

TARA'S RETREAT CARE HOME

ST ALBANS, HERTFORDSHIRE



Tara's Retreat is a purpose built home situated in the charming rural Hertfordshire village of Sandridge, close to the City of St Albans. The home enjoys a very peaceful location with panoramic views across the surrounding countryside.



See the quality B&M Care engagement and wellbeing lifestyle for yourself...



T: 01727 850527 | E: tarasretreat@bmcare.co.uk | W: www.bmcare.co.uk
Tara's Retreat Care Home, High Street, Sandridge, Hertfordshire, AL4 9DQ



The Care We Offer:

- Fully inclusive, 24hr person centred care by experienced staff
- Long term residential care for older people
- Long term specialist dementia care in a safe, engaging environment designed using our Rose Model of Dementia Care
- Short stay, respite and holiday breaks (subject to availability).

Facilities:

- 69 shower en-suite single rooms
- TV points in all rooms
- Telephone, Internet & SKY TV available by arrangement
- Rooms can be personalised
- Call bell system for assistance at any time
- Lift and stair lift
- Assisted bath and shower rooms
- Resident and Visitor lounges
- Fully inclusive dining
- Fully inclusive in-house laundry
- Hair and Treatment Salon
- Easy access to extensive landscaped gardens overlooking countryside, with walkways, shady gazebos and patio areas
- GP, district nurse, optician, chiropodist, dentist by appointment
- Tara's Retreat car and mini bus for trips out.



Dining:

Our skilled chefs regularly create new, varied menus featuring delicious, nutritionally balanced meals. Dining is inclusive to all dietary needs or preferences, and a range of choices is provided. Residents can decide to enjoy their meals in our comfortable dining rooms, or in the privacy of their own room. We ensure refreshments and snacks are always available, 24/7.

Lifestyle and Activities:

We create a safe, stimulating environment where the highest standards of care are provided. Our aim is always to promote, encourage and maintain a resident's independence and quality of life. We facilitate an active, social lifestyle - with community, friends and families always welcome. Our dedicated Engagement Leads organise varied social calendars for events and entertainment, in groups and individually. Every resident experiences meaningful occupation, designed around their personal wishes and preferences.



The Staff:

- Select team of experienced, professional staff
- Our staff training programmes are industry-envied, particularly our expert dementia care training
- Appropriate ratios of staff both day and night
- Emphasis on individually planned care
- Staff are always person centred, advocating for independence and providing 24/7 support.

How To Find Us:

- For satnav use postcode AL4 9DQ
- Situated on the B651, at the end of the High Street in Sandridge, just to the East of St Albans city centre. From St Peter's Street in St Albans city centre go over roundabout and bear right at fork onto B681 Sandridge Road, signposted Wheathampstead. Continue across lights into Sandridge and follow High Street until Tara's Retreat appears on the left.

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 us using the details below.

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