



The Martins care home

*Live later
life well*

Dementia, residential and short-stay care in Bury St Edmunds

The care home with the *cathedral*

There can't be many care homes with a cathedral in their back garden. But that's exactly what you'll find at MHA's The Martins.

Beyond the visual splendour of our 1,000-year-old neighbour, there's the soft soaring of bells, the faint echo of choirs, and the secret gate that adjoins our own outdoor space to the stunning Abbey Gardens of the cathedral itself.

There's also the view out towards the River Lark, which burns with reds and ambers in autumn. Glows with green in spring and summer. Often accompanied by the joyful sounds of children as they enjoy the nearby playground.

And that's not to mention our care home itself, and the people who make it such a warm, welcoming and happy place to live.

Centrally located in Bury St Edmunds, The Martins offers 42 spacious en-suite bedrooms, with a range of bright and airy communal spaces and facilities which fill our home with light, offering views that fill our days with bliss.



We asked Melanie, The Martins' manager, to share her advice for anyone choosing a care home:



Go with your feelings. Despite all the brochures you'll read and the research you'll undertake, visiting a care home is the only time when you'll truly know whether it's right or wrong for you or your loved one.



Delights on *your doorstep*

It's hard not to notice the stunning gardens encircling The Martins. They somehow stand their ground and demand your attention, regardless of the awe-inspiring cathedral that sits adjacent to them.

Bursting with a kaleidoscope of colours throughout spring, summer and autumn, our beautifully maintained grounds feature a substantial summer house, where residents and their families while away the afternoons to the quiet sounds of the birds and bees all around them.

An elevated veranda opening from the home sits splendidly above the gardens, swallowing the afternoon sun, and presenting an idyllic view onto the grounds below. We think it's the perfect place for a gin and tonic with friends. But you'd be welcome to join us to decide for yourself.

Away from the home and beyond our neighbouring cathedral, The Martins is just a short walk from the centre of Bury St Edmunds and its choice of shops and cafés. Tesco Express is just five minutes on foot, whilst our local pub – The Fox – offers a warm welcome (and excellent pint), just around the corner.

Food with, *a view*

It's easy to understand why mealtimes are so important at The Martins.

Aside from the freshly prepared, home-cooked food, the dining area itself offers beautiful views over the garden and towards the cathedral. It's no wonder lunchtimes so often turn into entire afternoons spent with fellow residents, family and friends.

Like anything at The Martins, our residents and their families are at the heart of everything we do. Their collaborative 'food forum' meets regularly to share ideas and feedback that informs the evolution of our menus... all of which are designed to be both delicious and nutritious – feeding your body and nourishing your soul.

A cheeky tippie with your meal? No problem at all. Something to celebrate? We'll get the fizz. A snack during the day? Help yourself to one of the daily-made cakes or biscuits. Fancy a change of scenery? The café in the Abbey Gardens is a home-from-home for many of our residents and their families.

Whatever your mood, taste or craving, it can find a happy home with The Martins.



What you can expect at The Martins:

- Meals are freshly prepared by our in-house chef.
- Menus are designed around seasonal produce.
- Ingredients are sourced locally wherever possible.
- Drinks and snacks are on-hand 24 hours a day.

Take a look at our sample menu:

Lunch

Traditional roast pork
with apple sauce.

or

Goats' cheese, spinach
and tomato quiche.

*All served with seasonal potatoes
and roasted root vegetables.*

Watermelon sorbet.

Evening meal

Soup of the day, with a
selection of sandwiches.

or

Cheese and potato pie.

Lemon drizzle cake.







Support that *speaks for itself*

Our 42 spacious en-suite bedrooms are split between residential and dementia care, always offering generous proportions, and mostly blessed with views of natural and historical significance from their generous windows.

Aside from the ever-present comfort of our close-knit care team, you'll find our chaplain in the home four days a week, radiating warmth and providing a huge source of spiritual support and guidance, for those of any faith or outlook.

We're fortunate that the quality of our care and support speaks for itself. Or to be more specific, the positive recommendations of friends, families, neighbours and volunteers does the talking on our behalf.

It means the majority of our residents have been welcomed to The Martins thanks to local reputation, or referrals from both healthcare professionals or from the Methodist church.

The result is a close-knit and like-minded group of residents who remain effortlessly entwined with their local community. They wouldn't have it any other way. And neither would we.



I asked my mum-in-law what she thinks of The Martins and her word was “smashing!” We have no concerns regarding the care, food, hygiene, carers, and their communication is second to none. She is so well looked after, she loves being here. The staff go the extra mile to look after her.

[Family testimonial from carehome.co.uk](https://www.carehome.co.uk)

Our commitments to you:

- You'll remain in control of your care and support. Always.
- You'll be supported by a caring, compassionate team.
- You'll benefit from proven and pioneering therapies.
- You'll be valued and respected in a like-minded community.
- You'll be free to make this home your own – inside and out.

Facilities

- Spacious en-suite bedrooms with call system.
- Dedicated chaplain for spiritual support or private reflections.
- Hairdressing salon for care and pampering.
- Comfortable lounges and communal areas.
- Landscaped gardens with veranda and summer house.









Living later life well

When you think of a care home, what springs to mind?

Ask one of our residents at MHA's The Martins, and they might think of Bambi the pony, with her purple-painted hooves. Maybe they'll imagine one of our famed 'Bubbly Circus' parties, which bring together children, grandchildren and great grandchildren to enjoy time together each summer.

Some will inevitably think about their regular rickshaw rides through Bury St Edmunds and weaving around the ancient paths of the Abbey Gardens. For others it might simply be their fondness for 'prosecco day', or the simple joys in welcoming ducks, herons and other wildlife as they make unscheduled appearances in our gardens, from their usual haunts around the local River Lark.

Surprised? We hope so. Because we think The Martins is quite unlike any care home you've seen or imagined before.

We make sure life is rich and varied for everyone living and working at The Martins.

Visiting animal therapy sessions. Regular 'Golden Years' meetings with the stars of Ipswich Town Football Club. The jubilant singing and instrumental release of our music therapy sessions each Friday.

It all adds up to a life well lived. For our residents. Their guests. Our team. And the community that calls this home its own.



Here *For you...*

Whether you're searching for yourself or a loved one, for short stays, residential or dementia care, our team at MHA's The Martins will be here to help.

We understand that searching for a care home can be a confusing time for any family. So, we hope it's reassuring to know that our doors are always open. Our advice is always generous. Our residents are always eager to welcome a new character into the fold. And our charitable ethos will always guide everything we do.

We'll be ready to support. Whenever you need us:



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themartins@mha.org.uk

Proud to be part of MHA

For more than 80 years, families have been choosing MHA to support the needs and aspirations of their loved ones in later life.

People have been forging friendships through our community programmes. Fundraising to drive our charitable goals. And spreading the warmth, comfort and spirituality that you'll find across every MHA care home, community and development.

It's always for one reason, which will *a/ways* stay the same: helping older people to live later life well.



mha.org.uk/martins



Get in touch

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