, to preventative and annual maintenance contracts. Please see the Information section to find out more.

Westmeria Healthcare Decontamination Services

Westmeria Healthcare can provide a full equipment cleaning and decontamination service for private and public healthcare organisations. Our decontamination process is in line with full NHS guidelines and is based around single patient use.

We can offer a range of decontamination and cleaning services from single piece equipment cleaning, to full contract cleaning arrangements. Please see the Information section to find out more.

Westmeria Rental

Westmeria Healthcare is currently one of the largest pressure area care rental companies in the South East. Served by our London based logistics team, we are able to provide a wide range of products for rental on long or short term contracts.

Our service is based on same day delivery* and includes delivery, collection and decontamination. Westmeria Healthcare operates a single patient use policy for its rental equipment, avoiding the risk of cross contamination.

Please see the Information section to find out more.

**Conditions apply*

New Build and Refurbishments

Westmeria Healthcare has substantial experience working with customers in the new build and refurbishment market. Having been involved in the supply of products to new homes ranging from 10 to 100 rooms, our flexible approach to price and delivery has seen us become experts in this area.

Full Medical Evaluation Data

All high risk pressure area care products have been evaluated by the Medical Dynamics Agency at Salisbury District Hospital. Professor Ian Swain's full report is available on request.



www.westmeria.com



Logistics Office
Telephone
01322 520 580
Facsimile
01322 554 621

Our Depot

It all starts here...



Introduction

Introduction
Contact Information
Facilities
Brochure Contents

Pressure Area Care

Dynamic Mattresses:
Baros Compact Overlay, Baros Overlay, Piezo Mattress Replacement
Dynamic Seating:
Air Cushion
Static Mattresses:
Easylay, Resteasy, Duoturn, Premier
Static Seating:
Resteasy, Duoturn, Premier, Premier Gel
Domestic Memory Foam Mattress

Beds

Nursing / Community Bed Range:
Trend, Defero, Euro
Specialist Bed Range:
Low, Bariatric, Bespoke
Hospital Bed Range:
Independent Versa

Hoists, Slings & Baths

Universal Hoist:
Diana
Stand Aid:
Raisa E
Multi Purpose Hoist:
Lexa, Unilift
Slings
Specialist Baths:
Lena / Swing

Information

Rentals Service
Repairs, Servicing & Audits
Managed Services, Reporting & Decontamination
Free Training – dynamic systems & patient hoists
Pathway of Care
Price Lists

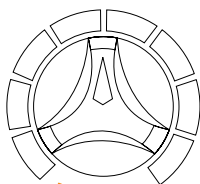
Other Services

Counselling

Please use this as a guide to our new brochure.

As our range of products and services grow, we may supply you with updates to the folder.

If you can't find what you are looking for, please call us on the number below.



Baros
Compact



Transport
mode



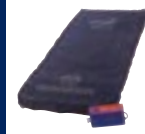
Waterproof
slide cover



Compatible with
the Dynamic
Seat Cushion

Pressure Area Care

Dynamic Mattresses



Baros Compact

Overlay System

Low - Medium Risk



westmeria
healthcare limited

vital support for **healthcare** professionals

Unit 21
Optima Park
Thames Road
Crayford
Kent DA1 4QX

email
enquiry@westmeria.com

website
www.westmeria.com

Head Office
Telephone
01322 520 560
Facsimile
01322 554 182

Logistics Office
Telephone
01322 520 580
Facsimile
01322 554 621

Baros Compact

Mattress Overlay System

Features

- 4 inch (10cm) 18 cell dynamic overlay
- 9 min 36 second 2 cell cycle
- Maximum weight: 19 stone (121 kgs)
- Suitable for electric profiling beds
- Lightweight and portable for maximum flexibility
- Dual purpose pump with integrated fixing hooks
- Manual weight setting dial (kgs)
- Low pressure detection unit with visual alarm
- Vapour permeable waterproof PU nylon cover with 360° zip
- Constructed from high quality, durable materials
- One year warranty included – extended warranty available
- Standard size 200 x 90 x 10cm

Additional Features

- Non slip pads on underside of the mattress base

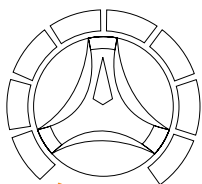
Key Benefits

- Long working life
- Low maintenance
- Minimal ambient noise
- Dual-purpose pump can also be used with the dynamic seat cushion.

Helpful Hints

- Use a 3 inch (7.5cm) overlay foam mattress as a base to reduce the overall height. (Total height = 7 inches, 17.5cm)
- By turning the comfort dial to maximum pressure the mattress will inflate quicker (make sure you return to correct setting once inflated)
- Using the fixing hooks, make sure the pump control panel is on show at all times. (Fixed to the footboard)
- Join mattress connectors together to retain the air in the mattress in case of a power cut or in transport mode.

If you are unsure of any of the information above, please contact Westmeria Healthcare for FREE mattress training.



Baros



Transport mode



Comfort cover (shown above)



2 way stretch



Compatible with the Dynamic Seat Cushion

Pressure Area Care

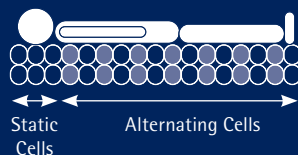
Dynamic Mattresses



Baros

Overlay System

Medium - High Risk



westmeria
healthcare limited

vital support for healthcare professionals



Unit 21
Optima Park
Thames Road
Crayford
Kent DA1 4QX

Head Office
Telephone
01322 520 560
Facsimile
01322 554 182

email
enquiry@westmeria.com

website
www.westmeria.com

Logistics Office
Telephone
01322 520 580
Facsimile
01322 554 621

Baros

Advanced Mattress Overlay System

Features

- 5 inch (12.5cm) 17 cell dynamic overlay
- 9 min 36 second (2 cell cycle)
- Maximum weight: 22 stone (140 kgs)
- Suitable for electric profiling beds
- Lightweight and portable for maximum flexibility
- Dual purpose pump with integrated fixing hooks
- Manual comfort setting dial with weight guidance table (lbs, kgs, st)
- Low pressure detection unit with audible and visual alarms with an alarm mute facility
- Static mode function (for patient care & cleansing)
- Easily accessible single tag CPR facility.
- Choice of comfort or 2 way stretch cover with 360° zip
- Constructed from high quality, durable materials
- One year warranty included - extended warranty available
- Standard size 200 x 90 x 12.5cm

Additional Features

- Elasticised retainers to secure the mattress to the base.
- 3 Static head cells to avoid unnecessary head movement.

Key Benefits

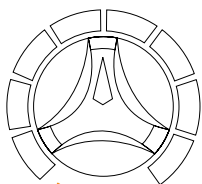
- Long working life
- Low maintenance
- Minimal ambient noise
- Dual-purpose pump can also be used with the dynamic seat cushion.

Helpful Hints

- Use a 3 inch (7.5cm) overlay foam mattress as a base to reduce the overall height. (Total height = 8 inches, 20cm)
- By turning the comfort dial to maximum pressure the mattress will inflate quicker (make sure you return to correct setting once inflated)
- Using the fixing hooks, make sure the pump control panel is on show at all times. (Fixed to the footboard)
- Increase the weight setting by one, if the client sits up in bed
- Join mattress connectors together to retain the air in the mattress in case of a power cut or in transport mode.



If you are unsure of any of the information above, please contact Westmeria Healthcare for FREE mattress training.



