



Aspen Manor

Aspen Manor Care Home

Care that keeps families connected



"Just an excellent experience of friendly, attentive and thoughtful care for my family member from the very beginning. The change in her since leaving hospital and moving to Aspen Manor has been remarkable, and returned her to her old self, looking well, clearly enjoying her time there and the care she has been receiving.

Its the simple things that make the difference: friendly, smiling, talkative staff, who say "hello"; giving her some freedom and self confidence but watching out for her; good food; nice environment and room; and good activities and a real community feel.

Even before she arrived the support and help we had from the customer relations officer, the deputy manager and all the people we met, really helped us in knowing what to expect and eased us through the process, which we were very new too. Since arriving the manager and all the team have been brilliant."

- Stephen H, Next of Kin -

Where Families Stay Connected

Aspen Manor Care Home

Welcome to Aspen Manor, a truly special home located in the heart of Oakham, Rutland. We've walked this journey ourselves – searching for care for a loved one – and we know firsthand how much it means to find somewhere that feels just right. That personal experience is why, as part of the Alysia Caring Group, we care differently.

Our home isn't just a place to live; it's about the people who live here, which is why family remains at the heart of everything we do. We offer impeccable, all-inclusive residential, dementia, and respite care, delivered in a safe and welcoming environment. You'll find 78 stunning single en-suite rooms, each featuring comfortable, luxurious furnishings, modern amenities, and supportive features designed to foster independence. These are all set within expansive communal areas and beautifully landscaped gardens.

At Aspen Manor, we go beyond the traditional image of a care home to ensure every day is special and meaningful in a friendly, homely environment. Birthdays are still celebrated with loved ones gathered in our private dining room. Coffee and cake in the bistro become a new tradition. Favourite films in the cinema bring back cherished memories and create new ones. And when it matters most, our family suites mean your loved ones can stay close too.

Here, it's all about choice and comfort – whether it's quiet moments in the garden, gatherings with friends, or joining in with one of our many varied activities and events, each day is yours to enjoy as you wish. Our renowned, people-focused approach guarantees care that's tailored to each and every individual. Our friendly team delivers the highest quality of care, ensuring residents retain a healthy and balanced lifestyle, enjoying the things they love while developing new friendships along the way.

Nestled in the picturesque Rutland market town of Oakham, surrounded by beautiful rolling countryside and just a stone's throw from the tranquil shores of Rutland Water, Aspen Manor is a home filled with warmth, friendship, and a sense of belonging. It's a place where you stay connected to the things and people you love, and where life truly flourishes.

We look forward to providing you with a glimpse inside Aspen Manor with this brochure. To truly see for yourself, there's no substitute for a visit.

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E: customerservice.aspenmanor@alysiacaring.co.uk

Lauren Liveras-Hilali, CEO

Inspected and rated

Good



Whether you are looking for long or short-term care, we would love to welcome you to visit our home to discover why it is so special.

Call our friendly team on

01572 494770

or email

customerservice.aspenmanor@alysiacaring.co.uk

to arrange a visit.

Our Philosophy of Care: Support That Feels Like Home

At Aspen Manor, our philosophy is simple: care should feel like home. It's about comfort, companionship, and choice, ensuring life feels familiar with a friendly face always nearby. Our dedicated team focuses on individual well-being with a truly person-centred approach.

Personalised Care, Tailored to You

We know everyone is unique. That's why our experienced team takes the time to understand your routines, preferences, and personal history. Through a comprehensive pre-admission assessment, we'll create a personalised care plan together. We provide care that respects dignity and promotes well-being, whether you need a little extra help with daily tasks or simply the peace of knowing support is always available.

A Safe, Comfortable, and Supportive Environment

Aspen Manor is designed to offer the highest standards of safety and comfort. Our kind, passionate, and dedicated team is on hand 24 hours a day, providing exceptional care. We adhere to the Gold Standard Framework, ensuring your loved ones receive the right care, at the right time. From minimal residential support to full assistance, we ensure a positive transition. We're also proud recipients of the Bronze Award from The Armed Forces Covenant, committed to caring for those who served our country. Our family-like community ensures a welcoming experience.

Stay Connected to What Matters Most

Family is at the heart of everything we do. We believe strong connections bring joy and a sense of belonging. Whether it's special occasions in our private dining room, sharing a film in the cinema, or simply catching up over coffee, Aspen Manor is a home where families create new memories. At Aspen Manor, care means gaining the right support to enjoy life with confidence, comfort, and companionship. With a warm community, dedicated care, and a lifestyle designed around you, you'll truly feel at home.



