



## The Herons care home

A photograph of an elderly Black man with a grey beard and glasses, wearing a light purple button-down shirt. He is sitting in a brown leather armchair, smiling warmly at the camera. His hands are clasped in his lap. To his left is a green potted plant. To his right, a window shows a view of green foliage outside. A person's hand is visible on the right side of the frame, resting on the arm of the chair.

*Live later  
life well*

Residential, dementia and short-stay care in Nottingham

# A home *with heart*

**Tucked away in a peaceful cul-de-sac in Toton, The Herons offers a calm, cosy setting surrounded by a friendly retirement community. We're nestled near Chetwynd Barracks, so don't be surprised if you hear the army band practising now and again – it's one of those little things that makes this place unique.**

Originally opened in 1993 by the Duke of Gloucester and part of the MHA family since 2010, the home was purpose-built, giving it a warm, personal feel. Local neighbours often pop in for events, creating a lovely, close-knit atmosphere.

Inside, it feels just like home – relaxed, comfortable, and welcoming. You'll often see familiar faces from the West Notts MHA Communities centre too, keeping the connections strong.

And the team? They're truly special – many have been here for years and go above and beyond every day, treating every resident with the warmth, care, and kindness they'd give their own family.





I can't say enough good things about this place. The Herons has everything you could hope for, for a modern care home, yet retains a homely feel. Spotlessly clean and amazingly friendly and helpful staff.

**Testimonial from [carehome.co.uk](http://carehome.co.uk)**





# A Garden to enjoy *all year round*

**At The Herons, our garden is a well-loved part of the home – a peaceful outdoor space where residents can enjoy fresh air, gentle activity, and quiet moments of calm.**

Accessible paths make it easy for everyone to explore, while raised planters offer the chance to get hands-on with a bit of light gardening – without the need for too much bending. Thoughtfully maintained and full of greenery, the space offers something for everyone to enjoy.

Just outside the sun lounge and dining area, a sunny patio with comfy seating invites residents to enjoy a morning cuppa or afternoon tea. It's a popular spot in warmer weather, often used for one-to-one chats, reading the paper, or simply soaking up the atmosphere.

From casual catchups to summer socials, the garden is a place to relax, connect, and enjoy the simple pleasures of each season.

# A taste of *home*

**Our experienced head chef brings plenty of skill and care to the kitchen, creating traditional, home-style dishes that residents know and love.**

Meals are freshly prepared on-site every day using quality ingredients, and the smell of warm, freshly baked biscuits and cakes fills the home daily. Fish dishes are a speciality and a firm favourite among residents, alongside a variety of hearty, nourishing meals that reflect individual preferences.

Residents have a real say in what's on the menu through regular surveys, a comments book, and quarterly food meetings – because everyone's tastes matter.

Our friendly staff are on hand to help whenever needed, so everyone can enjoy their food in comfort and at their own pace.

Monthly coffee mornings often involving a bit of baking – like our recent cornflake tart session, which stirred up memories and smiles.

Snacks and hot drinks are available throughout the day, whenever the mood strikes, and as a special treat, we regularly enjoy meals from George's Fish & Chips – a locally renowned fish and chip shop.





## *What you can expect at The Herons:*

- 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.











# A home full of *life and community*

With space for up to 39 residents, each in their own en-suite room, The Herons offers both comfort and privacy in a warm, welcoming setting. What truly makes our home special is the people and many of our dedicated team members have been with us since we first opened in the 1990s, creating a real sense of continuity and care.

Life here is lively and full of opportunity. Residents love getting out and about, especially in spring and summer when we plan trips to places like Attenborough Nature Reserve, local garden centres, and Spring Lakes Watersports – a favourite spot for watching the action on the water.

Back home, the energy continues with discussion groups, pampering sessions, and plenty of time to socialise or relax. It's a close-knit, vibrant community where every day brings something new – and every resident is truly part of it.



There's food is usually good, with the option to ask for more if you have a larger appetite. My mum thrived in the Herons and by some miracle has now returned home to my dad. The Herons care and support from everyone made that happen.

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

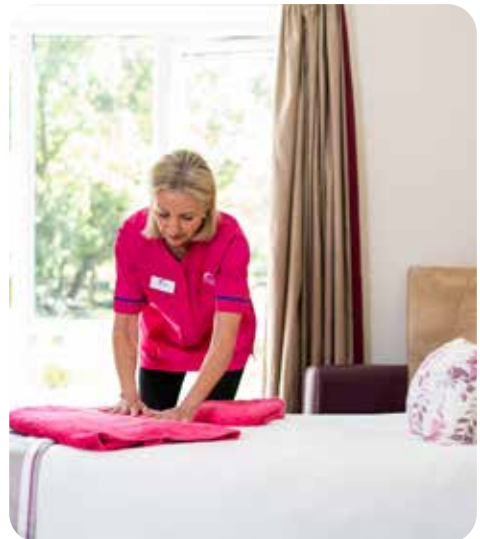


### *Our commitments to you:*

- 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*

- Single furnished en-suite bedrooms.
- Comfortable lounges and communal areas.
- Hairdressing salon for care and pampering.
- Chiropodist Services visit regularly for foot care.
- Nail Technician visits once a month.
- Landscaped gardens with patio areas.
- Dedicated chaplain for spiritual support or private reflections.











# Something for everyone, every day

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

At The Herons, there's always something going on – whether you're up for joining in or just want the option to dip in when it suits you. From gentle movement to lively singalongs, we've got a bit of everything.

Regular pamper days offer a lovely moment of calm and self-care, while regular live music performances bring the home to life with favourites from Vera Lynn to ABBA. For something more active, residents enjoy Exercise to Music, ball and hoop sessions, and the popular Love to Move programme – originally for dementia care, but now a firm favourite with all.

There are also quizzes, word games, mindfulness sessions, and even a mobile library for book lovers who prefer to stay cosy in their rooms.

We love a good event too – our Summer and Christmas Fayres are a real highlight, open to the local community and filled with fun, music, and purpose. Every activity is designed with enjoyment, choice, and wellbeing in mind.



# Here *for you...*

Whether you're searching for yourself or a loved one, for residential, dementia or short-stay care, our team at The Herons 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:



0115 946 0007



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



# *Get in touch*

## **The Herons care home**

Calverton Close, Toton, Nottingham NG9 6GY



**0115 946 0007**



**[theherons@mha.org.uk](mailto:theherons@mha.org.uk)**