Piezo



Transport mode



Comfort cover (shown above)



2 way stretch



Compatible with the Dynamic Seat Cushion

Pressure Area Care

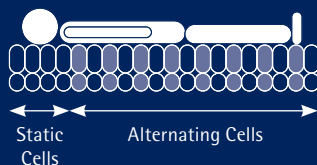
Dynamic Mattresses



Piezo

Replacement System

High Risk



westmeria
healthcare limited

vital support for **healthcare** professionals



Unit 21
Optima Park
Thames Road
Crayford
Kent DA1 4QX

Head Office
Telephone
01322 520 560
Facsimile
01322 554 182

email
enquiry@westmeria.com

website
www.westmeria.com

Logistics Office
Telephone
01322 520 580
Facsimile
01322 554 621

Piezo

Mattress Replacement System

Features

- 8 inch (20cm) 20 cell dynamic replacement
- 9 min 36 second (2 cell cycle)
- Maximum weight: 26 stone (160 kgs)
- Suitable for electric profiling beds
- Lightweight and portable for maximum flexibility
- Dual purpose pump with integrated fixing hooks
- Manual comfort setting dial with weight guidance table (lbs, kgs, st)
- Low pressure detection unit with audible and visual alarms with an alarm mute facility
- Static mode function (for patient care)
- Choice of comfort or 2 way stretch cover with 360° zip
- Easily accessible twin tag CPR facility.
- Constructed from high quality, durable materials.
- One year warranty included - extended warranty available
- Standard size 200 x 90 x 20.3cm

Additional Features

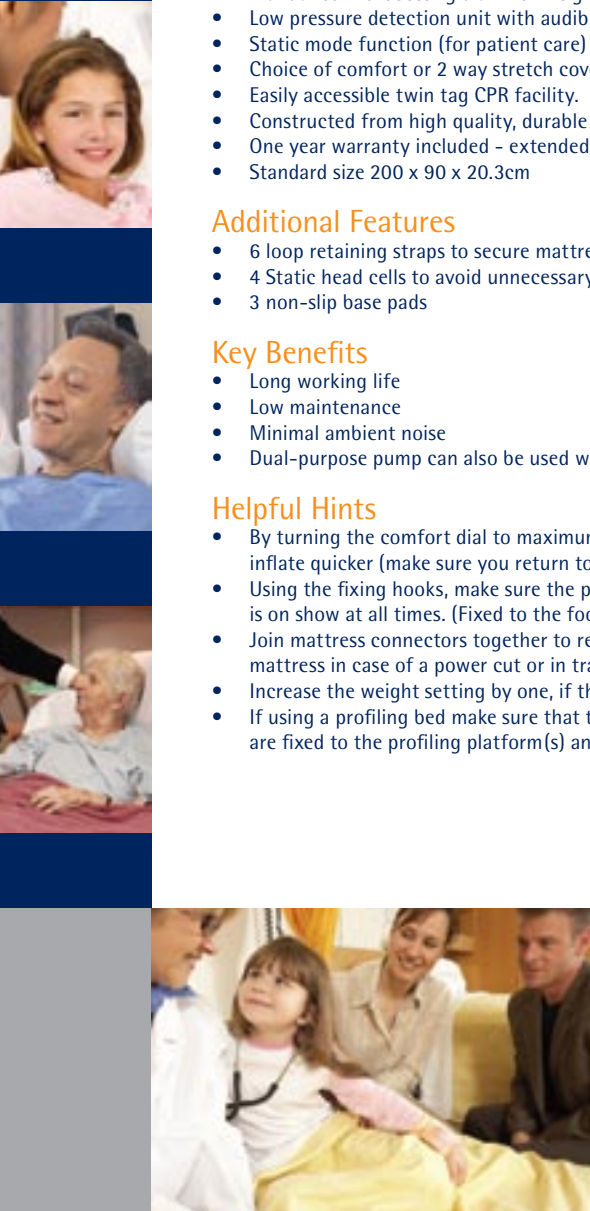
- 6 loop retaining straps to secure mattress to base
- 4 Static head cells to avoid unnecessary head movement
- 3 non-slip base pads

Key Benefits

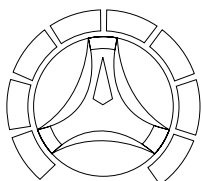
- Long working life
- Low maintenance
- Minimal ambient noise
- Dual-purpose pump can also be used with the dynamic seat cushion

Helpful Hints

- By turning the comfort dial to maximum pressure the mattress will inflate quicker (make sure you return to correct setting once inflated)
- Using the fixing hooks, make sure the pump control panel is on show at all times. (Fixed to the footboard)
- Join mattress connectors together to retain the air in the mattress in case of a power cut or in transport mode
- Increase the weight setting by one, if the client sits up in bed
- If using a profiling bed make sure that the retaining loops are fixed to the profiling platform(s) and not the bed frame.



If you are unsure of any of the information above, please contact Westmeria Healthcare for FREE mattress training.



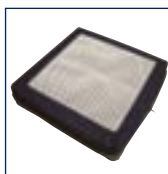
Air Cushion



Inside detail.



Deflatable cells.



Non-slip base.

24 hour care when used with Dynamic Mattresses

Pressure Area Care

Dynamic Seating



Air Cushion and Pump

Dynamic Seat Cushion

Medium - High Risk



westmeria
healthcare limited

vital support for **healthcare** professionals



Unit 21
Optima Park
Thames Road
Crayford
Kent DA1 4QX

Head Office
Telephone
01322 520 560
Facsimile
01322 554 182

email
enquiry@westmeria.com

website
www.westmeria.com

Logistics Office
Telephone
01322 520 580
Facsimile
01322 554 621

Seat Cushion and Pump

Dynamic Seat Cushion

Our Dynamic pressure relief cushion can help to assure total continuity of patient care

Features

- 4 inch (10cm) 6 cell dynamic cushion
- Supported by a foam base
- 9 min 36 second, 2 cell cycle
- Maximum weight: 19 stone (121 kgs)
- Suitable for all standard size chairs
- Compatible with all of Westmeria pumps
- Lightweight and portable for maximum flexibility
- Two-way stretch waterproof cover
- Non-slip base
- Easy clean
- Constructed from high quality, durable materials
- One year warranty included- extended 'low cost' warranty available (including parts & labour)
- Takes 10 seconds to inflate (approx)
- Standard size 44 x 44 x 10cm

Additional Features

- Ergonomically designed foam front section for leg support
- Long pipe connection

Key Benefits

- Cost Effective
- High Quality
- Provides continuity of pressure care from bed to chair
- Suitable size for wheelchairs
- Long pipe connection
- Works with Westmeria single and dual pumps

Helpful Hints

- Using the fixing hooks, make sure the pump control panel is on show at all times (fixed to the side of the chair)
- Tuck the piping through the back of the chair to keep it out of the way



If you are unsure of any of the information above, please contact Westmeria Healthcare for FREE training.

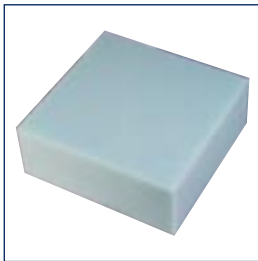
Product
Specification
Tables

Dynamic Mattress Specifications

Reference	Baros Compact	Baros	Piezo
Risk Category	Low – Medium Risk	Medium – High Risk	High – Very High Risk
Width	90 cm	90 cm	90 cm
Length	200 cm	200 cm	200 cm
Height	10 cm	12.5 cm	20 cm
Patient Weight Limit	121 kg (19 st)	140 kg (22 st)	160 kg (26 st)
Cells	18 individual	17 individual (3 Static Head Cells)	20 individual (4 Static Head Cells)
Cover Available	Vapour Permeable Waterproof PU Nylon	Quilted or 2-way Stretch	Quilted or 2-way Stretch
CPR Facility	N/A	Yes – 1 Tag	Yes – 2 Tags
Dual Purpose Pump	Yes	Yes	Yes
Static Mode Facility	No	Yes	Yes
Visible/Audible Alarm	Visual	Visual & Audible	Visual & Audible
Warranty	1 Year	1 Year	1 Year
Extended Warranty Available	Yes	Yes	Yes
Dynamic Seat Cushion	Dynamic Seat Cushion Designed to work on all three products		

For Clinical Scoring guidance,
please refer to our 'Pathway of Care'

Easylay



Excellent cost effective mattress for hospitals, community, residential and nursing homes.

