



St Matthews Redbourn, Hertfordshire

St Matthews is situated close to the common in the small rural village of Redbourn. It is just a short drive from the town of Harpenden, the historic old town of Hemel Hempstead, and only a short journey from the historic City of St Albans. Formerly part of the site where Brook Bond tea factory was situated, the home offers residential care for the elderly and a specialist environment for individuals who are experiencing living with a dementia.

St Matthews is a purpose built care home that has been tastefully furnished and equipped to a very high standard to provide accommodation on three levels. There is lift access to all floors. Residents have a choice of lounge and dining areas. A treatment room, hair salon, library lounge, assisted bathrooms and training room have also been incorporated. There is easy access for residents to the landscaped grounds, walkways, courtyards, log cabin and greenhouse.

All 53 rooms at St Matthews are offered as single en-suite. Residents are encouraged to personalise their rooms to create a sense of home from home, familiarity and belonging.

Residents may take meals in a choice of dining areas or if they wish, in the privacy of their own room. Our skilled resident cook prepares an extensive range of appetising home cooked meals, taking into account nutritional balances and any specific dietary requirements or individual preferences. There is always a choice of menu and refreshments and snacks are available throughout the day.

Life at St Matthews is very much home from home and an active lifestyle is encouraged, with friends





and relatives always welcome. The activities organisers arrange a varied social calendar of activities and entertainment in groups and on a one to one basis. We ensure that each of our residents receive meaningful occupation tailored to who they are. The home has transport available for trips into the community e.g. supermarket, church, library and social groups. There is a weekly activities programme and monthly entertainment.

Activities at St Matthews include:

- House Pets
- Day trips and weekly outings
- Entertainers
- Weekly hairdresser
- Family dining
- Visiting clothes and shoe sales
- Communion services
- Exercise Programme
- Links with local community
- Log cabin Gardening Club and greenhouse
- Regular events e.g. BBQ, Tea Parties, Garden Parties, pub lunches and trips out

St Matthews has a select team of experienced, loyal and long term staff who have relevant and appropriate training to meet the needs of the residents. The emphasis of our care delivery is on individually planned care, which builds upon a person's strengths and constantly seeks to improve their quality of life. Freedom and privacy are respectfully maintained, yet help is always on hand.

St Matthews specialises in:

- Long terms residential care for the elderly
- Long term care for residents experiencing living with a dementia
- Short stay and holiday breaks (subject to availability)

Facilities:

- Specialist dementia care environment
- Single en-suite bedrooms
- Call bell system for assistance at any time
- Lift to all floors
- Assisted bathrooms including whirlpool bath
- TV & telephone points in all bedrooms
- In-house laundry
- Hairdressing salon
- landscaped easy access gardens, patios and courtyards
- Log cabin and greenhouse
- Choice of lounges
- Activities area
- Training room
- Mobile library visits
- Residents shop
- Chiropodist visits
- GP, district nurse, dentist, optician by arrangement
- St Matthews car for trips out

How to find us:

St Matthews Care Home, Chequer Lane, Redbourn, Hertfordshire AL3 7QG

St Matthews is situated outside Redbourn village just off the B487 and north of Hemel Hempstead. From M1 junction 9, follow A5 towards Hemel Hempstead. After going over 2nd roundabout for Redbourn Village, Chequer Lane is immediately on your right.

To arrange a viewing or for further information:

We have an open door policy and B&M Care invites you to visit the home at any time. If you would like to arrange a viewing at a specific time or require further information please contact the home direct.

