



# Allington Court

Your local Bupa care home  
in St Albans.





# Set in 13-acres of beautiful gardens

**Our home is purpose-built to care for those with dementia. Everything is on one floor and the building has a circular design, giving every room garden access and making it easier for residents to find their way around.**

We're based in a tranquil area, surrounded by local wildlife in St Albans. The historic market town has plenty of shops and restaurants, and St Albans Cathedral is only a few miles from the home.



## **Our care team**

At Allington Court, we're all highly trained in providing 24-hour tailored care, including our on-site nurses. We get to know each resident personally, so we can make sure we get the balance between support and independence just right. This provides peace of mind for families and a safe and comfortable home for residents.

**"I have been really impressed with the range of activities that are provided for the residents. They're certainly not left to sleep all day! The staff have gone out of their way to make Mum feel at home, often adapting routines so she can fit in."**

**Daughter of resident, May 2024**  
Source: [carehome.co.uk](https://carehome.co.uk)





# What we offer

We want residents to feel at ease and enjoy being here, whether that's for a week of respite or they're making a long-term move. We have colour-coded areas across the home to help residents navigate their way to different social spaces, and a caring team on hand at all times.

## Types of dementia care

- Nursing
- Residential
- Short stay
- Convalescence
- Palliative

## Dementia support

Our specialists can help residents with dementia to lead a better quality of life. With the help of their loved ones, we'll build a picture of their life story and their likes and dislikes. Then we can personalise their care and help them live the way they want to.

Communication and engagement is a big part of life here, too. So if your loved one finds it easier to use signs and symbols to communicate, our team are happy to use Makaton.



## Variety of comfortable bedrooms

We have 41 lovely rooms, including three large rooms that are ideal for couples. You can also expect:

- en suite WC and hand basin
- shared bathrooms around the home
- a garden or courtyard view
- patio doors to outside area
- flat screen TV
- telephone point

Residents are welcome to bring some personal items or a small piece of furniture from home, too.



## Services available to all

- GP visits and clinics within the home
- Advice from a nutritionist
- Pet therapy
- Religious services
- Wifi throughout the home
- Laundry and cleaning

**Plus, for an additional cost, residents can benefit from:**

- chiropody
- dentist visits
- eye care from an optician
- on-site hairdresser



## Shared areas around the home

There are lots of bright and spacious communal areas here, including two homely lounges, an activity room with a dedicated reminiscence area and an on-site hair salon – perfect for a relaxing treat.

Outdoors we have 13-acres of land for residents to explore with loved ones, and a courtyard with plenty of seating. Each week we make the most of the surrounding countryside by hosting an owl watching class.



## Speak to us about costs

Our fees vary depending on the care needed and the bedroom chosen. We'd be happy to run through costs and answer any questions.

**Call us for more information**  
**01923 889 152**

Lines are open 8am to 6.30pm, Monday to Friday, 9am to 12.30pm Saturday. We may record or monitor our calls.



# Life at Allington Court

There’s always lots going on within our welcoming community. We run activities seven days a week and frequently join our neighbouring Bupa care home, Tenterden House, for a range of engaging events and the occasional themed meal.



## Activities

Our activity coordinators plan things to do based on what our residents enjoy. There’s something for everyone, including those who are less mobile, such as:

- arts and crafts, baking and knitting
- puzzles, cards and games
- theatre trips and pantomimes at the home
- pamper sessions
- trips to the local pub, garden centre and shops
- gentle exercise classes
- gardening club and a night owl group
- visiting entertainers like singers



Residents can continue to enjoy most of their existing hobbies here. And they can always suggest something they’d like to try, like a one-off flying experience or a golf lesson.



## Fresh, healthy food

Our tempting meals can be enjoyed in our dining room by the window or in the comfort of the resident’s room. A choice of cold snacks are available around-the-clock, too.

When they move in, we talk to each resident about their likes, dislikes and any special dietary needs. That way we can make sure there’s a few favourites on the menu.

## Meal times

Set meal times ensure that residents can enjoy their food without interruption. If they’d prefer to eat at a different time, we’re happy for them to do so.



## Visits from family and friends

Family and friends can pop by at any time. Whether that’s for a quick coffee, an activity or some food. If you’ll be having a meal with us, just give us a quick call and let us know about any dietary requirements.