Easylay

(Low - Medium Risk)

Static
Mattresses



Easylay

Foam Overlay

Low - Medium Risk



Static Mattress

Easylay

Features

- 3" (7.5cm) foam overlay
- Maximum weight: 19 stone (121 kgs)
- Suitable for electric profiling beds
- Designed to work in conjunction with dynamic overlay
- 2 way stretch vapour permeable waterproof cover
- One year warranty
- Complies with British Standards
- Standard size 190 x 90 x 7.5cm

Key Benefits

- Easy clean surface
- Excellent pressure reduction
- Height reduction, whilst using overlay air mattress (see picture below)



Before



After



Resteasy & Duoturn



Resteasy
(Low Risk)



Duoturn
(Medium Risk)

Pressure Area Care

Static Mattresses



Resteasy & Duoturn

Replacement
Mattresses

Low - Medium Risk



Static Mattresses

Resteasy

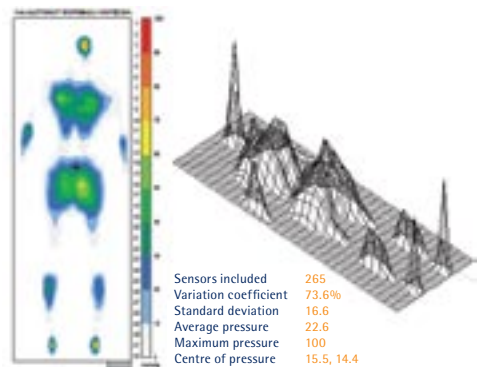
Foam replacement for low risk patients

Features

- 6 inch (15 cm) foam replacement
- Maximum weight: 20 st (127 kgs)
- Suitable for electric profiling beds
- 2 way stretch vapour permeable waterproof cover
- 4 way turning regime to extend mattress life
- One year warranty
- Easy clean surface
- Complies with British Standards
- Standard size 190 x 90 x 15 cm
- Long mattress 205 x 90 x 15 cm

Key Benefits

- Good pressure reduction
- Prolonged life



Pressure mapping after 5 minutes.

Duoturn

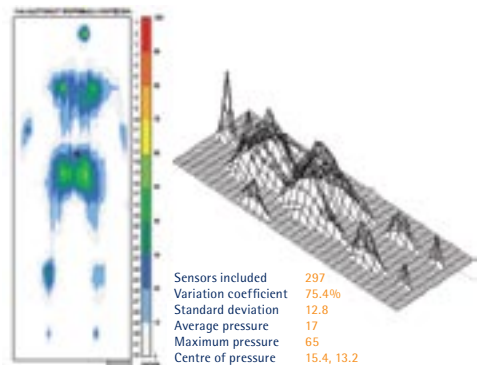
Foam replacement for medium risk patients

Features

- 6 inch (15 cm) foam replacement
- Maximum weight: 20 st (127 kgs)
- Suitable for electric profiling beds
- 2 way stretch vapour permeable waterproof cover
- 4 way turning regime to extend mattress life
- One year warranty – conditions apply
- Easy clean surface
- Complies with British Standards
- Standard size 190 x 90 x 15 cm
- Long mattress 205 x 90 x 15 cm

Key Benefits

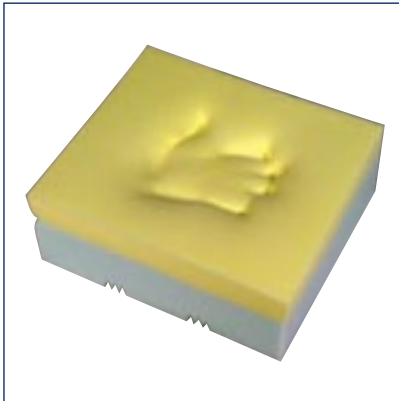
- Excellent pressure reduction
- Prolonged life



Pressure mapping after 5 minutes.



Premier



Premier "Memory
Foam" Mattress

(High Risk)

Static Mattresses



Premier

Replacement
Mattresses

High Risk



Static Mattresses

Premier

Premier Plus

Visco elastic replacement for high risk patients

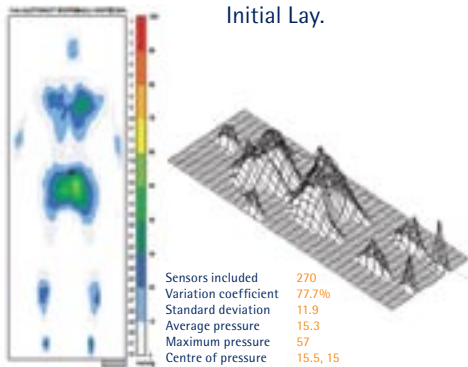
Features

- 6 inch (15cm) foam replacement
- Maximum weight: 20 stone (127 kgs)
- Visco elastic 'memory foam' layer
- 2 way stretch vapour permeable waterproof cover
- 2 way turning regime to extend mattress life
- Zip on three sides for easy inspection or removal of the cover
- Easy clean surface
- One year warranty - conditions apply
- Complies with British Standards
- Easy clean surface
- Standard size 190 x 90 x 15 cm
- Long mattress 205 x 90 x 15 cm

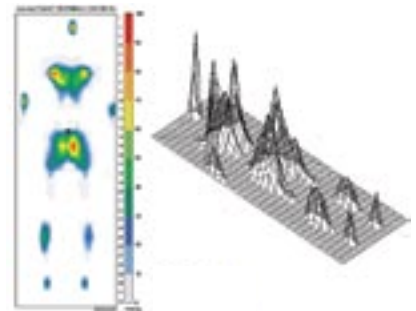
Key Benefits

- Increased pressure redistribution

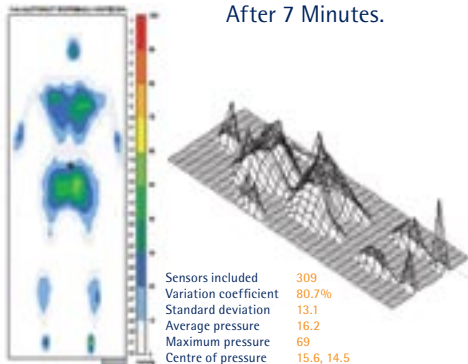
Initial Lay.



Standard Divan.



After 7 Minutes.

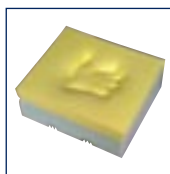


Sensors included 198
Variation coefficient 91.2%
Standard deviation 22.8
Average pressure 25
Maximum pressure 100
Centre of pressure 15.9, 13.3

This was tested in an average room temperature.

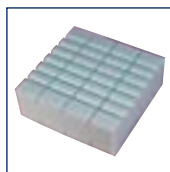
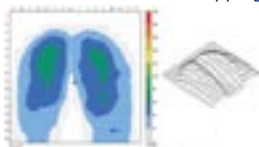


Resteasy, Duoturn, Premier Foam Cushion



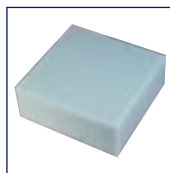
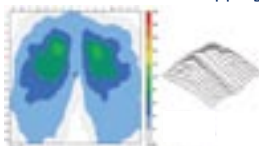
Premier
(High Risk)

Pressure mapping



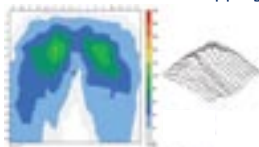
Duoturn
(Medium Risk)

Pressure mapping



Resteasy
(Low Risk)

Pressure mapping



Pressure Area Care

Static Seating



Static Cushion

Low - Medium - High Risk



Sensors included 182
Variation coefficient 47.8%
Standard deviation 17.3
Average pressure 36.2
Maximum pressure 72
Centre of pressure 8.4, 9.1

Sensors included 240
Variation coefficient 55.5%
Standard deviation 19
Average pressure 34.3
Maximum pressure 96
Centre of pressure 8.5, 8.0

