



WELCOME

BALNACARRON
CARE HOME



A VERY WARM WELCOME TO BALNACARRON CARE HOME

WELCOME TO OUR HOME

Situated in a stunning location close to the town of St Andrews, Balnacarron is a warm, friendly care home where caring with kindness is at the heart of everything we do.

From our kind care team to our professional housekeeping service, we work around the clock to make sure everyone in our home is supported to live better in each moment of every day.



CARING ABOUT YOU AS A PERSON

By taking the time to talk to people and their families to understand their life stories, we are able to tailor the hospitality, lifestyle and care we provide to reflect individual choices and needs.

We use our knowledge and experience to help people to be as independent as they want to be for as long as possible. We work together with families and medical professionals to create personal care plans that support and can even improve both mental and physical health. We do all this using the latest care planning technology. This means that at anytime of day or night, people living here, have the peace of mind that all our team know what their care plan is and can use this information to help support their needs and wishes.

We also understand that people's needs change so we regularly review each persons care plan to ensure they are getting the support they need at whatever stage they are at in their care journey.

Balnacarron is rated Good in all areas by Care Inspectorate Scotland

“My dad had been a resident at Balnacarron for a year. The staff were exceptional, providing him with comfort, dignity and respect. My dad was a strong willed man, and was given the time and space to make his own decisions, always.”

Overall experience 5 out of 5.

*Karen Y (Daughter of Resident)
11 March 2025*

CARING WITH KINDNESS

For complete peace of mind

Balnacarron is our residents' home and we are here to support them to continue enjoying as many of the things they love for as long as possible.

Our professional care teams are available around the clock so there is always someone on hand to provide care, company and support whenever it is needed.

Our skilled chefs are able to prepare a wide variety of tasty and nutritious snacks and meals, while our housekeeping team look after all the laundry and keep everywhere clean and tidy.



We also have team members who provide a wide range of regular activities and entertainment designed to support better physical and mental wellbeing by encouraging people to stay active and to be sociable. This may be enjoying a favourite film with friends, chatting over a coffee and cake with family, taking part in a quiz night or fitness class.



WHAT'S INCLUDED

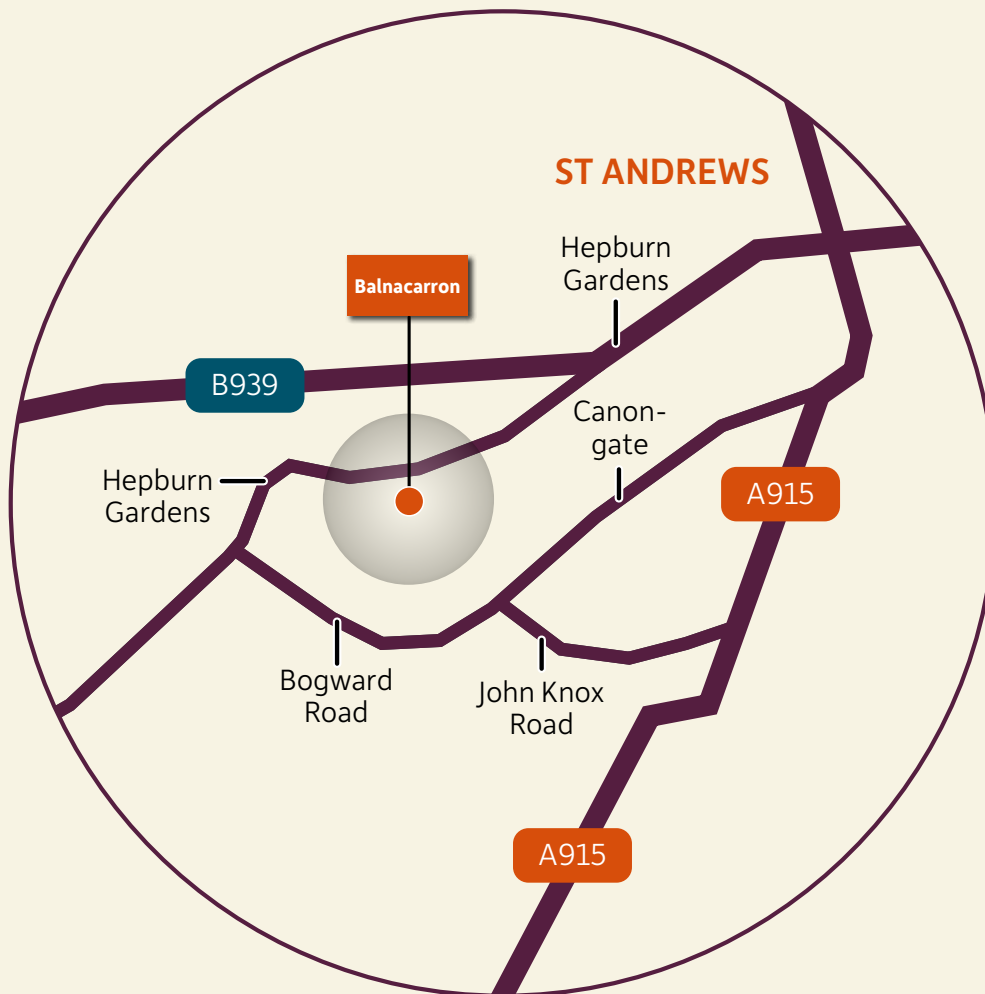
Everyone living here receives the same high quality hospitality, support and care. Here is what's included...

- Exceptional standards of 24 hour residential and dementia care
- Highly trained, caring and compassionate care team
- Care plan tailored to your health, personal and care needs
- Comfortable bedrooms with en-suite facilities
- Relaxing bathrooms with specialist assisted bath
- Complimentary Wi-Fi
- Appointments available at our onsite hairdressing salon
- Choice of tasty, nutritious, meals
- Selection of beverages and snacks throughout the day
- Dedicated leisure and wellbeing programme and regular social committee meetings
- Beautifully landscaped gardens and patio areas
- Professional carers who understand how to support people with dementia
- The choice to invite your guests to dine with you
- Full and varied programme of activities every day
- Clubs, entertainment and talks within the home
- A range of social spaces including lounge and dining areas
- An active role in the local community, including shopping trips and local events



HOW TO FIND
BALNACARRON
CARE HOME

116 Hepburn Gardens, St Andrews, Fife KY16 9LT
what3words: search **washable.trumpet.idea**



Call us on **01334 474221** or find us online
to find out more or arrange a visit

