



The Russets and Sherwood

at Sandford Station

ONE CARE HOME
TWO DISTINCT TYPES OF CARE



“The care my husband received
was second to none. It was delivered
with dignity from all the staff.”

Glynis
Wife of resident



Welcome to
The Russets and Sherwood

Set within the scenic and tranquil grounds of the beautiful Sandford Station retirement village sits The Russets and Sherwood, a care home offering two very distinct types of tailored care.

The Russets - an award-winning design providing exceptional and specialist care for people living with dementia.

Sherwood - high quality general nursing care designed for you and your needs.

At The Russets and Sherwood we're passionate about creating an environment where a social and independent way of living is encouraged.

A level of care you're comfortable with

Think of The Russets and Sherwood as two care homes rolled into one. Each brings you the very best care, tailored to your needs. It's our job to get to know you and find out what's important so that we can make your stay with us as comfortable as possible.

The Russets

Our staff are specifically trained to care for people living with dementia. Their sensitivity and encouragement is vital in creating a caring environment where you can feel relaxed and secure. We provide a comprehensive choice of different care options:

- Our long-term dementia nursing care provides a stable environment in which you can enjoy purpose and meaning every day.
- Respite care lets you take a short break in a specialist dementia setting. Find new interests, enjoy the fresh air or simply relax...this is your opportunity to take some time out.

- Our end-of-life care is second to none. At a time when you and the people you care about need emotional and physical support, we're there with you through this delicate journey.

Sherwood

We appreciate that everyone's nursing requirements are totally unique. So we've worked hard to create care plans that balance support with freedom, and security with independence. And like The Russets, we offer various levels of care:

- Our dedicated and capable team provides 24-hour general needs nursing to ensure you get the best out of life every day. We've refined the way we work with people and their families to deliver experiences that thoughtfully balance support and independence.

- With respite care you can enjoy short periods of specialised care. You can book in advance and enjoy all the facilities and activities.
- Rehabilitation is perfect to help you recover from a stay in hospital, for example. With our physiotherapy team, it's a chance to build up your strength and confidence and get you back home as quickly as possible.
- We're also recognised for providing sensitive end-of-life care, taking into account your physical, spiritual and emotional well-being.



Additional care whenever you need it

Both The Russets and Sherwood have Registered Nurses present 24 hours a day, so there's always someone close by in case you need them. Other care professionals visit The Russets and Sherwood too, including GPs, chiropodists and our resident physiotherapist who ensures you stay active and independent.

We can also arrange a special access key for families and friends to come and go freely, or even stay over in a special guest suite.



A little more about The Russets

Dementia care at its best

The Russets is something very special. It has been designed and built exclusively for people living with dementia. Everything has been created to be as relaxing and friendly as possible for you, removing the stresses and anxieties from everyday life. In fact, its innovative design has even picked up a few awards.

Friendliness and freedom

The Russets is made up of five one-storey buildings, referred to as 'bungalows'. Each bungalow is home to a small group of residents just like you, creating a small and homely community.

The interior of each bungalow has been cleverly thought through to make you feel included, never isolated. The bedrooms branch off from a central lounge, for instance, so you see friendly faces when you leave your room. There's a kitchen next to the lounge, where you can help with preparing snacks or cooking if that's your passion. Each bungalow is bright and spacious, with big windows to let in natural light. Everything you need to feel confident, happy and to make new friends.

Mobility and safety

The bungalows are all positioned in a circular design, opening out onto a beautiful garden and the Clubhouse; a central hub where you can join in activities or just sit and chat.

Having no steps and being all on one level means you can move easily from one place to another. Whether you're visiting a new friend in a neighbouring bungalow, popping over to the Clubhouse for some arts and crafts, or just enjoying a good book in the garden, you'll find you can get around everywhere independently. And because the bungalows are all in a safe, enclosed circle, there's no chance of getting lost. All the while, our staff are on hand to lend support whenever needed.



In short, you'll find The Russets a fun, vibrant environment, with wonderful gardens and a host of amenities.

Discover more about Sherwood

Nursing care as individual as you are

Sherwood provides exceptional general nursing care for 32 residents. It's a place where you will not only feel looked after and cared for, but valued and included in everyday life. All set in the peacefulness and beauty of the North Somerset countryside. It's a lifestyle you will soon get used to.



Care and understanding

Our first rate nursing care is for people who need a nursing care team available to them 24 hours a day. Whatever level of support you need you can be assured that you'll always be treated with respect and dignity.

Social and inclusive

At Sherwood we've created a social setting where you can confidently join in and make new friends. There are three lounge areas so that you can have visitors in places other than your room. When the weather is good, you have access onto the shared patio and gardens. You'll find everything is conveniently on one level too, making getting around easy.