Sensors included 234
Variation coefficient 55.5%
Standard deviation 20.8
Average pressure 37.6
Maximum pressure 103
Centre of pressure 8.2, 8.0

westmeria
healthcare limited

vital support for **healthcare** professionals



Unit 21
Optima Park
Thames Road
Crayford
Kent DA1 4QX

Head Office
Telephone
01322 520 560
Facsimile
01322 554 182

email
enquiry@westmeria.com

website
www.westmeria.com

Logistics Office
Telephone
01322 520 580
Facsimile
01322 554 621

Static Cushions

Premier

Foam cushion for high risk patients

Features

- 3 inch (7.5 cm) static cushion
- Visco elastic topper
- Excellent pressure redistribution
- High comfort levels
- Designed to fit standard size chairs and wheel chairs
- Precision profiled surface
- Two-way stretch waterproof cover
- Easy clean
- Constructed from high quality, durable materials for long working life
- Low Maintenance
- Complies with British Standards
- Maximum weight: 16 stone (101 kgs)
- One year warranty
- Standard size 43 x 43 x 7.5 cm



Duoturn

Foam cushion for medium risk patients

Features

- 3 inch (7.5 cm) static cushion
- Excellent pressure redistribution
- 8 way turning regime to extend cushion life
- Designed to fit standard size chairs and wheel chairs
- Precision profiled surface
- Two-way stretch waterproof cover
- Easy clean
- Constructed from high quality, durable materials for long working life
- Low Maintenance
- Maximum weight: 16 stone (101 kgs)
- One year warranty
- Standard size 43 x 43 x 7.5 cm



Resteasy

Foam cushion for low risk patients

Features

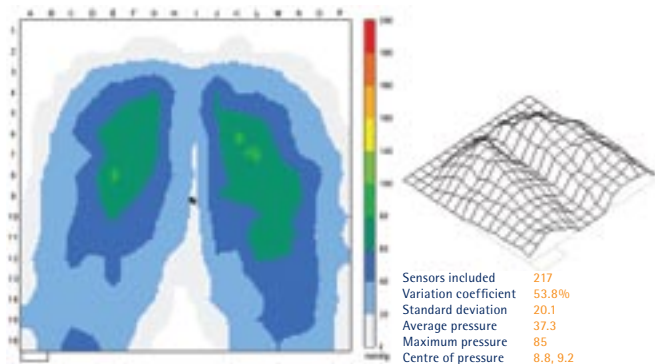
- 3 inch (7.5 cm) static cushion
- General purpose use
- Designed to fit standard size chairs and wheel chairs
- Precision profiled surface
- Two-way stretch waterproof cover
- Easy clean
- Constructed from high quality, durable materials for long working life
- Low Maintenance
- Complies with British Standards
- Maximum weight: 16 stone (101 kgs)
- One year warranty
- Standard size 43 x 43 x 7.5 cm



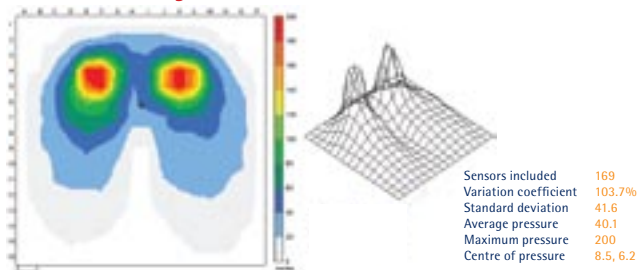
Premier Gel Foam Cushion



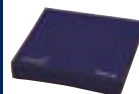
Premier Gel



Standard Seating



Static Seating



Premier Gel

Static Cushion

High Risk



Static Cushion

Premier Gel

Foam cushion for high-risk patients

Features

- 3 inch (7.5cm) static cushion
- Gel sac
- Assists patient movement
- Excellent stability in use
- Specific ischial protection
- Perineal pressure protection
- Precision profiled surface
- Two-way stretch waterproof cover
- Easy clean
- Constructed from high quality, durable materials for long working life
- Low Maintenance
- Complies with British Standards
- Maximum weight: 17 stone (108 kgs)
- One year warranty
- Standard size 43 x 43 x 7.5 cm





Wake up refreshed with Comfort Memory Foam Mattresses.

What is Memory Foam?

Comfort™ memory foam consists of billions of open, spherical-shaped cells that are viscoelastic, meaning they are solid yet have liquid properties. This viscoelastic property, in addition to the memory foam's temperature and weight sensitivity, enable the cells to shift position and reorganise to conform to your body contours. The memory foam material softens in warmer areas where the body makes the most contact with the surface and remains firmer in cooler areas, where less contact is made. By absorbing and evenly distributing your body's weight over its surface, the memory foam eliminates uncomfortable pressure points.

Comfort Memory Foam

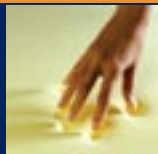
The Comfort™ memory foam gently moulds to your body's own individual shape, weight, and temperatures so you feel a weightless, pressure-free comfort. It gently supports every part of your body, relieving the pressure that can reduce circulation. The result is less tossing and turning and more restful sleep. You'll love the way the memory foam slowly reacts as you lie down, giving you an almost weightless sensation.

Why should I change from my sprung mattress to a memory foam mattress?

Spring Mattresses Don't Provide Adequate Support

When sleeping on a spring mattress, your body is not fully supported. During the night your body mainly rests on the neck, shoulders, hips and ankles. The spring mattress actually pushes against your body, just like when you push on a spring to compress it, it will create a counter pressure by trying to come back to its full state. This counter pressure actually pushes your body into unnatural positions and restricts the blood flow, causing you to toss and turn during the night and feel uncomfortable when you awake in the morning.

Domestic Memory Foam Mattresses



Memory Foam

Mattress



Unit 21
Optima Park
Thames Road
Crayford
Kent DA1 4QX

Head Office
Telephone
01322 520 560
Facsimile
01322 554 182

email
enquiry@westmeria.com

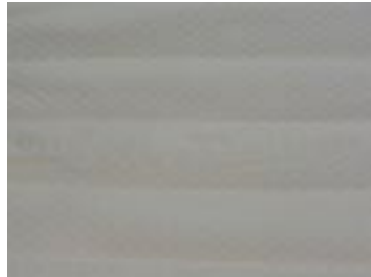
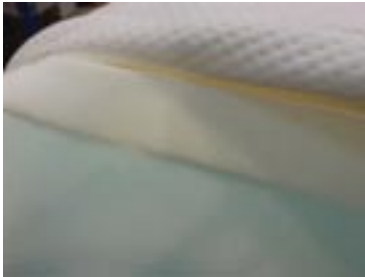
website
www.westmeria.com

Logistics Office
Telephone
01322 520 580
Facsimile
01322 554 621

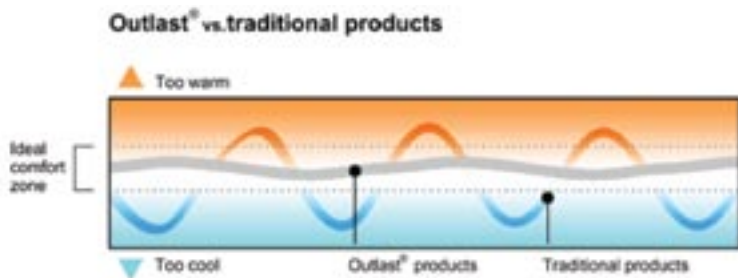
Outlast Cover

Perfect Temperature All Night

The outer cover of all domestic memory foam mattresses are made from a revolutionary material called **Outlast®**. The Outlast® materials interact with your body to help balance temperature by absorbing, storing and releasing the heat that you produce and maintaining a comfort sleeping zone.



The human body naturally sweats to cool the skin, reducing the ability to keep the body dry and comfortable. **This NASA developed technology**, will keep you comfortable by absorbing body heat when too much is created, thereby reducing sweating. You'll have a great night sleep as the memory foam supports your body in just the right areas and the Outlast® controls your temperature so you're not too hot or too cold ... just right™.



Available in standard and made to measure sizes.





Beds

Nursing / Community Bed Range



Trend


westmeria
healthcare limited

vital support for **healthcare** professionals

Unit 21
Optima Park
Thames Road
Crayford
Kent DA1 4QX

Head Office
Telephone
01322 520 560
Facsimile
01322 554 182

email
enquiry@westmeria.com

website
www.westmeria.com

Logistics Office
Telephone
01322 520 580
Facsimile
01322 554 621

Home Care Beds

Trend Community / Nursing Home Bed

The Trend offers a wide range of features based around a tried and tested bed design.