"My mum was admitted to Aspen Manor for 6 weeks recovery following a fall and surgery . The care she received was excellent. The staff are caring and friendly, they are respectful and responsive and I felt that she was safe in their care. The home itself is beautifully furnished and the opportunity to have coffee together in the ground floor bar was lovely . The garden provides a nice outside space . The in house hairdresser a real bonus and lifted mums spirit. Mum did really well with their support and has been able to return to her own home. Should she need care again our family would be very happy for her to return here."

- Julia N, Daughter of Resident -



Experiences Tailored to You

At Aspen Manor, life isn't about simply passing the time; it's about spending it well. Every day is an opportunity to enjoy, connect, and find moments of joy in a way that feels natural and personal. We know everyone is different, which is why we reject a one-size-fits-all approach to activities. Instead, we take the time to understand what truly brings each resident happiness, shaping experiences around their individual interests, routines, and passions.

Moments to Enjoy

Our all-inclusive in-house amenities and facilities are designed to support an active and fulfilled lifestyle, focusing on the little details that make residents feel at home.

The Gambel Oak Bistro

Overlooking our relaxing gardens, our uplifting bistro is the perfect spot to socialise and share delicious homemade cakes and refreshments with loved ones.



The Activities Room

Participate in new and familiar activities in our bright, airy multi-purpose rooms. Our knowledgeable team plans a wide range of engaging activities and hobbies, from interactive tables and puzzles to painting and baking. We even host live cooking shows, where residents enjoy front-row seats as our talented chefs prepare delightful dishes.



Lounge Areas

Relax and unwind across six homely lounge areas, all overlooking our beautifully landscaped gardens. These charming spaces are ideal for reading a favourite book, catching up on television, socialising, or enjoying visits from outside entertainers.



The Cinema

Reminisce in our boutique-style cinema room, complete with comfortable seating and an array of classic movies, documentaries, and art shows. A full surround sound system and generous screen, along with cinema-style popcorn and sweets, ensure a truly immersive experience. We also host afternoon jazz and classical performances here, creating extra special afternoons with soothing sounds and soulful rhythms.



Cheese & Wine Evenings

A sophisticated chance to slow down, savour new flavours, and enjoy great conversation. Our gatherings bring residents together for a social evening with carefully selected pairings.



Wellbeing and Relaxation

A sense of calm, comfort, and care is as crucial as an active lifestyle. We prioritise emotional and physical well-being, offering soothing treatments and mindful moments.

The Beauty Salon & Nail Bar

Continue those cherished everyday routines at our on-site salon. Our beauty spa offers a full range of hairdressing services, manicures, and special occasion make-up, including therapist-led treatments from a renowned spa hotel brought right to our residents.



Mindfulness & Relaxation Sessions

Take a moment to pause with our guided sessions, providing gentle yet powerful ways to promote peace of mind, helping residents feel balanced and centred.



Personalised Outings and Events

Staying connected to the world outside the home is important. We go beyond the ordinary, creating opportunities for residents to continue enjoying the activities they've always loved.

Bespoke Days Out

Take a moment to pause with our guided sessions, providing gentle yet powerful ways to promote peace of mind, helping residents feel balanced and centred.



Trips to Local Events

Life at Aspen Manor doesn't stop at our front door. From seasonal festivals and local exhibitions to theatre performances and cultural outings, we ensure our residents remain an active part of the wider community.



The Gardens

During warmer months, residents are invited to share time outdoors in our delightfully landscaped gardens. Wheelchair-friendly walkways are perfect for exploring, while outdoor activities add a dash of fun. For those with green fingers, there's the opportunity to enjoy gardening as part of our Gardening Club.



At Aspen Manor, experiences aren't just about passing the time – they're about living life fully and finding joy in the everyday.

"Staff are very professional and attentive from the receptionist all the way through to the cleaners. The Customer Relationship Manager is very approachable and hands-on, taking any queries on board and acting effectively. Mum has settled well and appears happy and content. As a family, we can relax knowing that she is being very well looked after. Aspen Manor is very bright, clean, hotel standard, modern, and a pleasant environment for the residents and their families when they visit, they even have a play area for the children!"

