



The Meadow care home

*Live later
life well*

Residential, residential dementia and short-stay care in Muswell Hill

The care home where *life flourishes*

Tucked away in a quiet corner of Muswell Hill, The Meadow feels like a countryside retreat in the city. It's a place where life moves at just the right pace - peaceful when you want it, lively when you need it.

Step onto the first-floor balcony, and you'll overlook beautifully landscaped gardens, a perfect spot for a morning coffee. But just beyond the gates, Muswell Hill's buzzing high street, Alexandra Palace, and Highgate Wood are all within easy reach.

Built in the 1960s, The Meadow offers 40 spacious bedrooms, welcoming communal spaces, and dedicated residential and dementia care. It's a place filled with warmth, companionship, and a real sense of home.

Surrounded by The Paddock retirement apartments, a tennis club, and a friendly Methodist Church, The Meadow is part of a thriving local community - where familiar faces and friendly chats make every day feel special.



The Meadow has proved to be the place we had hoped it to be for my brother after a diagnosis of late-onset Alzheimer's. I was impressed by the thought and understanding that goes behind their direction of the care programme and by the respectful and helpful attitude of the care team.

Family testimonial from carehome.co.uk



Gardens that spark *connection and calm*

The gardens at The Meadow are more than just a lovely outdoor space - they're a little slice of peace, a place to unwind, chat, and enjoy the fresh air.

Whether it's a quiet moment with a book, a friendly chat under the pergola, or the joy of planting something new, there's always something happening.

Wheelchair-accessible pathways weave through colourful flowerbeds and shaded seating areas, perfect for relaxing or watching the world go by. And for those who love to garden, our residents grow everything from tomatoes to lavender, sparking memories - like resident Pamela's stories of gardening with her father.

But it's not always about quiet moments. Seasonal events like garden parties and bonfire nights turn the space into a lively hub, bringing together residents, families, and the local community.

Sweet comfort in *every bite*

Mealtimes aren't just about what's on the plate - they're about the people around the table, the stories shared, and the little moments that make a house feel like home.

Our menus are packed with residents' favourites, from a comforting shepherd's pie to a spicy chicken tikka masala, with the occasional Mauritian fish curry adding a bit of flair. And it's impossible to ignore the sweet treats - each day, the scent of freshly baked cakes drifts through the home, whether it's a classic fruit cake, a zesty lemon drizzle, or a warm banana loaf fresh from the oven.

Food is a big part of our celebrations too. Birthdays call for personalised treats like Chef's yummy Black Forest gateaux, while themed dining events bring the tastes of Diwali, Christmas, and other festivities to life.

And of course, there's always a cuppa on hand, often enjoyed with a biscuit (or two). Because here, dining is about more than food - it's about laughter, community, and the joy of sharing.



What you can expect at The Meadow:

- 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.







Unlike any other *care home*

Our home has been a trusted part of the community for decades. With 40 homely bedrooms and inviting communal spaces, the home is designed for comfort, connection, and care that truly feels personal.

Here, familiar faces make all the difference. All of our team members work for MHA, meaning residents are always cared for by a dedicated team they know and trust. Many of our team have been with us for years, some for over a decade - bringing warmth, consistency, and a true sense of family to daily life.

Cultural diversity is something we celebrate, with multiple languages spoken and festivities like Diwali, Notting Hill Carnival, and Chinese New Year bringing fun throughout the year.

From exceptional dementia support to care that goes above and beyond, The Meadow is a place where residents feel safe, valued, and truly at home. It's not just about care - it's about living life well, surrounded by people who care.



The staff are unfailingly friendly, cheerful and professional. They deal, in particular, with dementia affected residents sympathetically and, crucially, intelligently, knowing how best to handle them. I've certainly never had a moment's regret; my mother is happy here.

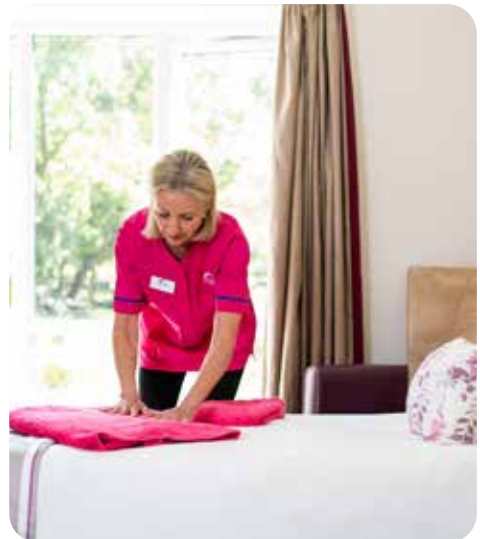
Family testimonial from carehome.co.uk

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 rooms.
- Wheelchair accessible with lifts to upper floors.
- Comfortable lounges and communal areas including a beautiful mezzanine.
- Hairdressing salon for care and pampering.
- 24/7 nurse call system in every room.
- Landscaped gardens with patio areas.
- Dedicated chaplain for spiritual support or private reflections.









Living later life well

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

Life at The Meadow is anything but ordinary - it's a place where every day brings something new to enjoy, share, and celebrate. Whether it's a hands-on baking activity, a lively arts and crafts afternoon, or a pamper session in our beauty salon, there's always something happening.

Our intergenerational events with local schools are a real highlight. From flipping pancakes on Pancake Day to making Christmas cards together, these moments spark laughter, stories, and friendships across generations.

For those with a sense of adventure, our Seize the Day initiative makes sure residents can explore beyond our gates. Whether it's a trip to the British Museum, a visit to the local tennis club, or simply rediscovering a favourite old haunt, we believe in making memories at every stage of life.

And of course, no week would be complete without a visit from James and his therapy dog, Charli - because nothing lifts the spirits quite like a wagging tail and a friendly face.



Here *for you...*

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



020 8883 2842



themeadow@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/meadow



Get in touch

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