Made from high quality materials, the Trend has a 2 piece frame enabling easy installation and movement.

Features

- Four section profiling platform
- Easy to use handset – functions included:
 - Height adjustable
 - Tilt and reverse tilt
 - Back rest
 - Leg lift with Fowler knee break
 - Lock out facility
- Integrated / removable bed rails
- Removable motors
- Locking castors
- Wooden slatted platform

Optional extras

- Lifting pole, strap and grab handle
- Height extenders (see fig 1)



Fig 1

For bed specification see comparison table at the end of the section.



Beds

Home Care Beds



Defero

The easy move bed



1

Flexible



2

Functional



3

Low


westmeria
healthcare limited

vital support for **healthcare** professionals

Unit 21
Optima Park
Thames Road
Crayford
Kent DA1 4QX

Head Office
Telephone
01322 520 560
Facsimile
01322 554 182

email
enquiry@westmeria.com

website
www.westmeria.com

Logistics Office
Telephone
01322 520 580
Facsimile
01322 554 621

Home Care Beds

Defero - The Easy Fold Bed - Lower, Longer, Stronger...

Features

- Unique fold out action
- Lower - 10 inch (26 cm minimum height adjustment)
- Longer - 6 ft 8 inch (205 cm mattress length)
- Stronger 32 st (200 kg) patient user weight
- Four section profiling platform
- Easy to use handset - Functions include:
 - Height adjust
 - Tilt and reverse tilt
 - Back rest
 - Leg lift with Fowler knee break
- Locking castors
- Metal slatted platform
- Light oak headboard & footboard
- Single person assembly
- 10 yr structural warranty

Optional extras:

- Lifting pole, strap and grab handle
- 3 and 4 bar bed rails
- Battery back-up

Easy storage



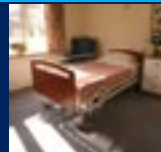
For bed specification see comparison table at the end of the section.





Beds

Home Care Beds



Euro Nursing Home Beds


westmeria
healthcare limited

vital support for **healthcare** professionals

Unit 21
Optima Park
Thames Road
Crayford
Kent DA1 4QX

Head Office
Telephone
01322 520 560
Facsimile
01322 554 182

email
enquiry@westmeria.com

website
www.westmeria.com

Logistics Office
Telephone
01322 520 580
Facsimile
01322 554 621

Home Care Beds

Euro Nursing Home Beds

Available in
wood and metal.

Euro 1000 range

This range is available with a manual leg section or with an electrically opened leg section with knee break (Euro 1002 - see picture)



Metal



Wood

Features

- Two (1000) and four section (1002) profiling platform
- Easy to use handset:
 - Height adjustable from 14" (36 cm)
 - Back rest
 - Lock out facilities
 - Leg lift with knee break (1002 only)
- Removable bed rails
- Removable motors
- Locking castor
- Metal slatted platform
- 3 year warranty

Optional Extras

- Lifting pole, strap and grab handle
- Four bar removable bed rail
- Infrared handset

Euro 3800 range

This ultra low bed range is available with a manual leg section or with an electrically opened leg section with knee break (Euro 3802 - see picture)







Features

- Two (3000) and four section (3802) profiling platform
- Easy to use handset:
 - Height adjustable from 8" (20 cm)
 - Back rest
 - Lock out facility
 - Leg lift with knee break (3802 only)
- Combined back rest and leg lift
- 3 bar removable bed rails
- Removable motors
- Locking castor
- Metal slatted platform
- 5 year warranty





Optional Extras

- Lifting pole, strap and grab handle
- Four bar removable bed rail
- Infrared handset

Comparison Table

Reference	Trend Bed 	Defero bed 	Euro 1000 	Euro 1002 
Width	90 cm (36 inches)	90 cm (36 inches)	90 cm (36 inches)	90 cm (36 inches)
Length of lying platform	190 cm (75 inches)	205 cm (80 inches)	190 cm (75 inches)	190 cm (75 inches)
Height – Low to High	43 cm (17inches) – 83 cm (33inches)	26 cm (10inches) – 66 cm (26inches)	36 cm (14inches) – 72 cm (28inches)	36 cm (14inches) – 72 cm (28inches)
Patient Weight Limit	135 Kg (21 Stone)	200 Kg (32 Stone)	135 Kg (21 Stone)	135 Kg (21 Stone)
Safe Working Load	170 Kg (26 Stone)	400Kg (64 Stone)	200 Kg (31 Stone)	200 Kg (31 Stone)
Electrical height adjustable	Yes	Yes	Yes	Yes
Electrical back rest	Yes	Yes	Yes	Yes
Electrical knee break	Yes	Yes	No	Yes
Manual raised leg section	No	No	Yes	No
Trendelenburg / Anti-Trendeleburg Feature	Yes	Yes	No	No
Warranty on the structure	1 year	10 years	3 years	3 years
Warranty on the motors	1 years	1 year	3 years	3 years

Comparison Table Continued

Reference	Euro 1000 	Euro 1002 	Euro 3800 	Euro 3802 
Width	90 cm (36 inches)	90 cm (36 inches)	90 cm (36 inches)	90 cm (36 inches)
Length of lying platform	190 cm (75 inches)	190 cm (75 inches)	190 cm (75 inches)	190 cm (75 inches)
Height – Low to High	36 cm (14inches) – 72 cm (28inches)	36 cm (14inches) – 72 cm (28inches)	20 cm (8inches) – 77 cm (30inches)	20 cm (8inches) – 77 cm (30inches)
Patient Weight Limit	135 Kg (21 Stone)	135 Kg (21 Stone)	135 Kg (21 Stone)	135 Kg (21 Stone)
Safe Working Load	200 Kg (31 Stone)	200 Kg (31 Stone)	200 Kg (31 Stone)	200 Kg (31 Stone)
Electrical height adjustable	Yes	Yes	Yes	Yes
Electrical back rest	Yes	Yes	Yes	Yes
Electrical knee break	No	Yes	No	Yes
Manual raised leg section	Yes	No	Yes	No
Trendelenburg / Anti-Trendeleburg Feature	No	No	No	No
Warranty on the structure	3 years	3 years	5 years	5 years
Warranty on the motors	3 years	3 years	5 years	5 years



Beds

Home Care Beds



Euro Bariatric Range


westmeria
healthcare limited

vital support for **healthcare** professionals

Unit 21
Optima Park
Thames Road
Crayford
Kent DA1 4QX

Head Office
Telephone
01322 520 560
Facsimile
01322 554 182

email
enquiry@westmeria.com

website
www.westmeria.com

Logistics Office
Telephone
01322 520 580
Facsimile
01322 554 621

Home Care Beds

Euro Bariatric Range

This Bariatric bed range is available with a manual leg section or with an electrically opened leg section with knee break (Euro 3802 – see picture)



Features

- Two (3000) and four section (3802) profiling platform
- Easy to use handset:
 - Height adjustable from 8" (20 cm)
 - Back rest
 - Lock out facilities
 - Leg lift with knee break (3802 only)
- Combined back rest and leg lift
- 3 bar removable bed rails
- Removable motors
- Locking castor
- Metal slatted platform
- 5 year warranty

Optional Extras

- Lifting pole, strap and grab handle
- Infrared handset

The Euro Bariatric range is available in different sizes with different features.

To find the right bed, please see our Euro Bariatric bed specification at the end of this section.

For bed specification see comparison table at the end of the section.



