



Garden House

ST MONICA TRUST

PERSONALISED CARE WITHIN AN
ATMOSPHERE OF WARMTH AND KINDNESS



“I can’t think of a more beautiful,
welcoming care home”

“Garden House is an amazing place.
The staff are very caring and
committed to the residents”



Welcome to Garden House

Set within the magnificent gardens and parklands of the Cote Lane retirement community is Garden House, a care home where life is truly celebrated and the staff are dedicated to creating a life affirming atmosphere for all residents.

A sheltered spot in the garden

Garden House has an enviable location within the Cote Lane retirement community. Not only does it sit within twelve acres of private gardens and parklands, it's also only a short distance from the leafy village suburbs of Westbury-on-Trym and Henleaze and the vibrant city centre of Bristol itself.



Split into separate units, Garden House provides high quality personalised care, tailored to your individual needs. General nursing care is available in the Cedars, Oaks and Maples, whilst Sundials offers specialist care for people living with dementia.

At Garden House your comfort and contentment comes first. Whether it's taking some time to relax outdoors in the sunshine or engaging in one of the many activities, our experienced teams will make sure your stay with us is as fulfilling as possible.



A finer class of care

Garden House offers a range of care options built around the individual needs of each resident. Everyone's needs are different and so the care we offer is different for each individual too. That's one of the reasons we've gained a national reputation and won multiple awards for the high quality, personalised care we provide across all St Monica Trust care homes.

Nursing Care

The skilled teams in the Cedars, Oaks and Maples provide 24-hour general nursing care. With many years of experience, we've learned how to work with individuals and family members to create personalised care plans that thoughtfully balance support alongside independent living. This offers you the freedom to make your own informed choices so you can enjoy life to the full.



Dementia Care

Staff at the Sundials are specially trained to care for people living with dementia. We believe that building relationships with residents, learning about their life experiences and stories, plays a key part in the care and support we provide. This understanding allows us to offer personalised care in a sensitive 'dementia-friendly' environment, providing reassurance and encouragement to create purpose and meaningful experiences every day.

Your own space to call home

Although life at Garden House is about socialising, enjoying activities and sharing good times, when you return to the privacy of your own room you will enjoy a comfortable, bright and airy space to call home.

Garden House offers a variety of accommodation, from luxurious care suites for two people complete with your own kitchenette, to stylish and comfortable single bedrooms, all with en-suite bathrooms.

Set over two floors, the bedrooms of Garden House look out over the beautiful gardens, croquet lawn and pond at Cote Lane, whilst some have wider panoramic views across Bristol towards Portishead. Many rooms open onto outdoor patios, offering direct access to the gardens at Cote Lane.

All rooms are furnished with single profiling beds, an armchair, desk, chair and bedside table with lighting. A wardrobe and drawers are also included for storage. Every bedroom is fitted with a 24-hour electronic call bell system. Television and telephone points are available in each room together with a Wi-Fi connection.

Your room at Garden House is your own space, so please feel free to bring in personal items to make it really feel like home. Treasured family photographs, paintings and ornaments all help to make your space your own.



Life at Garden House

From the moment you arrive at Garden House you'll feel surrounded by warmth and kindness. It's a place where life is truly celebrated. Your comfort and contentment come first and whether it's enjoying some personal time to indulge in your hobbies or engaging in group activities, you can choose how to enjoy each day.



All residents are encouraged to socialise and join in with the planned programme of activities. Resident lounges are the focal point for these activities or the place to enjoy a nice a cuppa and a chat.

When the weather allows the spacious gardens and parklands around Garden House are there for the enjoyment of residents. The extensive grounds at Cote Lane are home to many mature and ancient trees, scented gardens and a nature trail. With so much space to explore,

you can be sure to find a favoured spot to sit with friends, enjoy a good book or just relax to the sound of birds singing in the trees. Residents living with dementia can enjoy the outdoors in the secure gardens and open-air conservatory within the Sundials.

Visitors are welcome at any time and members of staff are encouraged to build relationships with family members, as this is important to help complement the care they are giving.



Every day as colourful as the last

A wide range of activities are available at Garden House to stimulate the body, mind and spirit. Dedicated activity coordinators carefully plan each event so residents can continue to spend time doing the things they love – but that's not to say there isn't the chance to try something different too.

