



EVERY LIFE SINGS. SONNET CARE HOMES.

ST MARY'S
COURT
CARE HOME



CARING FOR YOU WITH EXPERTISE AND WARMTH

"The staff are so involved with each resident on a one-to-one basis that it is more like home from home. Nothing is too much trouble. We cannot praise the genuine care she is given highly enough."

Gwen P, on www.carehome.co.uk

St Mary's Court offers you the rare combination of living in a warm and welcoming home and receiving the highest quality specialist and nursing care.

Set in ten acres of beautiful grounds, our modern, purpose-built home is ideal when you need an increased level of support from our highly trained staff.

Our specialist residential and nursing units are safe, stimulating and respectful environments where we provide really dedicated care for everyone who lives at St Mary's Court.

In particular we care for:

- > Older people who need general high dependency nursing and palliative care
- > Older people with dementia who need residential care services in a secure environment
- > Younger adults with dementia who need secure, specialist residential care

We also offer respite care and short breaks.

The best way to find out if St Mary's Court is for you is to come and visit us. We invite you to tour the home and our gardens, eat lunch with us, or even stay a night - we'll be delighted to meet you and show you our home.



Kindness, comfort and respect.

"I just wanted to say thank God there are people like you working in the care system."

Jane R, wife of Ian



At St Mary's Court we care for you as an individual. Our home is divided into specialist units, and each unit is well staffed by highly trained people whose priority is to take care of you in exactly the way you want.

We sit down with you and your family when you join us to create a really detailed picture of what you need - and just as importantly we'll talk about what you like and don't like. St Mary's Court is home, so we're here to

make sure you can always choose to live the way you want to. You will get to know the people who support you well, and can relax knowing that we will give you excellent care, day and night.

We have a very important motto here: Kindness, Comfort and Respect. It's at the heart of everything we do and our staff are trained to keep it in mind whatever they are doing.



At St Mary's Court we have made a warm and friendly home where people who need intensive nursing or care 24 hours a day can live safely and well.

We provide three services in separate units. Older people who need 24-hour, high dependency or palliative nursing care are expertly cared for in our specialist nursing unit.

In our specialist dementia units we provide skilled care services for older people with dementia. People with young onset dementia are cared for by their own dedicated team.

Our dementia care teams are highly trained and knowledgeable. They work closely with each resident, providing individual care and support to enable them to live safely and as independently as possible, and with dignity at all times.

"My wife has early-onset dementia and has been a resident at St Mary's Court for 14 months. She has been wonderfully looked after by staff who really care about her. The more her condition progresses, the more they seem to wrap their arms around her.

The unit is always clean and access to the gardens is always open, which is very important for fresh air and exercise. ... A thoughtful and caring environment. I couldn't ask for more."

Philip G, on www.carehome.co.uk

"My aunt was transferred from hospital to St Mary's Court, diagnosed terminally ill... The compassionate care in trying to get nutrients into her was surpassed only by the determination to minimise her discomfort from pain. The overall standard of care was exemplary."

Valerie W, on www.carehome.co.uk

Specialist support to live safely and well.

Three specialist units.

Dementia care for older people

We provide care for older people who are experiencing memory loss or confusion, perhaps because of Alzheimer's.

Through our specialist insight into the causes and effects of dementia in older people, we can help a resident to make the most of their abilities so that they can continue to live as full a life as possible.

We support each person emotionally, physically, spiritually and socially, and always remember that they are an individual with a long life behind them, and wishes and desires that we can help them to fulfil.

Dementia care for younger people

People with young onset dementia have very different needs to older people. Our specialist unit at St Mary's Court is a safe, friendly and stimulating home where every member of staff is trained and experienced in young onset dementia.

Every person we support has their own care plan, which builds on their strengths and preferences and helps them to stay healthy and to maximize their independence.

Many of the people living at St Mary's Court with young onset dementia are very active, so we offer a wide range of fun and meaningful activities and leisure pursuits such as swimming, bowling, cinema, shopping, cooking, art, pottery, snooker, table tennis, carpentry, and local college courses.