## Celebrating special occasions

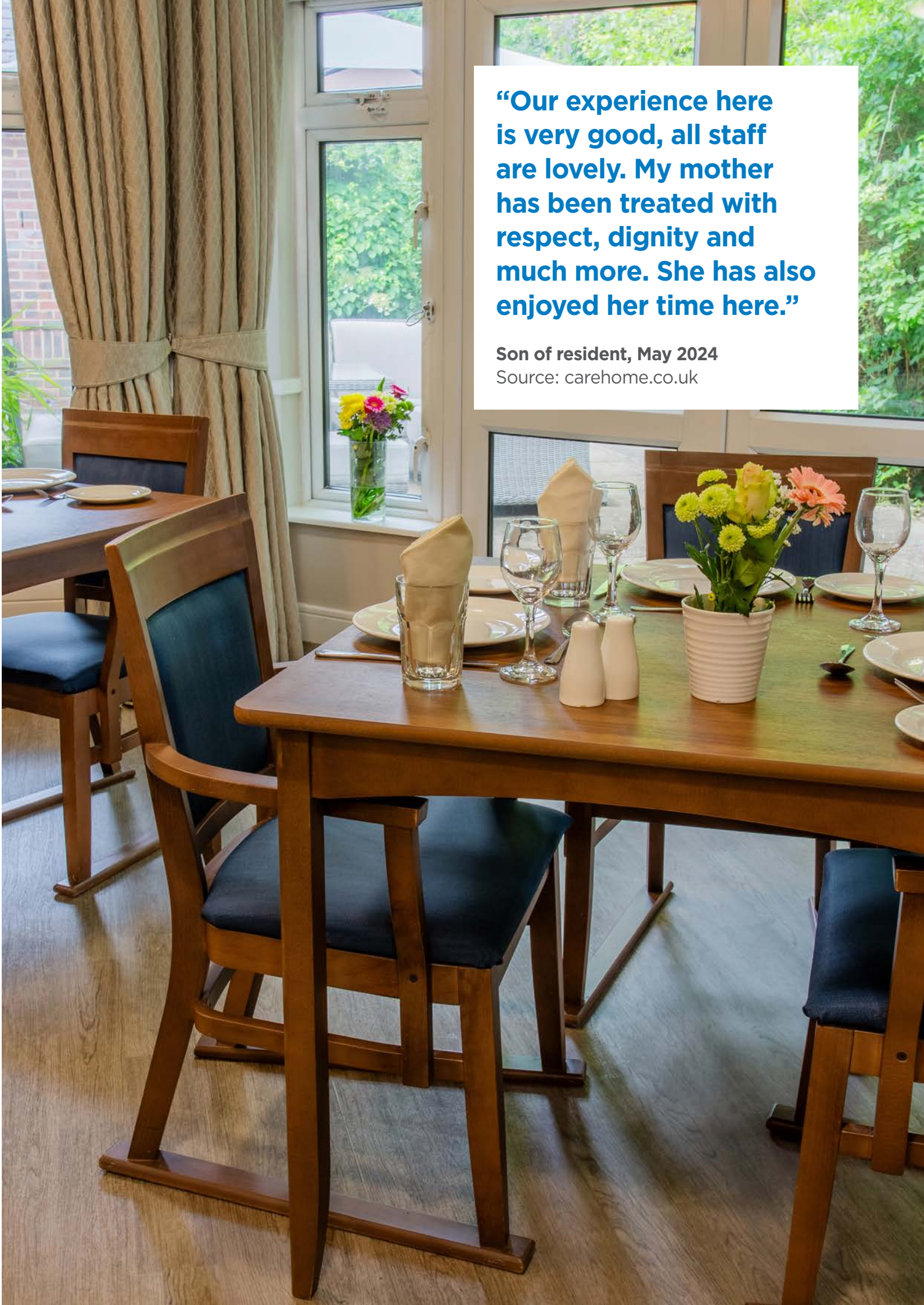
Our activities room is great for hosting family events, like birthdays and anniversaries, for up to 12 people. We’ll decorate the room, bake a cake, and if you need catering, we can arrange this for an additional fee.



Issued Jan 2024

“Our experience here is very good, all staff are lovely. My mother has been treated with respect, dignity and much more. She has also enjoyed her time here.”

Son of resident, May 2024  
Source: carehome.co.uk





# Visiting Allington Court

**If you've never been here, why not come for a visit?**

You can meet the team and get a real feel for the atmosphere. We're just off North Orbital Road on the way to the M25 and there's lots of on-site parking. Lye Lane is the first left after the roundabout with the Shell garage and Mercure St Albans Noke Hotel on it. There's also a local bus stop a 10-minute walk away.

**To arrange a visit or to find out more, call us on**

**01923 889 152**

**[bupa.co.uk/care-homes](https://bupa.co.uk/care-homes)**

** BupaCareHomeTenterdenHouseAndAllingtonCourt**

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9am to 12.30pm Saturday. We may record or monitor our calls.

## **Allington Court Care Home**

Lye Lane, Bricket Wood, St Albans, Hertfordshire AL2 3TN

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