



## Trembaths care home



*Live later  
life well*

**Nursing, residential dementia and short-stay care in Letchworth**

## First for some

# 'firsts'

**The word 'pioneer' probably isn't something you'd associate with a quiet care home in Letchworth, but that's precisely the way we'd describe MHA's Trembaths.**

When we opened our doors in 1989, Trembaths was the first nursing home in the whole of MHA. In the UK's first ever garden city. The solar panels spanning our building were something of a 'first' too, meaning we've been helping to set trends for 25 years.

But the first thing you'll notice when you arrive at Trembaths isn't the pioneering spirit.

It's the feeling of warmth. The sense that you're surrounded by people who care. That you're at home. And that you're welcome to live the life you choose, without a moment of hesitation.

We asked Renaud, the much-loved manager at Trembaths, to describe what he loves most about the home:



It's the ethos and values of our team here at Trembaths. This is a home first and foremost, and it's made particularly special because of the people who have dedicated decades of their careers to the place. I know if someone walks through our door, they'll be met by a huge, warming welcome, no matter what. That makes me very proud.









# Delights on *your doorstep*

**Located on a quiet road in the heart of an established community on the outskirts of Letchworth, Trembaths offers an ideal location for residents and their guests.**

The Three Horseshoes is our friendly local pub, Bickerdikes Garden Centre and its superb café are just a short distance away, there's a shop five minutes from our home. But the open countryside is in equally easy reach, with access to the Green Way within a few minutes' walk from the home.

The gardens surrounding Trembaths would be more suited to a country estate than an urban care home. The mature outdoor spaces encircle every side of the home, ensuring every single window opens to an enviable view.

Generous fruit trees fill the garden, with pears, apples and plums often taking centre stage on our seasonal menus. The grand walnut tree takes pride of place, often drooping under the weight of its walnuts, much to the joy of Letchworth's famous black squirrels that happily scramble its branches.

There are six separate seating areas ensuring you'll be spoiled for choice when selecting a spot in shade or sun – all offering different views across the myriad of raised beds and planters.

# Prepare for the *rice pudding*

**Creamy. Rich. Seasoned. And just the right balance of sweetness. The home-made rice pudding so loved by our residents might be a closely guarded recipe, but at least our chefs are always more than generous with their portions.**

It's not just the 'traditional' desserts that will make you feel spoiled for choice at Trembaths though. With a chef whose background is from a famed local bakery, we're the happy tasters for all manner of incredible cakes, biscuits and shortbreads. Often appearing – and then vanishing – within a shamefully short time.

Our menu itself changes with the ideas and suggestions of residents, with Trembaths' two head chefs joining regular food forums to ensure we're always eager to improve mealtimes, in any way possible.

And we must reserve a special mention for our summer garden parties. The perfect opportunities for grandchildren to clamber the trees and race across the lawns, before tucking into the amazing piles of piping hot samosas that never last quite as long as you'd expect.





## *What you can expect at Trembaths:*

- 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 51-bedded care home offers a range of residential dementia, nursing and palliative care, with short stays available throughout the year. Each of the surprisingly spacious bedrooms enjoys its own unique view of our gardens, which offer a secure and accessible space for any of our residents.

Many of our care team have devoted decades of their career to Trembaths, ensuring an ever-present sense of comfort and feeling of consistency. There's also the spiritual support you can find in our chaplain, a regular presence in the home, offering a listening ear or calming voice for those of any faith or outlook.

Families and friends are a particularly important part of life with Trembaths. Not just for the character and companionship they bring to our home. But for the irreplaceable sense of togetherness and community, as they forge mutual support structures around our residents and for each other.

Dementia can be difficult in so many unimaginable ways. But there are few things that make us feel prouder than being the place where such love, friendship and community can grow.



Trembaths is a friendly, happy place! The staff are all fantastic. The management team is caring and friendly too. My mother is so happy living at Trembaths. She loves the staff so much. She likes the food and loves sitting down with other residents.

[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 summer house.
- Accessible balcony with delightfully impressive garden views, ideal for those who are physically impaired.











# Some untraditional *traditions*

## **When you think of life in a care home, what springs to mind?**

It probably won't be Magenta Slippers, our visiting drag artist and local entertainer. Nor would it be Norton Splinters, our talented rocker duo who regale our residents with anything from Bon Jovi to The Kinks.

Perhaps you'd be surprised to hear of our furry family – Lola the labrador and Daisy the sausage dog. Both of whom bring frequent joy throughout the home... and seem to have memorised the secret hiding spots of every biscuit jar in the home.

There's knit and natter classes, bridge battles, music and movement sessions, dominoes, bingo, poetry readings. There's time watching school nativities, becoming honorary members of the local Beaver Scouts, forging connections that grow stronger and stronger as every week flies by.

**It's all for the love of laughter, memories, friendship and togetherness. Those are our ingredients for living later life well.**





# Here *for you...*

Whether you're searching for yourself or a loved one, for short stays, nursing or dementia care, our team at MHA's Trembaths care home 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:



01462 481694



[trembaths@mha.org.uk](mailto:trembaths@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/trembaths](https://mha.org.uk/trembaths)





# Get in touch

## Trembaths care home

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