We have our own secure garden that opens directly off the unit so the residents can safely spend as much time outside as we like.

Nursing and palliative care

At St Mary's Court you can receive specialist nursing care in a warm, welcoming home.

You will stay in a unit that is dedicated to caring for older people who need 24-hour nursing care.

Our team of highly qualified and experienced nurses provide excellent quality clinical care with gentleness and understanding.

We can care for people with considerable and high dependency health needs, and provide palliative care.



You deserve the best.

The quality of life we offer at St Mary's Court is exceptional, because we firmly believe that everyone who lives here deserves the best.

From our locally sourced home-cooked food to our professional hairdressing salon, we help you to make the most of life. You can choose to spend all your time at St Mary's Court if you like because every service you need is available here. It's up to you though: if you like to get out and about, we're here to make that possible too.



Examples of the services we provide

- > 24-hour care by our team of well-qualified staff
- > High dependency nursing care
- > Residential dementia care for older people
- > Specialist dementia care for younger adults
- > Spacious ensuite accommodation
- > Respite and short stays
- > Locally sourced, fresh home-cooked food
- > Special diets
- > Activities and entertainments
- > Daily newspaper*
- > Wifi
- > Chiropody*
- > Escort to hospital appointments
- > Hairdressing salon*
- > Laundry and ironing
- > Housekeeping and maintenance
- > All utility bills except, private telephone*
- > Trips and the use of our minibus*
- > Room service
- > Help to move in
- > Email postbox for family messages, delivered to residents daily

*Extra charges may apply



Our house and gardens.



St Mary's Court was purpose built as a care home in 2008 and is divided into specialist units so that every resident receives exactly the support they need.

Our home is spacious, airy and quiet with pleasant communal areas, and everyone who lives here has their own large room with ensuite shower and toilet. We are always happy for people to bring their own possessions from home so that you can really make your room your own.



We designed our home to help people to maintain their independence, so our décor, signage, furniture and equipment make moving around and understanding the environment as easy as possible.

St Mary's Court is set in a beautiful ten acre gated estate, with gardens and woodland, patios, a croquet lawn, a potager, chickens, and a barbecue. We have a secure garden attached to our unit for people with young onset dementia, and we enjoy spending as much time as possible outside.



There is plenty of free parking for visitors, and a children's play area in the grounds.

A purposeful life.

Some of our activities

- > Swimming
- > Gym
- > Visits to garden centres
- > Lunches out at local restaurants
- > Trips to the pub
- > Trips to football matches
- > Cinema
- > Quiz sessions
- > Music to movement
- > Armchair exercises
- > Entertainers
- > Art therapy
- > Sports days
- > Family fun days
- > Gardening