Euro Bariatric Bed Specifications

Reference	LM3050	LM3250	LM3052	LM3252
Width	110 cm (43 inches)	110 cm (43 inches)	120 cm (47 inches)	120 cm (47 inches)
Length	200 cm (79 inches)	200 cm (79 inches)	200 cm (79 inches)	200 cm (79 inches)
Height – Low to High	36cm (14inches) – 72cm (28inches)	36cm (14inches) – 72cm (28inches)	36cm (14inches) – 72cm (28inches)	36cm (14inches) – 72cm (28inches)
Patient Weight Limit	317 Kgs (50 Stone)	317 Kgs (50 Stone)	317 Kgs (50 Stone)	317 Kgs (50 Stone)
Safe Working Load	400 Kgs (62 Stone)	400 Kgs (62 Stone)	400 Kgs (62 Stone)	400 Kgs (62 Stone)
Electrical height adjustable	Yes	Yes	Yes	Yes
Electrical back rest	Yes	Yes	Yes	Yes
Manual raised leg section	Yes	No	Yes	No
Electrical raised legs section	No	Yes	No	Yes
Trendeleburg / Anti- Tren- delenburg Feature	No	No	No	No
Warranty on the structure	5 Years	5 Years	5 Years	5 Years
Warranty on the motors	5 Years	5 Years	5 Years	5 Years

Euro Bariatric Bed Specifications Continued

Reference	LM3054	LM3254	LM 3056	LM 3256
Width	140 cm (55 inches)	140 cm (55 inches)	160 cm (63 inches)	160 cm (63 inches)
Length	200 cm (79 inches)	200 cm (79 inches)	200 cm (79 inches)	200 cm (79 inches)
Height – Low to High	36cm (14inches) – 72cm (28inches)	36cm (14inches) – 72cm (28inches)	36cm (14inches) – 72cm (28inches)	36cm (14inches) – 72cm (28inches)
Patient Weight Limit	317 Kgs (50 Stone)	317 Kgs (50 Stone)	317 Kgs (50 Stone)	317 Kgs (50 Stone)
Safe Working Load	400 Kgs (62 Stone)	400 Kgs (62 Stone)	400 Kgs (62 Stone)	400 Kgs (62 Stone)
Electrical height adjustable	Yes	Yes	Yes	Yes
Electrical back rest	Yes	Yes	Yes	Yes
Manual raised leg section	Yes	No	Yes	No
Electrical raised legs section	No	Yes	No	Yes
Trendeleburg / Anti- Tren- delenburg Feature	No	No	No	No
Warranty on the structure	5 Years	5 Years	5 Years	5 Years
Warranty on the motors	5 Years	5 Years	5 Years	5 Years

Independent Versa



Westmeria always offer best of breed equipment.

The Independent Versa is one of the most recognised, acute beds in the market today.

Beds

Hospital Beds



Independent Versa

Hospital Beds

Independent Versa

The beds have been designed to be versatile, comfortable and user friendly for both the patient and carer. With its ergonomically designed longer backrest and mattress platform it has responded to the changes in today's healthcare environment.

Whilst demonstrating a whole range of benefits, two additional points that set this bed design aside from its competition and 'Classic' partner are; the ability to simply lengthen the bed and the active seat system that further enhances patient comfort and reduces shearing.

Features

- Four Section profiling platform
- Easy to use handsets - functions include
- Height adjustable
- Tilt and reverse tilt
- Backrest
- Leg lift with Fowler knee break
- Lock out facility
- Manual and electric CPR
- Battery backup

- Linked tracking and breaking system with anti-static castors
- Removable head and foot board
- Dual-sided IV pole locators
- Integral pull out bed stripper
- Maximum user weight 267kg (42st)

Optional Extras

- Lifting pole
- High siderails



Dimensions:

Overall length	212cm - 232cm
Internal length	190cm - 216cm
Overall width	100cm
Platform height	38cm - 76cm

- 1 Versa Bed Length Extender
- 2 Versa Bed Active Seat Facility



Patient Hoist



Diana

Universal Patient Hoist



For patients with limited mobility, the Diana provides ergonomically correct lifting from any position.

A variety of slings are available for the Diana patient hoist, please see the end of this section.

Diana Patient Hoist

Universal Patient Hoist



Features

- Battery powered raise and lower
- I.B.S. Intelligent Battery System
- Remote handset (IP rated)
- S.W.L. 160kg (25 stone)
- Easily accessible emergency stop
- Manual leg spreader facility
- 4" braked castors make it easy to manoeuvre
- Emergency raise/lower override

Optional Extras

- Manual or powered patient positioner (Fig 1)
- Digital weighing scales (Fig 2)



Fig 1



Fig 2



Patient Aid



Raisa E

Standing Aid



The Original RAISA standing and transfer aid was conceived, patented, and produced by experienced specialists for people who cannot stand up or move from one location to another safely without assistance.

There is a choice of two different slings for the Raisa Standing Aid.

- Lifting belt (quick application)
- Corset sling (comfort)

Raisa E Patient Aid

Standing Aid



Lifting Belt



Corset Sling

Features

- Battery powered vertical knee pad adjustment
- Battery powered raise and lower
- I.B.S. Intelligent Battery System
- Remote handset (IP rated)
- S.W.L. 160kg (25 stone)
- Easily accessible emergency stop
- Manual leg spreader facility
- 4" braked castors
- Emergency raise/lower override

Optional Extras

- Choice of slings, giving deep back support
- Height adjustable foot plate



Patient Hoist



Lexa

Multi-Purpose
Patient Hoist



The Original LEXA patient hoist is an absolute multi-talent among hoists.

The Lexa comes standard with an electric patient positioner. The most advanced way to transfer and position on the market.

Lexa Patient Hoist

Multi-Purpose Patient Hoist



Features

- Vertical lifting action hoist
- Battery powered raise and lower
- I.B.S. Intelligent Battery System
- Remote handset (IP rated)
- S.W.L. 160kg (25 stone)
- Easily accessible emergency stop
- Manual leg spreader facility
- 4" braked rear castors and 3" twin front castors
- Emergency raise/lower override

Special Features

- Provides ability to lift patient from floor
- Vertical column gives greater height of lift
- 'Powered patient positioner' taking patient from sitting to reclined position at the touch of a button
- Available for use with either loop or clip type sling fixings

Optional Extras

- Powered leg spreader mechanism (parallel chassis)
- Digital weighing scales (Fig 1)
- Increased S.W.L 240kg



Fig 1

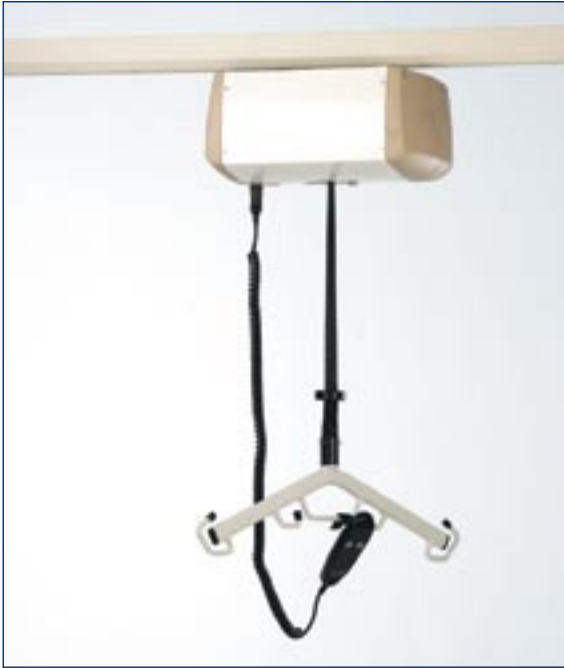


Ceiling Hoist



Unilift

Multi-Purpose
Patient Hoist



The Original UNILIFT offers nearly unlimited options and has been used successfully worldwide for years.

The UNILIFT system consists of various rails, curves, and traverses.

Unilift Patient Hoist

Multi-Purpose Patient Hoist



It is mounted permanently on the ceiling or wall, to individually fit the dimensions of any room. The components of the system are expandable and match up perfectly. Adjustable switches on the ceiling rails enable patients to move to different rooms on one floor using the lift. These systems have been thoroughly designed, and represent the state of the art in safety technology. Thus, persons with walking impairments can use the lift and the electric motor to move from the bed to the bath or toilet without any problem.

In addition, the UNILIFT eliminates the uncomfortable, sometimes painful, transfer using different lift systems - which is often possible only with the help of others.

