



**Four Seasons**  
HEALTH CARE

# St Mary's Care Home, Crostock

## A home that feels *just right*

**Our care home is situated in a peaceful, rural village, just five miles from Norwich town centre. We are close to public transport, making us easily accessible for visitors to pop-in for a chat anytime.**

Our dedicated team offers residential care for people who simply need help with daily tasks. We also provide respite care for those who would benefit from a change of scenery and good company, or for carers to take a short break.

Our chef and catering team work to create meals that are nutritious and tasty, using fresh seasonal ingredients. For extra variety we also offer a range of activities within the home, and celebrate a range of occasions throughout the year.



*“ Couldn't have wished for a better place for Mum. ”*



### **Our residents particularly like...**

- ~ Relaxing in our beautiful garden
- ~ Our in-house hair salon
- ~ Home baking each day
- ~ Snacks and fresh fruit always available
- ~ Free Wi-Fi throughout the home
- ~ Being able to add personal touches to their rooms
- ~ There is always someone to chat to











## Variety every day

We have strong connections with the local community and our events and activity programme includes something for everyone with the opportunity for lots of socialising or quiet time if preferred.

If a resident has a hobby or pastime they enjoy, we'll encourage them to continue it with us. Or perhaps they may like to rekindle a love of something or possibly learn something new. The important thing is that we treat every resident as an individual.



### Our Facilities & Services

-  Choice Of Lounges
-  Conservatory
-  Garden
-  Patio
-  Near Public Transport
-  Own Furniture if Required
-  Wi-Fi
-  Wheelchair Access
-  All Single Rooms
-  TV Point In All Rooms

### Funding

We provide care for those who are funded by their Local Authority or NHS Trust as well as those paying for their own care.

### Require more information?

Please see our website [www.fshc.co.uk](http://www.fshc.co.uk) to see our latest ratings and reviews



### Types of Care

-  Residential
-  Respite
-  Palliative

*“ It's like a home-from-home. I can sit here with staff and it's like being with my own family. ”*

### Contact Us

If you'd like to arrange a visit to **St Mary's**, or talk to us about our care options, please call or email.

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