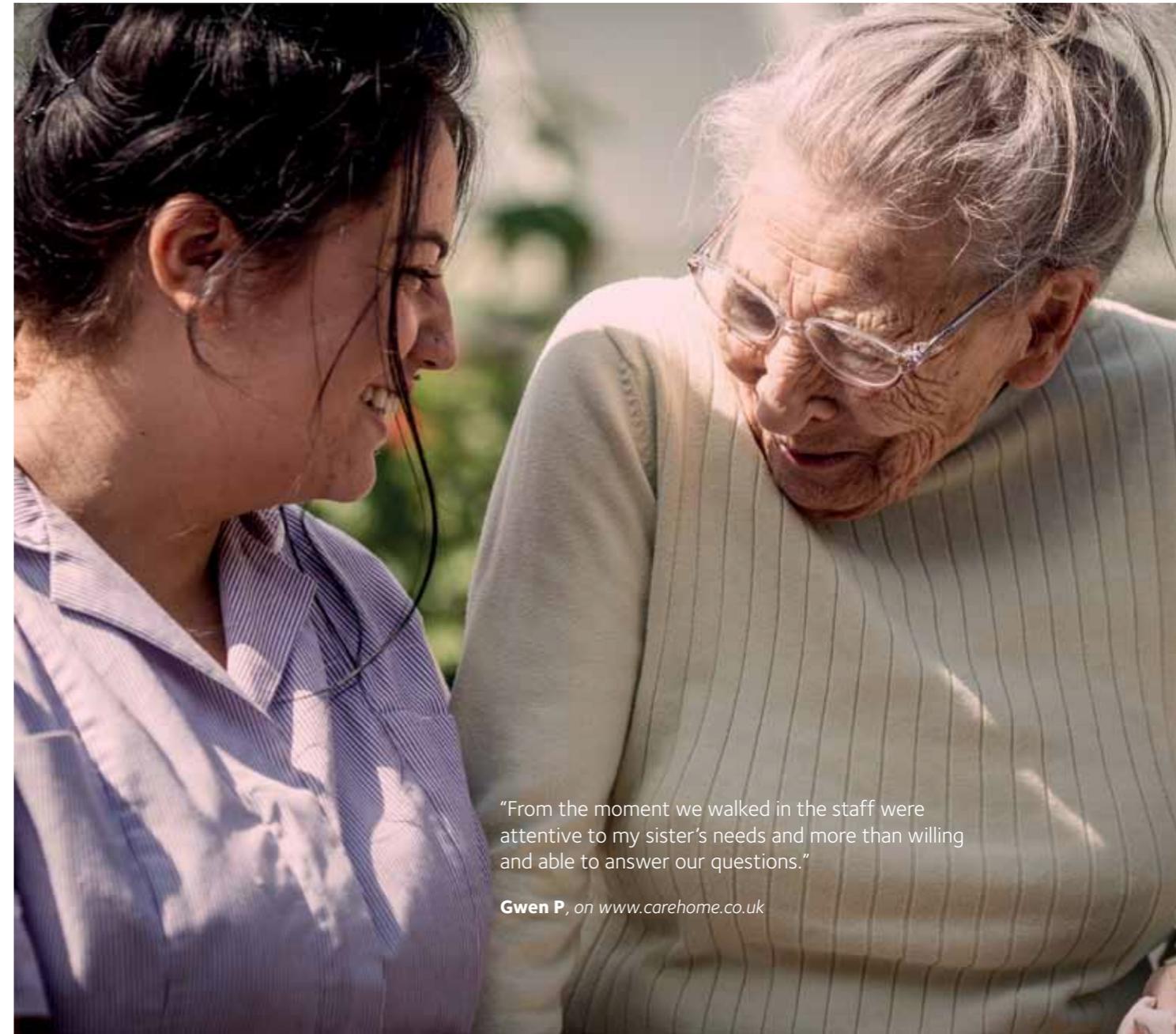


We like to be actively involved in life and are always delighted to see friends and family. We're privileged too to receive regular visits from professional musicians, dancers, pet therapists, florists, students and many more.

We like to help everyone who lives at St Mary's Court to enjoy life to the full, so we provide a rich mixture of things to do every day. Some of our residents are relatively

young and active, while others like peace and quiet: we fully recognise that everyone is different, and take great care to match activities to individuals.

Above all, if you live at St Mary's Court, you should be able to choose how you spend your days so whether you'd like to go swimming, do the crossword, or simply chat with friends in the Bistro next door, we're here to help you.



"From the moment we walked in the staff were attentive to my sister's needs and more than willing and able to answer our questions."

Gwen P, on www.carehome.co.uk

Please come and visit us.

St Mary's Court is in Bocking, near Braintree in Essex. There is open countryside around us, yet we are close to town, with a bus stop right outside.

Braintree has good shops, hotels, pubs and restaurants in the town itself, and there are many more at the Freeport designer outlet, as well as a cinema and bowling alley.

We are easy to reach by car from the M1, M11 and A120, and have plenty of parking. We are also close to Braintree railway station, with a regular service from London Liverpool Street.

We'd love to show you round our home, so if you'd like to visit us, please get in touch and we'll arrange everything.

If you have any questions about St Mary's Court or would like to arrange a visit with us, we'd be delighted to hear from you.

Our Home Manager is Terri Pike.

Telephone: 01376 328 600

Email: terri.pike@sonnetcarehomes.co.uk

St Mary's Court
Deanery Hill
Bocking
Braintree
Essex CM7 5SR



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Fax: 01376 344 278
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