Features

- Can be used in wet and dry rooms
- Ceiling or wall mount keeps the floor clear
- Easy, smooth, and safe transport
- Can be expanded individually, numerous components available
- Electric lift motor
- 2, 4, 6 or 8 functions controlled via hand switch
 - 2 lift/lower, 4 lift/lower/right/left
 - 6 lift/lower/right/left/forward/backward
 - 8 lift/lower/right/left/forward/backward
- Spreader bar function
- Optionally with permanent power supply or charging station
- Lifting capacity 159 kg, 227 kg
- Spreader bar available



Optional Extras

- Patient positioner



Product
Specification
Tables

Hoist Specifications

Reference	Diana Comfort	Diana Mini	Raisa E	Lexa
Chassis Length	1195 mm	1020 mm	1020 mm	1220 mm
Base Width, external	605 mm / 1010 mm	605 mm / 920 mm	668 mm / 1000 mm	668mm / 1050 mm
Chassis Height	134 mm	117 mm	117 mm	117 mm
Total Height min/max	1475 mm / 1960 mm	1200 mm / 1740 mm	1125 mm / 1855 mm	1750 mm / 2240 mm
Lifting Range	1000 mm	1000 mm	580 mm	1310 mm
Battery Capacity	24 V / 2.9 AV	24 V / 2.9 AV	24 V / 2.9 AV	24 V / 2.9 AV
Patient Weight Limit	160 Kg	160Kg	160 Kg	160 Kg
Foot Plate Adjustment	Not Applicable	Not Applicable	Yes – 4-Way	Not Applicable
IBS – Intelligent Battery System	Yes	Yes	Yes	Yes
Portable Charger	Yes	Yes	Yes	Yes
Warranty	2 Year	2 Year	2 Year	2 Year

Sling Mechanisms



Slings at a Glance

- Mesh
- Nylon-Polyester
- Parasilk
- Padded Fabric
- Aerotex
- Lambswool
- Clips
- Grip
- Loops
- Head Support

XS S M L XL

Slings are available in a range of sizes

Full product specification found on reverse.

Slings at a Glance



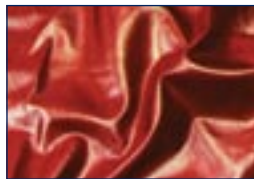
Mesh

Very strong - ideal for bathing - dries quickly.



Nylon-Polyester

Very durable - for everyday use.



Parasilk

Latest fabric, kind to the skin, slides on and off easily.



Padded Fabric

Squared padding for added comfort e.g. in the shoulder & leg area.



Aerotex

Material reduces slipping, providing added security.



Lambswool

Very soft and ideal for people who are especially pressure sensitive.



Clips

Easy to use with clips that provide the utmost security.



Grip

Positioning handles - easy to access.



Loops

Compatible with most lift systems.



Head Support

Supports - for that extra security and stability in the neck and head area (removable).



Baths



Lena

Lifting Bathtub



Bathing relaxes body and soul especially for those who have to live with a physical handicap.

Eliminating fear of a patient-care bathtub for those needing care was the impetus for development of the LENA lifting bathtub.



Lena Bath

Lifting Bathtub

The needs of user and carer were implemented in the structure and design of the tub. Professional technology and the look of a regular bathtub like the one at home contribute to a harmonious environment in the patient-care bathtub. From standard bathtub, to lifting bathtub, to patient-care bathtub with hydro-massage system all variants can be combined.

LENA 100 the affordable alternative for standard equipment. If desired also available with thermostatic mixing faucet fixture.

LENA 200 the little one for daily care. With a length of 200 cm it is a big help even in narrow patient-care baths.

LENA 230 the professional caregiver for big jobs. Also with fill stop, disinfection, and hydro-massage system; length 230 cm.



Our Colour Options for More Individuality

The LENA patient-care lifting bathtubs to fit your bathroom.

RAL 7035 light grey	RAL 7035 light ivory	RAL 7035 beige
RAL 7035 white-green	RAL 7035 light blue	RAL 7035 brilliant blue
RAL 7035 reseda green	RAL 7035 fire red	



Baths



Swing

Swing Bathtub



The SWING sitting/lying bathtub is an excellent alternative to conventional bathing systems; it enables entry from the side and possesses electric lowering and tilting apparatus.



Swing

Swing Bathtub

The bathtub offers safety and comfort when bathing to those needing care and supports staff during daily care.

The SWING bathtub is characterized by gentle, formfitting contours with comfortable head support. In the tilted position, the patient is optimally supported and the care assistant can look after the patient without unnecessary strain. At the push of a button, the bathtub tilts to the desired working height, thus preventing additional back strain. The air jet system is stimulating and relaxing. The gears for the lifter are situated in the concavity of the base, thus allowing the patient to be optimally positioned in the bathtub.

Detail of bath seat.



Westmeria

Westmeria Rental Services

Westmeria Healthcare's first class rental service specialises in the provision of dynamic pressure relieving mattresses, electric beds and hoists, along with other ancillary healthcare equipment.

This flexible service enables customers to optimise the degree of care it provides its patients.

For example: A client may require a different specification at short notice, like a high-risk dynamic pressure relieving mattress and possibly an electrical profiling bed, this can be delivered and installed by our highly trained installation technicians upon request, which is as simple as picking up the phone and dialling our logistics division on tel: 01322 520580, then our helpful co-ordinators would be more than happy to assist you with your request.

Renting removes the need for the storage of bulky equipment when it is not in use.

WHC also carries out a thorough decontamination, testing and quality control service on all of its rental equipment, closely following statutory guidelines and recommendations, which provides



you with an absolute minimum of risk to your patients and piece of mind as a healthcare provider.

We recognise that infection control is an essential aspect of patient welfare. We have, therefore, documented and put in place robust and vigorous processes for all of our rental transport fleet, which provides you, the customer, with additional assurance.

Further advantages include no capital expenditure, 24-hour support for rental equipment and full ongoing support and training.

WHC has one of the most competitive pricing structures within the industry, so it's well worth giving us a call for a quotation that might well benefit your organisation.



SUMMARY

- Flexibility of service.
- Customer training.
- 24-hour support for rental equipment.
- Speed of installation.
- Storage and cleaning.
- Compliance issues are a WHC responsibility.
- No capital expenditure.
- You only pay for what you use.

If you have any technical questions or maybe require a free demonstration or trial before you decide to rent the equipment, please contact your

Westmeria Account Manager
on tel: 01322 520560.



Repairs & Servicing

WHC has a full repair and servicing department for dynamic pressure relieving mattresses, hoists, profiling beds, and other equipment.

WHC not only repairs and services their own equipment, but also that of other manufacturers.

Equipment is either repaired on site or in some instances taken to our servicing plant in Kent. If the equipment has to be taken off site then a replacement can be arranged.

As with all of WHC's products and services the prices are extremely competitive and in most cases will save customers both time and money.

SUMMARY

- WHC repairs & servicing both their own brand as well as other companies
- Loler testing for hoists
- PAT testing
- Condition report to be serviced / repaired
- Short term replacements
- Competitive pricing
- Quality service



Westmeria

Repairs, Servicing & Auditing

Auditing

Westmeria Healthcare can support your organisation by conducting free audits of existing equipment that can be time consuming to compile yourself with your day-to-day duties.

Your account manager will complete this on site by appointment and at your convenience. It will also provide information to enable you to make informed decisions as to when equipment may require replacing, servicing or repairing.

If requested a report can be completed detailing these aspects and any other information that you may require.



Managed Services

In some cases organisations have existing equipment that require managed services.

WHC has experience of managing and moving equipments, including servicing, repairs, storage, cleaning and management data.

It is a very bespoke service and is structured according to individual customer requirements.

Our aim is to maximise your resources by managing the service and ensuring compliance to current

legislation. This outsourcing will often save time and money.

Management information will provide a transparent assessment of performance and data to make strategic decisions for the future.

SUMMARY

- Compliance to legislation
- Management information
- Cost savings
- Transparency



Reporting

In order to make key decisions, organisations require management information and data.

