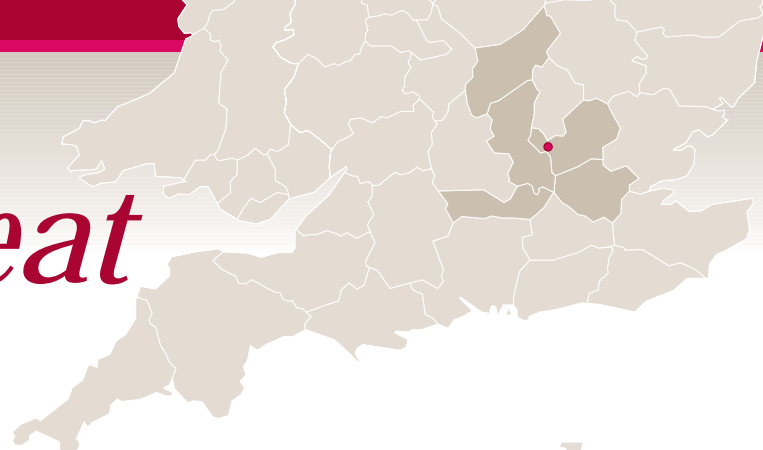


Tara's Retreat

Sandridge, Hertfordshire



Tara's Retreat is situated in the High Street of the beautiful rural Hertfordshire village of Sandridge, on the outskirts of the historic city of St Albans and just 40 minutes from London. This purpose built home is set in landscaped grounds and enjoys panoramic views of the surrounding countryside. Close by are country pubs, a village shop, the Norman built St Leonard's Church, and St Alban's city centre is just a short car journey away.

Tara's Retreat is dedicated to providing residential care for the elderly and for those with dementia related conditions. It has been designed and equipped to the highest standard to ensure that residents enjoy a superior quality of life. All 46 bedrooms are en-suite and decorated to the very highest specification. Residents are encouraged to personalise their rooms with their own possessions to help create more familiar surroundings.

Residents may take meals in a choice of elegant dining rooms and lounges, or if they prefer, in the privacy of their own room. Our resident chef prepares a varied menu of appetising and nutritionally balanced meals using fresh produce, taking into account any specific dietary requirements or individual preferences. Morning coffee, afternoon tea and snacks are available throughout the day.

At Tara's Retreat our aim is to provide a safe and stimulating environment providing the highest standards of care to promote, encourage and maintain resident's daily living skills. Our Activities Organiser arranges a varied social calendar of activities and entertainment, including trips to places of interest.



*social
activities*



arts & crafts



*beautiful
grounds*

*quality
care*



*Tara's Retreat, High Street,
Sandridge, Hertfordshire AL4 9DQ
T: 01727 850527 F: 01727 853927
www.bmcare.co.uk*



About Care at Tara's Retreat

Tara's Retreat offers a caring environment and a dedicated team of experienced staff to meet the needs of residents experiencing the conditions that often accompany old age. As no two people are the same, the emphasis is on individually planned care, which constantly seeks to improve their quality of life. Freedom and privacy are respectfully maintained, yet help is always at hand.

Tara's Retreat specialises in:

- Long term residential care for the elderly including care for residents experiencing various dementia related conditions
- Short stay and holiday breaks (subject to availability)



Tara's Retreat at a glance

- 24 hour care by experienced staff
- Resident call bell system for assistance at any time
- Single en-suite rooms with shower facilities
- Assisted bathrooms
- Disabled and wheelchair access throughout including lift
- Refreshment making facilities
- In-house laundry
- Hairdressing salon
- Treatment room
- Full activities calendar and daily programme
- Local GP, district nurse, dentist, optician and chiropodist visits
- Person centred holistic support
- Keyworker system.

How to find us

Tara's Retreat is situated on the B651, the High Street in the village of Sandridge, just to the east of St Albans city centre. From the M1, Junction 6 follow A405 signposted St Albans. At Park Street roundabout take 2nd exit onto A5183 signposted St Albans. From St Albans city centre continue onto A1081 signposted Harpenden. Branch right onto B651 (St Albans Road) signposted Wheathampstead. After the Langley Grove turning on the right, Tara's Retreat is situated on the left hand side on the High Street.

To arrange a viewing or for further information

B&M Care invites you to visit the home at any time, but if you would like to arrange a viewing at a specific time or for further information, please contact:

The Manager at Tara's Retreat, High Street, Sandridge, Hertfordshire AL4 9DQ
T: 01727 850527 F: 01727 853927
E: tarasretreat@bmcarehomes.co.uk www.bmcare.co.uk

One of the lounge/
dining rooms at
Tara's Retreat



A typical
bedroom at
Tara's Retreat

