



Quantum Care

Fosse House

Expert Care from a
Quantum Care Home



Fosse House

A chapter of life to be celebrated and enjoyed

Fosse House is located within the beautiful city of St. Albans and is conveniently situated within walking distance of Verulamium Park, St. Albans Abbey and the city centre.

The home provides residents with a place where they can continue to live life the way they want to live it, with compassionate care and support whenever it's needed.

Fosse House is more than a care home. It's a place where residents can live life to its fullest, knowing that their wellbeing is at the heart of everything we do.



Fosse House

Independent living with 24-hour care

Living life on your terms

At Fosse House, independent living is balanced with 24-hour care, ensuring you have the freedom to enjoy life on your own terms. Your private, en-suite room is fully furnished and includes internet access.

Dedicated to care, driven by compassion

At Fosse House, our dedicated staff work closely with you and your family to support your health and wellbeing. We carefully select staff for whom care is not just a job, but a true vocation. Each team member receives first class training, which is continuously updated throughout their career with Quantum Care.



Care in action

Our expert care is built on a resident-centred approach, ensuring that every individual's needs and preferences are our top priority.

Our teams are also here to support you to embrace life, pursue the things you enjoy doing, meet new people and lead a fulfilling and happy lifestyle.





Friendships and wellbeing

Connecting lives, creating moments

If you're looking to spend time with others, the home features a wide range of social areas including comfortable lounges, a number of dining areas, cosy corners and more.

Fosse House also features an inviting café. It's a space where you can connect with others, enjoy a chat, or simply relax in a comfortable and welcoming environment.

Our large landscaped garden is perfect for the warmer months and includes a number of walkways and seating areas all backdropped by mature trees and shrubs.

Keeping family bonds strong

We understand that maintaining relationships is vital so your family and friends are welcome to visit you whenever you like. We can also help you to keep in touch via video calls. When friends and family come to visit, there are plenty of places within the home to sit and chat over a cup of tea or coffee and some treats.



“At Fosse House, all of the things that are important to you matter to us too. Together, we can make sure that you continue to live life the way you want to live it.”

**Home Manager,
Fosse House**

Fosse House

Full programme of activities and events

A key to wellbeing

Staying active and engaged is key to happiness and wellbeing. Our skilled Activity Coordinators will work with you to design a rich programme of activities, from gentle exercise and arts and crafts to themed parties, evening entertainment, and outings.

Whether in a group or on a one-to-one basis, every experience is tailored to keep you as entertained and as active as you want to be.

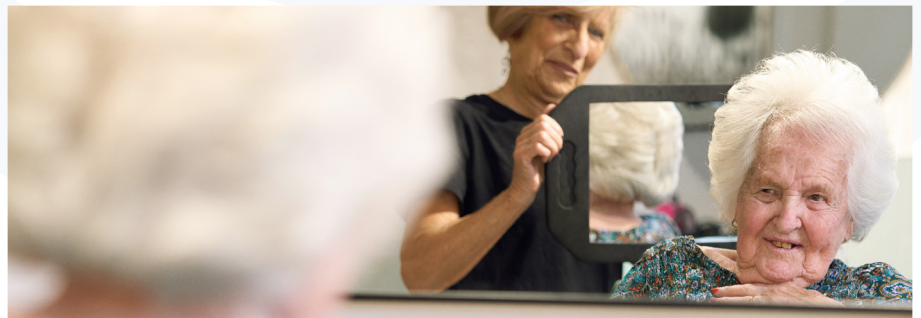


Pursue hobbies and discover new passions

If you need help to pursue or reconnect with your hobbies, our Activity Coordinators are here to provide any support you need. They will also arrange new activities that you may not have tried before, so you might discover a new passion.

Look and feel your best!

Looking and feeling your best matters too. That's why Fosse House offers an on-site hair and beauty salon as well as a full laundry and ironing service.





Food and dining

Great dining with a focus on quality and nutrition

Food is not only one of life's greatest pleasures, it's also essential for both physical and emotional wellbeing. At Fosse House, we place great importance on the dining experience. Our meals are carefully prepared with high-quality ingredients to ensure they are both nutritious and delicious, delivering on taste and satisfaction.

You can enjoy your meals in one of our inviting dining rooms or, if you prefer, in the comfort of your own room.

Our menus are designed to cater to a variety of tastes and preferences, with options to meet a wide range of dietary needs. A variety of drinks and delicious snacks are available throughout the day.