Whichever WHC service you use, reporting information can be provided including delivery times, equipment type, length of term, expenditure etc.

This is a value added service that incurs no additional charge. The objective is to provide clear, accurate, live data so that decision makers can plan and assess directly from the reports. This saves your time and energy and maybe that of other departments. Your account manager will be responsible for the consistent delivery of this data and will be happy to support and advise for the future.

Decontamination

Our rigorous cleaning and quality control processes are meticulously followed and regularly audited both internally and independently.



Westmeria

Free Training

Westmeria Healthcare believe that training is really important to assist nursing staff and carers with the correct use of all equipment provided through Westmeria.

Any equipment purchased or rented through Westmeria will qualify for **FREE** on-going training.

How do I arrange this?

Simple!.. all you need to do is contact your area account manager, if you are not sure who this is, please call our head office on 01322 520560 and arrange an appointment with our product training team.

All training will be certified.

Equipment Training

- Pressure area care (Dynamic air mattress systems)
- Full & part profiling electric beds
- Patient Hoists (Lifting, standing and fixed)
- Pathway of Care (Which product do I use?)

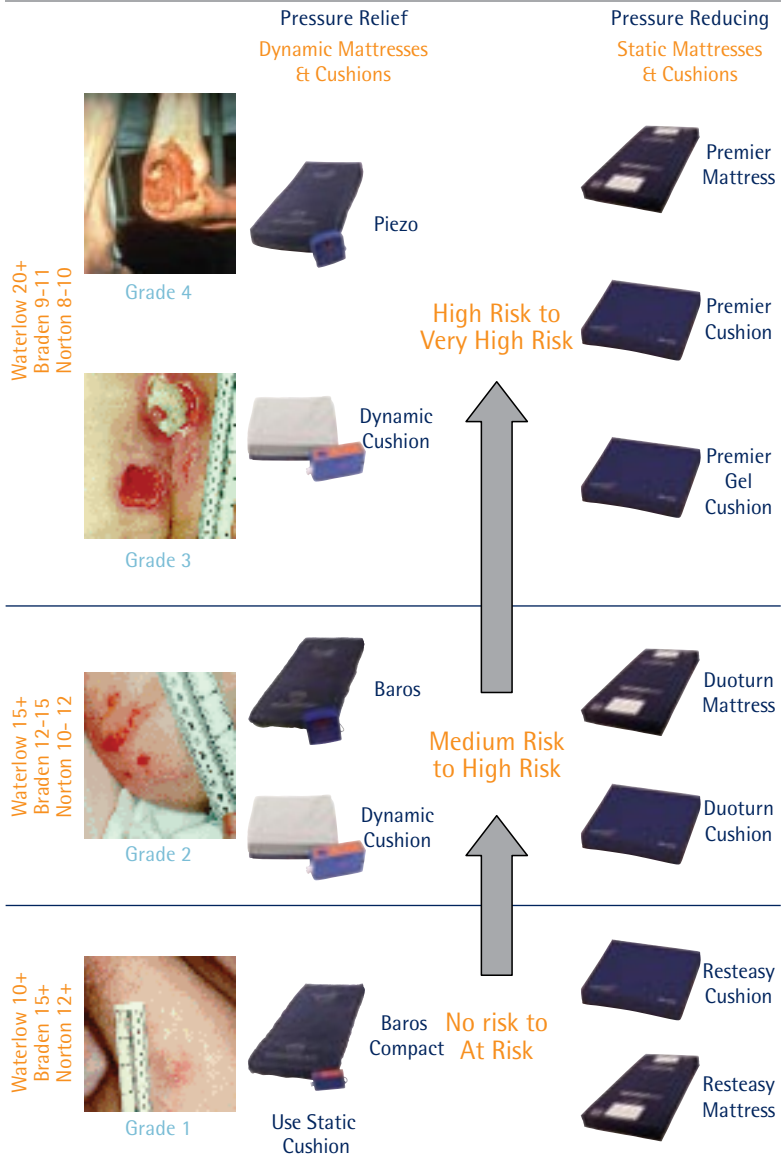
WHC arrange special training days, led by lead nursing specialists on areas such as Bariatric care. If you would like to attend one of our training days, please contact our office and we will be happy to help with any current and future training requirements.

Training sessions can be arranged for Hospital trusts, nursing home groups, private individuals and businesses.

Free Training



Westmeria Pathway of Care



Westmeria Counselling Services

About Westmeria Counselling Services

Westmeria Counselling services is primarily a voluntary organisation. It was established in August 2003 to help people in crisis, or just in need of support, with a particular emphasis on those suffering from depression. It is our aim to reverse the trend of reliance on anti-depressants.

It has been set up through a continuous voluntary donation from a private benefactor to serve the local community. It is through Westmeria Healthcare that this donation is forthcoming and with the backing of all their employees who take a very keen interest in this service.

You are welcome to make a voluntary contribution towards administration costs. This is often important for people's sense of self-worth and can also be a valuable part of your own commitment to counselling. It is our experience that people who have benefited from counselling like to go on to help others. A voluntary donation provides an opportunity to do just that and enable you to help other people in need.

Our lead counsellor is a fully qualified integrative counsellor with a Higher National Diploma in Counselling. As an Individual Member of the BACP she is bound by its Ethical Framework for Good Practice in Counselling and Psychotherapy and subject to Professional Conduct Procedure therein.

Other counsellors who work for Westmeria Counselling Services will be qualified, or trainee counsellors working towards their qualifications. All counsellors satisfy the requirements of the BACP.

One of our objectives is to help clients strive towards autonomy and to live and manage their lives independently.

Westmeria

Counselling Services

Introduction

"Having someone to really listen to me, and not judge me, was the best part for me. Learning to look at my own feelings was a real eye opener! I am now able to understand things more clearly and cope with everyday life easier. Thanks to Sue and Westmeria Counselling."



Q & A

Who is the service for?

Anyone who is finding life really difficult and is looking for help to gain an understanding as to why. However strong we are there will be times when things are hard to cope with and we may need to help to sort out a particular problem or crisis.

Sometimes the root of the problem may even be that we can't find a reason for feeling down or anxious. This may lead to further anxiety, stress and depression, this in turn can make you feel unwell.

Through a collaborative partnership it is our aim to help people strive towards autonomy and to live and manage their lives independently.

How am I referred to you?

You can either be referred by your GP or you can refer yourself. GPs have a referral form to fill in and return to us. If you are self-referring you can either ring, write or e-mail your details to us. It is important that we have all your contact details.

Who would NOT benefit from our service?

People requiring specialised help eg:

Drug and alcohol addiction
Eating disorders
Self-harming
Suicidal tendencies
Long-term psychiatric problems
People already in counselling elsewhere

If any of these apply to you, your GP should NOT refer you to Westmeria but to a counsellor who specialises in helping people to deal with these particular issues.

What happens once i've been referred to Westmeria Counselling?

The counsellor will contact you and arrange an assessment. At that assessment it will be mutually decided on a therapy plan. You will discuss how many sessions you may require, an acceptable day and time for you to attend. Each counselling session lasts for 50 minutes.

What can the counsellor do to help me?

Be open and honest and willing to share your process. The counsellor will offer you the individual space to express your thoughts and feelings. The counsellor will listen carefully and respect your difficulties. It is a confidential service and the counsellor would not divulge anything without discussion and agreement with yourself.

The counsellor will remain neutral and non-judgemental. The counsellor will talk through any difficulties you are experiencing and encourage you, through a collaborative partnership, to work through your problems.

What do I have to do when I come for counselling?

Please be punctual in attending your sessions. Be as open and honest as you can with the counsellor – as they can only help you with the information you bring. Please keep your appointments. If you do have to cancel please give as much notice as possible so that we are able to offer that appointment to someone else in need.

We look forward to meeting and working with you at Westmeria Counselling Services. If you have any questions about our service we shall be happy to speak to you about them.

"To have seen someone within 2 weeks of being referred by a doctor was great, and a lot more help than an NHS waiting list. Thanks to Westmeria."