Every day brings you something new to do. Lively coffee mornings, a spot of gardening, socialising with friends. So you always feel engaged, we'll also get to know more about you and your interests. Fancy trying your hand at playing bridge, for example, or beginning a book club? We'll try and make it happen.

No matter what your unique care requirements are, Sherwood will more than match your expectations and deliver a rewarding way of life.





TEN

Sandford Station

A community of caring

The Russets and Sherwood sit within the rural retirement village of Sandford Station. With nods to classic British railway history, including the Pullman restaurant and historic train museum, Sandford Station provides a fascinating setting complete with good old-fashioned community spirit.

Residents are encouraged to socialise through activities and live as independently as possible. And with thoughtfully designed grounds and gardens, the whole site can cater for a huge range of care needs. It is particularly good if you're living with early stages of dementia, where a move into the retirement village could then be followed by a stress-free move to The Russets, for more focused dementia care.



-  Restaurant
-  Historic train museum
-  Swimming pool
-  Physiotherapy
-  Hairdressers
-  Allotments
-  Library
-  Minibus

A place to call home

As luxurious and inclusive as The Russets and Sherwood may be, we also understand that a move here still means a move away from your home. We'll make sure that your new residence always feels like somewhere you belong.



Modern, spacious rooms open out onto light and airy open-plan living areas. The well-appointed and immaculately decorated bedrooms come complete with furniture and are all en-suite for extra convenience. Most bedrooms also have an overhead hoist for ease of movement.

Add those personal touches

At the end of the day, however, this is your space. So you can bring any personal items to make it feel more like home, like family photos or your favourite armchair. We've also added a few creature comforts of our own, including air conditioning, Wi-Fi and special profiling beds to ensure a restful night's sleep.

Along with comfort, your safety and well-being is paramount to us. That's why we've fitted discreet motion sensors in bedrooms for alerting staff if necessary. Finally, all suites look out onto well-kept gardens and green spaces, with the beautiful Mendip Hills landscape creating a stunning backdrop. We're sure you'll feel right at home.



En-suite



Air conditioning



In-room dining



Profiling beds





Fill your days with fun

Some of our residents may be getting on in years, but that doesn't mean they're slowing down. So whether you want to get creative, try new things or just be entertained, there's always something going on at The Russets and Sherwood.

Pastimes are a great way of meeting people and having fun. At The Russets and Sherwood you'll discover a huge range of activities for you to join in with. Exercise sessions, theatre groups, visiting musicians, Film Fridays, cooking, faith-based activities...much of it takes place in our versatile Clubhouse, the venue that doubles as everything from a cinema to a coffee house! We often also have local school children visiting us too, taking the time to do arts and crafts with residents – everybody loves it.

Of course, should there be something you'd like to try then let us know and we'll try and organise it. Nothing is beyond consideration, even bungee jumping! If all that sounds too exhausting then there's always our exclusive on-site hair salon where you can go and have some 'you' time.



-  Outings
-  Wi-Fi
-  Gardens
-  Clubhouse
-  Engaging activities

The ingredients for a happy, healthy life

Nothing brings people together and offers constant enjoyment quite like good food and good company. Our award-winning chefs are on hand to prepare nutritious meals just the way you like them.



Our chefs produce a wide selection of choices at every meal time, including vegetarian and gluten-free options. They can also cater for modified diets, to meet medical requirements such as dysphagia.

Catering to your needs

Food is always available from the kitchen between meals if you feel a little peckish – feel free to pop in and make a snack. There are also tastings for residents to accompany any changes in menu.

Of course, dining should be a social occasion and residents are encouraged to get involved in the preparation of food. The exclusive Pullman restaurant is popular amongst residents and guests for its lively atmosphere and first class food.



Come and see for yourself

We'd love to show you more and our team are always on hand to help. To ask any questions, arrange a viewing or for more information, please call the admissions team on 0117 949 4735 or email carehomes@stmonicatrust.org.uk.

Getting there

The Russets and Sherwood is ideally located in the picturesque North Somerset countryside, close to Bristol Airport and within easy reach of the M5 and, a little further, the M4.

Costs and funding

The St Monica Trust has a policy of openness with regard to our fee structure and full details of our care costs are available upon request. The Trust also employs a Citizens Advice Bureau caseworker who can provide free and impartial advice on the funding of your care.


About us

The St Monica Trust is a Bristol-based charity with a reputation for providing high quality accommodation and innovative care for older and disabled people. Established by the Wills family in 1925, we have retirement villages and care homes across Bristol and North Somerset.

The Russets and Sherwood

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www.stmonicatrust.org.uk

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“The nurses, carers, catering and housekeeping teams showed mum love and care far beyond anything we could have hoped for.”

Kay
Daughter of resident



St Monica Trust

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



Setting Standards for
Retirement Communities

