



# Tara's Retreat 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.*





### The care we offer:

- Fully inclusive, 24hr person centred care by experienced staff
- Long term residential care for the elderly
- Long term accredited specialist dementia care in the safe, comfortable Paddocks environment
- Short stay, respite and holiday breaks (subject to availability).

### Facilities:

- 46 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
- Activities Room
- 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:

Dining is inclusive and people may take meals in the dining rooms or if they wish, in the privacy of their own room. Family dining is available by arrangement. A skilled chef prepares an extensive range of appetising and nutritionally balanced meals, taking into account any specific dietary requirements or individual preferences. A choice of menu is available with refreshments and snacks 24hrs.

### Lifestyle and Activities:

Our aim is to provide a safe stimulating environment, providing the highest standards of care to promote, encourage and maintain daily living skills and quality of life. An active lifestyle is encouraged, with friends and families always welcome. An Activities Facilitator arranges a varied social calendar of events and entertainment in groups and on a one to one basis. Every person experiences meaningful occupation tailored who they are.



### The Staff:

- Select team of experienced staff
- B&M Care has one of the most envied staff training programmes in the industry
- Appropriate ratios of staff both day and night
- Emphasis on individually planned care
- Freedom and privacy are respectfully maintained.

### How to find us:

- Download a map from our website [www.bmcare.co.uk](http://www.bmcare.co.uk)
- 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.

