



Grace Muriel House



Residential Care for Older People
Time to enjoy older age



www.abbeyfieldstalbans.co.uk
Registered Charity 211934



Welcome

Everyone at Grace Muriel House is greeted with a warm and friendly welcome. Our aim is to provide the highest possible standards of housing and care for older people.

Grace Muriel House is situated in a quiet residential area, with links to the historical town centre of St Albans, and a short walk to the local shops. We provide both long stay and respite care and our friendly, professional staff are on hand 24 hours a day to ensure all needs are catered for.

We have over 45 years' experience in caring for the elderly, supporting both residents and their families. As a member of the Abbeyfield Society, we work within their principles and have achieved the Abbeyfield Quality Standard which ensures you'll always receive the highest quality of care.

Residents and their families having a say in everything we do is really important to us. This helps us to continually evolve and develop our excellent service to ensure we are 'getting it right'

To find out more about the service we offer or to arrange a visit; call or email us on 01727 863327, post@abbeyfieldstalbans.co.uk.

We look forward to hearing from you...

Facilities

*Additional charges apply

- 24 hour care
- Wheelchair friendly courtyard & garden
- Resident call bell system for assistance at any time
- Air conditioning in all reception rooms
- Single occupancy rooms
- Assisted bathrooms
- Disabled and wheelchair access throughout
- In-house laundry
- Hairdressing salon
- Lifts
- Full activities calendar and daily programme
- Visiting health professionals
- Free WI-FI available throughout the home.
- Hearing Loop
- Tea & Coffee machine
- Private telephone*
- Weekly Hairdresser*
- Visiting Chiropodist*
- Daily Newspapers*
- Visiting Optician*

"My home is comfortable and cosy and I call it my retreat"

- Resident





Activities

We have a dedicated team that provide activities every day, including; trips, quizzes, ipad groups, cooking, art, entertainers and much more.

Our raised beds and wheelchair friendly paths enable residents with all abilities and mobility to take an active part in the garden. Our gardeners club is kept busy growing fruit, vegetables, herbs, and flowers, which we then use in our cooking and baking.

We offer seated exercise twice a week with our very own qualified instructors. Being active helps to increase and preserve mobility, promoting confidence and independence.

We like to find out what our residents enjoy doing or tempt them to try something new. Our group sessions are a great way to make friends, alleviate loneliness and really feel part of the Grace Muriel House community.

Person centred activities, and one to one sessions, ensure everyone has the opportunity to participate whatever their ability or needs; there is always something for everyone.

“She has a lovely new circle of friends and is active every day with all the wonderful activities on offer”

- Family member

Accommodation

Grace Muriel House is purpose built with a beautiful, wheelchair friendly, landscaped garden. Our courtyard and summerhouse have plenty of places to sit, relax, and enjoy the outside.

A choice of three air conditioned lounges, that provide great places to socialise, enjoy activities, or offer quieter areas, ideal for welcoming guests and reading.

We have two comfortable dining areas, where residents can enjoy the social aspect of dining.

Our delightful community kitchen, enables residents to make refreshments, entertain visitors or just sit and enjoy a cup of tea and chat.

Free wifi is available to residents and visitors throughout the house.

All rooms are single occupancy and fully furnished. Residents are most welcome to personalise their rooms to really make it feel like home.

We have a variety of specialised bathrooms which ensure that residents can remain as independent as possible.

“I visited many care homes and this is truly one of the best”

- Family member





Care

Every resident is unique; consequently they each have a bespoke care plan which is regularly reviewed to ensure their lives are as comfortable, fulfilled and enjoyable as possible.

Our care staff get to know each resident and welcome the active involvement of friends and relatives in the lives and care of their loved ones.

All our staff are experts when it comes to delivering care and supporting both residents and their families with kindness and compassion. We ensure everyone is treated with the utmost dignity and respect whilst promoting independence.

Staff have the very latest training, with all new staff completing the Care Certificate to ensure they meet current standards of care. Many of our staff have completed QCFs (formerly NVQs) or diplomas in care. Specialist training in certain fields such as safeguarding, nutrition and hydration, end of life and infection control ensure we have Champions in different fields of expertise who can promote excellent standards and develop staff.

Residents often find their health and well-being greatly improves when they no longer have to worry about the challenges of living independently. Medication, appointments and arrangements for visiting health professionals can be managed efficiently and every aspect of health and care can be looked after by our team.

“The staff are delightful, engaged and cheerful”

- Family member

Lifestyle

At Grace Muriel House, friendship and companionship become part of everyday life. Our focus is on all aspects of your well-being, whether it is ensuring you have all your home comforts or enabling you to continue with the hobbies and interests you enjoy.

All meals are freshly prepared by our chef and team of qualified cooks. We are able to cater for a wide variety of dietary requirements and offer a great many menu choices. We hold regular food forums to involve residents in the development of seasonal menus and give feedback on new dishes. We are a Food First care home, working alongside NHS dieticians to improve the health of our residents through nutrition and hydration, this reduces the need for dietary supplements.

Regular pampering sessions, manicurist, a visiting hair stylist, and chiropodist, give residents the opportunity to feel great without the stress of travelling.

Our weekly mobile shop and personalised ordering service enables residents to order any of the little things they might need.

Whatever your faith, we will support you to continue to fulfil your spiritual needs. We have strong links with local churches and the community. We have regular services and welcome visiting community groups.

“We all feel very relaxed, safe and ‘at home’ here”

- Resident





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Affiliated to:

The Abbeyfield Society

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