Fosse House

Facilities



24 hour care



Café



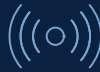
Sensory room



Visitor parking



Fully furnished rooms



Internet access



Landscaped gardens



Disabled access



Hair & beauty salon



Full activity programme



Laundry



“We’re here to encourage you to live a fulfilling life whilst providing all the care and support you need”

Home Manager,
Fosse House

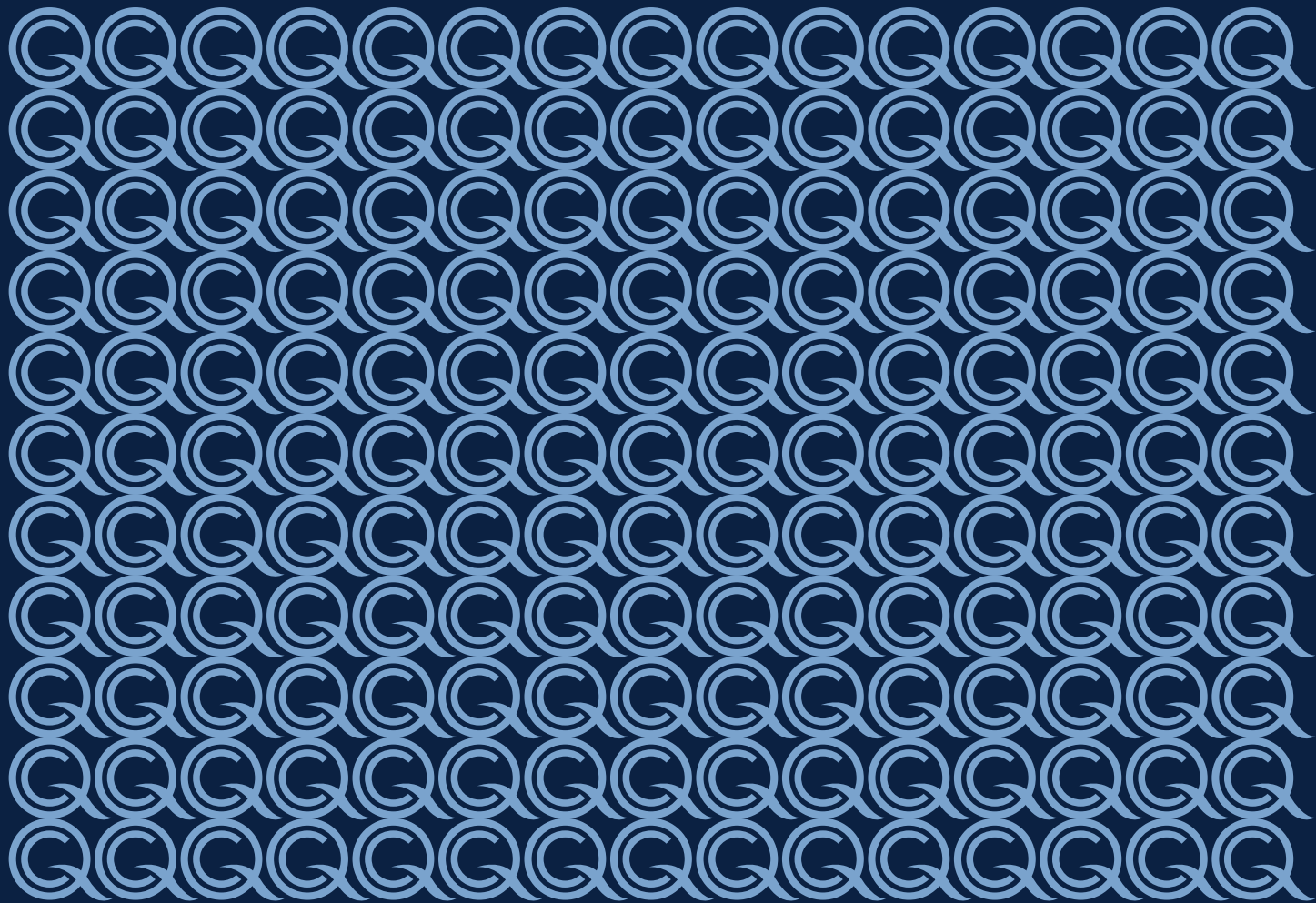


Care services

At Fosse House we offer a comprehensive range of care services tailored to meet the needs of each individual. Our expert team is dedicated to providing the highest standard of care in the following areas:

- **Residential care** – A comfortable home offering long-term support for those who need assistance with daily living activities.
- **Dementia care** – Specialised care designed to support individuals living with dementia, ensuring comfort and security.
- **Respite care** – Short-term care for those recovering from an illness or a hospital stay, or as a temporary solution when regular care is unavailable.







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