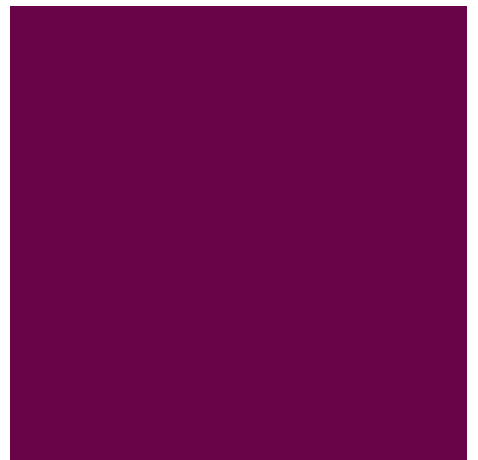
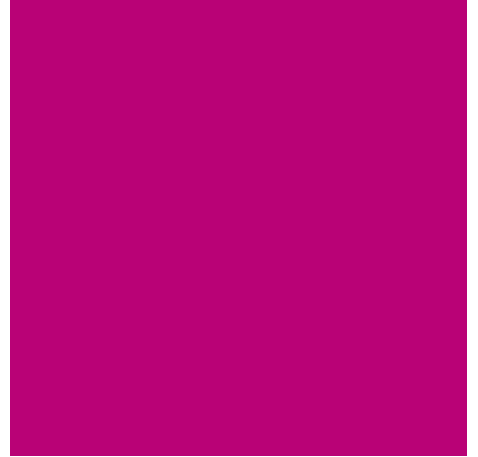




# The Marbrook Centre

excellence in neurological care and rehabilitation



## Dementia Care

**Moving from your own home can be a worrying time. It's not unusual to be concerned that you might lose your independence and miss out on all the things you love doing.**

We help you to maintain your independence and support you to live in a way you want, with real choice and control. Our team will empower you and your loved ones to make informed decisions about your life and the care you receive.





# Care centred on you

Dementia affects everyone differently so here we tailor care to suit your individual needs. We are here to empower you to engage in the planning of your own care and to support you to make your own decisions. We also encourage your family and friends to be key members of the care team. We ensure that you and your loved ones are central to decisions about your life and the care you receive.

We understand that you want to maintain your independence so our new building is designed to support people with dementia, making it easy to find your way around, enjoy the space and to discover what's happening each day. Our use of colour helps you recognise key features, such as your own bedroom door and to easily know the time of day or where the nearest toilet is.

## What's cooking in the kitchen?

Our chef and team provide a wide range of home cooked meal options. We have three domestic kitchens to support you to maintain your domestic skills and to enable families to share in making and eating meals together. At home, if you fancy egg on toast you go to your kitchen and make it and it's the same here. Let's cook together and then eat it together with your family, friends, other residents or your care team. We make every effort to ensure your whole family are happy to visit you. We have toys for children to play with and of course, if you have a pet, they are welcome to visit too.



# Space for you

We have enough space so you can walk safely. You'll find lounges, big or small, with a TV or without. You'll have enough space to join in the many activities or to enjoy the sensory garden and watch the bees do all the hard work.

We know that living with dementia means you can go through different stages of either wanting to join in the hubbub of activities or wanting to find somewhere quiet and peaceful to be. So when you're in 'the moment' and want to go to the hair salon, watch a movie in our cinema, do the laundry, gardening or reading the paper, we make it possible with our team ready to support you.

## Going out and about

Helping you do what you enjoy is important to us. Whether that is going out for lunch, or visiting a garden centre, shopping or swimming. Whatever it is, we will do our best to support you to keep doing it. We have vehicles to take you out and about or to visit family. We want you to stay in touch with the world just as much as you want to.





# A good night's sleep

After an active day, a good night's sleep is essential. Your bedroom here is a safe, comfortable and warm place to be. The furniture is beautiful and designed to help you find your things easily and to lower stress levels. The furniture and the easy to see toilet seat in your ensuite bathroom supports you to maintain your independence. You'll also have a flat screen TV and WiFi so that you can keep in touch with your family and friends wherever they are in the world.

# Your care team

When we recruit our staff we look for people who are caring and empathic. We want them to be able to connect with you and be there to support you in living the way you want to. All of our staff have the qualifications and competence necessary to work with people with dementia and their families. We support the development of their skills and expertise through continuous professional training.

Our multi-disciplinary team includes nurses, therapists, doctors and care staff.

Our GP visits at least once a week, so is always on hand for a conversation, either informally over a coffee or via an appoint in our GP surgery.



# How to find us



The Marbrook Centre is perfectly located for your family and friends to visit. Situated just off the A1, close to the Black Cat roundabout, we are easily accessible from Hertfordshire, Bedfordshire and Cambridgeshire and 40 minutes from North London. St Neots train station is 3 miles away and is served by mainline services from Kings Cross.



For more information contact:

**01480 470 470**

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