- D H, Daughter of Resident -

Indulgent Dining: Food and Connection

at Aspen Manor

At Aspen Manor, we believe food isn't just fuel; it's comfort, connection, and a big part of who you are. The meals you love, the flavours that bring back memories, and the simple pleasure of sharing good food with good company – these moments truly matter. That's why mealtimes here are never just about eating; they're about enjoyment, choice, and making every day feel special.

Delicious Food – Thoughtfully Prepared

You deserve meals that taste as good as they make you feel. Our chefs take the time to get to know what you like, whether it's a hearty roast, a light and refreshing salad, or a slice of homemade cake with your afternoon tea. Everything is freshly prepared using seasonal, locally sourced ingredients, ensuring every bite is full of flavour and meets essential dietary needs, whether vegetarian, diabetic, or those with specific requirements.

The Choice is Yours

Some days, you might fancy a sociable meal in our elegant dining room, chatting over dinner with friends in its warming atmosphere. Other days, you might prefer a quiet lunch in the bistro, enjoying a coffee and watching the world go by. For special occasions, our fabulous private dining room provides an idyllic location to gather your family and celebrate with a meal that feels truly special. Refreshments are served throughout the day, and room service is available for those who prefer to dine in the privacy of their rooms.





"My mother is receiving dementia care at Aspen Manor Care Home. The staff are so caring, compassionate and treating her with dignity. Everything I wish for at this stage of her life is provided. When speaking to staff, I feel like they are my friends which is very reassuring. My mum is comfortable and happy here, and I highly praise this care home. They are all wonderful."

- Daphanie F, - Daughter of Resident -

More Than Just Three Meals a Day

A good meal is about more than just the food; it's about the experience. That's why we bring food to life with:

- Live cooking demonstrations, so you can see (and taste) dishes being made from scratch.
- Afternoon teas, perfect for catching up with loved ones over delicate pastries and finger sandwiches.
- Cheese and wine evenings, where you can savour delicious pairings in good company.
- Bistro treats, for those everyday moments when a coffee and a slice of cake make all the difference.

We understand that everyone has different needs, that's why we make sure dining feels effortless and enjoyable, no matter what. Dementia-friendly plates and cutlery help maintain independence, and a calm, supportive atmosphere makes mealtimes relaxing and sociable.





Aspen Manor Care Home

Luxury living in comfort

At Aspen Manor, the surroundings play a big role in well-being and quality of life. Our home feels bright, spacious, and thoughtfully designed, offering 78 luxuriously furnished en-suite rooms across three floors.

Our open-plan rooms provide ease of access, featuring a bedroom area, seating, and an en-suite wet room. A beautiful range of options includes rooms leading out to the landscaped gardens or those with a functional balcony overlooking from above. Each room is light and airy, designed for comfort and warmth, and residents are welcome to bring their treasured items, to make their space truly homely.

We've incorporated all necessary safety and mobility features to support residents, ensuring well-being and reassurance. This includes a modern nurse call system, adjustable profile bed, and specialist lighting for nighttime. You'll also find modern-day necessities like a private phone (free local calls), smart television, and Wi-Fi throughout the home.

For those requiring dementia care, our spaces incorporate dementia-friendly design elements, such as calming colour palettes and sensory areas, to create an environment that feels safe and familiar.

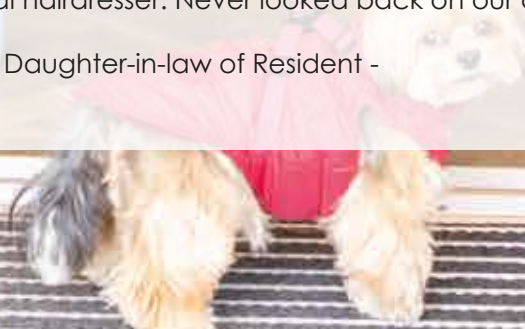






"An excellent experience from the first time we went to look around and on every visit weekly. Staff and management are all very friendly and very professional, nothing ever too much effort. The facilities available are outstanding with even a weekly activity program run by two wonderful ladies. The personal touch doesn't stop there - they have their own personal hairdresser. Never looked back on our choice."

- Sarah P, Daughter-in-law of Resident -



Communities of Care

Life at Aspen Manor

When you're looking for a care home, it's about how it feels. At Aspen Manor, every space is designed for comfort, independence, and connection, creating a home where life is lived fully and joyfully. We offer distinct care communities, each fostering a warm, inviting, and familiar atmosphere.