Get creative in an art class, bake some tasty treats for everyone to enjoy, or keep active with music and movement exercise. Other activities include film screenings, games, sports, memory groups and the popular 'sherry and a stretch' sessions.

A wide variety of professional musicians, groups and singers also visit Garden House regularly to entertain residents. Over the years we've formed close relationships with local schools and nurseries and visits or performances from the children are always enjoyable times. Regular excursions are also organised so residents can visit local attractions and sites of interests or simply enjoy a trip to the shops.



Residents are also encouraged to use the wider facilities at Cote Lane which include a swimming pool, gym, croquet lawn and, of course, the stunning gardens and parklands.

A move to Garden House doesn't mean an end to those hobbies and activities you enjoy. If there's any particular activities you have in mind or if you want to try something new please just let us know.

Passionate about food

We often receive compliments about the food available at Garden House, which is lovely to hear as we take great pride in preparing delicious meals made with quality, nutritious ingredients.



Dining at Garden House is a social occasion when residents can come together to enjoy each other's company over great food. Different food options are available at each meal, and all dietary requirements can be catered for. Snacks and drinks are available if you're feeling peckish in between meals.

Cote Café within the wider grounds of the retirement village is open daily and serves a wide range of food and drinks, including proper barista coffee. It's the perfect place to spend time with family and friends or grab your favourite takeaway coffee before enjoying the extensive parklands and gardens at Cote Lane.

Support and well-being for all

In addition to the personalised care plans at Garden House, a range of other facilities are available offering support and well-being for all residents.

Podiatry

In later life, it's important to take good care of your feet. This lowers the risk of having a fall as well as relieving pain and helping to keep you mobile. All residents can have regular access to on-site podiatrists included as part of their care and support plans.

Physiotherapy

Garden House has its own purpose-built physiotherapy studio. Here our team of experienced chartered physiotherapists and their assistants offer short-term, intensive sessions to help residents maintain their health, well-being, functional ability and independence.

Emotional and spiritual well-being

Emotional and spiritual well-being is provided by the St Monica Trust's own chaplain and pastoral care team. Available for all, regardless of faith, belief or religion, the team arrange opportunities for regular worship and occasions to enrich and nurture spiritual well-being. Residents are welcome to attend services in the magnificent St Augustine's chapel at Cote Lane or enjoy a live feed streamed directly to their room.

During challenging times or if you'd just like to talk, the pastoral care team will be there to listen, comfort and provide support for both residents and their family members. If you'd like to discuss your final wishes, the team are able to help ensure your life is celebrated in the way you'd like.

Hairdressing salon

There is a fully equipped hairdressing salon in Garden House. Here our hairdressers will happily cut and style your hair how you like it – or talk through the options if you feel it's time for a new look.

The atrium shop

This community shop is stocked with all those little essentials for daily life. Everything from toiletries and basic food staples, to greetings cards and confectionery. All competitively priced and easily accessible in the atrium.

The Cote Lane community

Garden House is set within the retirement village at Cote Lane – the founding site of the St Monica Trust when it was first formed in 1920.

Residents of the retirement village enjoy a touch of grandeur in the beautifully converted Grade II listed buildings and stylish modern apartments set within the twelve acres of gardens and parklands.

At the heart of the village stands Oatley House, the focal point for the entire Cote Lane community housing such facilities as the swimming pool, gym, main hall, arts and craft studio and the magnificent St Augustine's chapel.



Come see for yourself

We know this brochure can only offer a short introduction to Garden House. That's why we'd love to show you more. Our team is available to answer any questions you may have. Or why not arrange a time to visit us so you can really get a feeling of life at Garden House? Please call the admissions team on 0117 949 4735 or email carehomes@stmonicastrust.org.uk.

Costs and funding

The St Monica Trust has a policy of openness with regard to our fee structure. If full details of our care costs are not included with this brochure they are available upon request.

About us

The St Monica Trust is a Bristol-based charity with a reputation for providing high quality accommodation and innovative care for older people. Founded by the philanthropy of the Wills family and built upon an Anglican foundation, we have retirement communities and care homes across Bristol, Bath and North East Somerset (BANES) and North Somerset.

Garden House

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www.stmonicastrust.org.uk

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“From the moment my
Grandmother arrived at
Garden House I have been
massively impressed by
the high standard of care
which she has received.”



St Monica Trust

To book a tour or find out more call
0117 949 4735

