



## Oak Manor care home

*Live later  
life well*

Residential, residential dementia and short-stay care in Shefford

# The care home that *grows with you*

**Set just outside Shefford, this modern home is surrounded by a strong sense of community and peaceful countryside views. Opened in 2017, it offers 64 fully accessible en-suite bedrooms and provides both residential and dementia care in a space designed for comfort and ease.**

Each unit has its own name: on the first floor we have Sessile and Willow as residential units and downstairs we have Bur and Cherrybark for people living with dementia - bringing a sense of character and familiarity. Inside, the atmosphere is warm and welcoming, with bright, airy spaces to relax and enjoy. Outside, landscaped gardens offer a quiet spot for fresh air and reflection.

There's plenty nearby to explore too, with Millennium Green offering lovely walking paths and local shops and cafés just a short stroll away.

Every detail here is thoughtfully considered, from the layout of the building to the supportive team who are all focused on helping people feel at ease, connected, and part of something special.



Supporting others is at the heart of who I am. Seeing our residents, their families, and our dedicated staff share smiles and meaningful moments fills me with joy. It's a privilege to be part of their lives.

**Cecilia Adamek, Home Manager**





# Gardens for *all seasons*

**The gardens here are a much-loved part of everyday life providing a peaceful, open space where everyone can enjoy a bit of fresh air and nature.**

With colourful flowerbeds, raised planters, and inviting patio areas, there's always something to see or do.

Some residents like getting involved in planting herbs, vegetables, or seasonal flowers, while others simply like to sit back with a cuppa and take it all in.

From summer barbecues to autumn harvest celebrations, the garden often becomes the heart of the action, filled with chatter, laughter, and shared moments.

If you are looking for quiet time, it's the perfect spot to unwind or enjoy some gentle reflection. The space is fully accessible, so everyone can make the most of it. Whether it's meeting on the patio or getting your hands in the soil, the garden isn't just an outdoor area - it's a place where stories grow and friendships flourish.

# Dining *that delights*

**Food is a big part of daily life - bringing comfort, conversation, and a few delicious surprises along the way.**

Every dish is made fresh, with local ingredients and plenty of care. Menus are shaped by what people actually enjoy, from classic favourites to bold flavours that reflect personal tastes.

Sunday roasts and crispy fish and chips are always popular, while special requests like homemade curries and samosas keep things interesting. Baking days are a real treat too, with the smell of fresh cakes, scones, and bread drifting through the halls.

Birthdays and special occasions are celebrated in style, complete with personalised meals and beautifully decorated cakes that feel truly thoughtful. The hospitality team puts heart into every plate, making dining feel less like a routine and more like something to look forward to - full of flavour, warmth, and the joy of sharing a great meal with good company.



My mother-in-law is very happy there and loves the home-cooked food. Relatives can join for meals in the very smart dining room or sit and chat over a hot chocolate in the coffee lounge downstairs.

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







## *What you can expect at Oak Manor:*

- 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 care is all about the individual - support is tailored to suit each person's needs, whether it's residential or dementia care. The setting feels familiar and comforting, with thoughtful activities designed to spark joy and connection. Music therapy, interactive 'magic tables,' and even lifelike robotic pets help bring moments of calm, engagement, and fun.

Family visits are always welcome, and during end-of-life care, loved ones can stay close by, offering comfort and togetherness when it matters most.

The team always goes the extra mile to make sure everyone feels heard and appreciated. Regular meetings give space for feedback, and a resident ambassador plays an active role in shaping day-to-day life. It's a place where voices matter, support is personal, and every effort is made to help people feel truly at home.



Our mother has been a resident since it first opened. The home is always clean and so welcoming. All team members are incredibly kind, caring and patient, nothing is too much trouble at all with my mother. We just cannot thank you all enough.

**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 ensuite bedrooms.
- Wheelchair accessible with lifts to upper floors.
- Comfortable lounges and communal areas.
- Hairdressing salon for care and pampering.
- 24/7 call system in every room.
- Landscaped gardens with patio areas.
- Dedicated chaplain for spiritual support or private reflections.
- Intergenerational activities with local schools and group.











# Living later life well

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

A full and varied activity schedule keeps each day interesting, with something for everyone to look forward to.

From hands-on crafts to relaxing yoga or calming Tai Chi, there's plenty of choice to suit different moods and abilities. The weekly "Knit and Natter" group is especially popular, offering a cosy space for friendly chats and shared creativity with loved ones.

Seasonal celebrations, like the Last Night of the Proms and the Harvest Festival, bring people together and strengthen ties with the local community. Day trips, such as visits to the Shuttleworth vintage aircraft show, add a little adventure to the week.

Music therapy sessions led by Rebecca are a much-loved highlight, encouraging movement, memories, and moments of joy. And for a more laid-back vibe, the in-house pub is the perfect spot to enjoy a drink, a tune, and great company. There's always something uplifting happening just around the corner.



The staff at Oak Manor are lovely, very well trained and so caring. The facilities are excellent and the activity programmes for residents clearly keep them occupied and stimulated every day.

[carehome.co.uk](https://www.carehome.co.uk) review



# Here *for you...*

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



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# 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/oakmanor](https://mha.org.uk/oakmanor)



# Get in touch

## Oak Manor care home

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