Residential Care

Our residential care goes beyond basic support; it's about comfort, companionship, and choice. Life here feels familiar, routines are natural, and a friendly face is always nearby. It's about gaining expert care while enjoying the independence and lifestyle that makes you, you. Our dedicated team focuses on your well-being, ensuring each day is shaped around what feels right, in a warm home designed for confidence.

Dementia Care

Choosing dementia care is a significant decision. At Aspen Manor, we offer reassurance, support, and a safe, familiar home. Our approach is built around the individual, focusing on preserving dignity and fostering connections. We take time to understand each person's preferences and routines, providing an environment designed for ease and peace of mind, not just symptom management.

Respite Care

Whether recovering from illness, needing a break, or exploring a long-term move, our respite care offers the perfect balance of warmth, comfort, and expert support. A short stay with us means being cared for by a compassionate team who understand your needs. It's a chance to rest, recharge, and enjoy company in a welcoming environment, knowing help is always at hand, without long-term commitment.



Your Journey, Our Care

Welcome to Aspen Manor.

Choosing a care home isn't just about finding the right support; it's about finding a place where life continues to be rich, fulfilling, and full of warmth. At Aspen Manor, we believe care should never feel clinical; it should feel like home. Our home is nestled in the heart of Oakham, Rutland, a charming English market town voted one of the best places to live in the Midlands. Oakham offers a unique blend of history, culture, and countryside tranquillity, with its historic castle, bustling market, and the beautiful Rutland Water just a short distance away. Aspen Manor blends luxury with warmth, expert care with a homely feel, and peace of mind with a lifestyle designed to enrich every moment within this vibrant community.

Local Life & Heritage

Life at Aspen Manor is enriched by its idyllic setting in the heart of Oakham—one of the Midlands' most desirable market towns. From the historic charm of Oakham Castle and the iconic Buttercross to the friendly bustle of twice-weekly markets brimming with fresh produce and local crafts, there's always something to discover. The majestic All Saints' Church anchors the town's skyline, while just beyond lies the breathtaking Rutland Water—offering peaceful lakeside walks, birdwatching, and moments of quiet by the water's edge. This ever-changing natural landscape provides a sense of tranquillity and renewal throughout the seasons. Whether it's a gentle afternoon spent in the vibrant Barnsdale Gardens or a sociable lunch in one of Oakham's welcoming pubs or independent cafés, the local area offers endless ways to feel connected, uplifted, and at home.

Personalised Care & Connection

Your needs, preferences, and routines matter deeply to us. With industry-leading carer-to-resident ratios, every individual receives truly personalised care. Aspen Manor isn't just a place to live; it's a place to belong. Our home is designed for comfort and companionship, from inviting lounges to private dining rooms for special family occasions. We foster relationships with local churches, groups, and entertainment, ensuring residents remain part of the vibrant community they love.

Enriching Lifestyle & Exceptional Dining

Life at Aspen Manor is shaped around your interests and passions. Whether it's watching a favourite film in our cinema, enjoying live music, or simply unwinding in the beautifully landscaped gardens, there's always something to look forward to. Our talented chefs create nutritious, freshly prepared meals, catering to personal tastes and dietary needs, ensuring dining is a joyful experience.

Trust & Peace of Mind

We understand choosing a care home is a big decision. With our CQC Good rating, families can rest assured that we exceed the highest standards, creating a home where care, dignity, and respect come first.



Aspen Manor Care Home

Find us at:



The next steps

There's no substitute for a visit to truly experience Aspen Manor.
Get in touch to arrange yours by:

calling **01572 494770 / 07551 945608** or email **customerservice.aspenmanor@alysiacaring.co.uk**

www.aspenmanorcarehome.co.uk



Aspen Manor

*Care that keeps family connected,
Luxury care in the heart of Rutland.*

Aspen Manor is a luxurious, family-run care home, located in the heart of Oakham, Rutland. Here, you'll find an exceptional level of care delivered with genuine warmth and expertise.

A home filled with happiness, friendship, and a sense of belonging, ensuring you stay connected to what matters most.

We're delighted to welcome you for a guided tour and as many discussions as you need, because we understand there's much to consider when making such an important decision.

To arrange your visit, simply contact our friendly team at 01572 494770 or email customerservice.aspenmanor@alysiacaring.co.uk