



THE CLAVADEL

POST-OPERATIVE REHABILITATION & CONVALESCENT CARE

www.theclavadel.co.uk



WELCOME TO THE CLAVADEL



Situated in leafy Guildford, within easy reach of the Surrey Downs, The Clavadel represents a unique concept in post-operative care. More often likened to a hotel than a traditional clinic, our purpose-built treatment centre first opened its doors in 2014. Since then, we are proud to have helped thousands of people on the road to recovery.

Immediately on check-in, a professional team of nursing and support staff will be on hand to remove any worries from the recuperation process. A detailed assessment will then be undertaken before guests are invited to relax in the comfortable and contemporary surroundings of our 32-bed premises until the time comes to return home.

Offering particular expertise in rehabilitation following knee and hip replacement, our skilled therapists utilise the state-of-the-art hydrotherapy pool and dedicated physiotherapy suite at their disposal to treat chronic injury and promote recovery, as they successfully manage a wide range of conditions.

Short stays start from just five days, during which guests will experience a relaxed environment where nothing is too much trouble, enabling them to concentrate on feeling well again and emerge from their time with us feeling mobile and confident.

Cristine Farinas
Matron



'I have returned home re-vitalised, after my stay under your care in the beautiful surrounds of The Clavadel. The extreme kindness which was shown to me at all times was overwhelming and the delicious food, so beautifully prepared, added to my well-being'.

ROOM TO RECUPERATE

The unique environment of The Clavadel is the perfect place to experience the “three Rs” of recuperation, rehabilitation and recovery. From the moment you arrive, your room will become a perfect retreat from the cares of everyday life for the duration of your stay.

Fully inclusive accommodation packages start from just five days and bedrooms include your own en suite facilities with walk-in shower, a 28-inch television with comprehensive Sky TV package (including all sports channels) and complimentary Wi-Fi access. Inclusive rates also cover extensive nursing and healthcare support, all meals and beverages, and on-site hairdressing, chiropody and manicure sessions.

In keeping with the Clavadel’s relaxed ambience, you will quickly feel at ease in our communal areas. Whether taking tea in the light and airy conservatory or enjoying quiet time for reflection in the serenity of our rooftop garden, guests are encouraged to make the space their own.

At mealtimes, you’ll hear the gentle murmur of easy conversation emanating from our informal dining area, and visitors may be received in the homely drawing room where drinks of your choice are available throughout the day alongside the selection of books, newspapers and periodicals to be found there.

In fact, everything is within easy reach – so sit back and enjoy the welcoming atmosphere as our friendly staff attend to your every need, allowing you to concentrate on getting well.

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I have stayed at the Clavadel after both of my hip replacements. The treatments are truly excellent but the kindness of the staff, the amazing care, and a holistic approach that make it a truly unique and special place to recover after an operation. I am so fortunate to have been able to benefit from their expertise and left each time feeling positive and confident. It's difficult to overstate the importance of a good recovery and the Clavadel plays such an important role to ensure that this happens.

Simone Finn (2023)



EXEMPLARY CARE

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What an incredible place this is; the care is beyond exceptional. You have built up a team of gentle, kind and caring – but very professional – people.

The well-being of our guests is of paramount importance to us. We understand that in the days following surgery it is often difficult to assess just how much support you may need to get back on your feet again, so rest assured we're here to help.

On arrival, a full nursing assessment will be undertaken from which a detailed care plan can be established. Our experienced team of nurses and care assistants are then at your disposal 24 hours a day, ensuring you receive the highest standards of post-operative care to meet your needs, whilst respecting your privacy at all times.

A comprehensive range of nursing services will be put into place, including daily observations and medication control, wound management and pain relief, and dedicated support with personal care, where required. Direct liaison with your consultant surgeon will be established, and weekly check-ups by a local GP made available where needed or requested.

An appropriate level of physio and hydrotherapy will also be suggested, at which time you will experience the added benefits of the Clavadel's cutting-edge healthcare facilities. So, you can regain your confidence and enjoy your stay, safe in the knowledge that when it's time to leave, our advance planning surrounding your check-out – including district nursing referrals, where required – will already be in place, so that you are completely ready to return home.



A CENTRE OF EXCELLENCE



Our highly skilled team of health professionals have been carefully selected for their vast experience in orthopaedic, neurological, respiratory, hydro, and trauma-related rehabilitation therapies. Drawing on over 140 years of combined clinical expertise, the bespoke care plans they provide are designed to restore strength and mobility at the earliest opportunity.



Working one-to-one with patients, our physiotherapists will tailor treatments to meet the needs of the individual and thereby encourage a speedy recovery. With that goal in mind, the dedicated physiotherapy suite with its adjoining gym facility boasts the latest in HUR and GAME READY® technology, enabling us to provide the very best in post-operative care.



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The Clavadel not only offers physical support and healing, but you are holistically healed as well.

In my Physiotherapy sessions I felt calm and aligned in mind, body and soul. After such major surgery and imbalance through medication, this was greatly needed and could not recommend The Clavadel more highly.

I will be letting everyone I know this is the place to come after any hip or knee surgery!

Diane Churchill-Getraer (2023)



PHYSIO & HYDROTHERAPY



By employing cutting-edge physio and hydrotherapy practise, our highly skilled therapists are focused on restoring your confidence and supporting you every step of the way. Housed in a purpose-built treatment centre, the sophisticated HUR gym equipment works in gentle increments, utilising air resistance technique to eliminate unpleasant and unproductive jarring, whilst our state-of-the-art hydrotherapy pool with its underwater treadmill, parallel bars, and specialist massage jets will help stimulate movement and assist in recovering mobility.

The pool's fully adjustable floor may be raised and lowered, thereby enabling walk-in access at poolside level and avoiding the need for a hoist, leaving even the tallest user feeling "weightless" as the water relieves pressure on joints. Treatments are available Monday to Saturday, meaning Sunday is free to "recharge your batteries". And following treatment during your stay, you are welcome to return in an outpatient capacity — sessions can be booked in blocks of six before you check out.

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You won't regret spending a week at The Clavadel to aid your recovery from surgery or a prolonged hospital stay. Intensive tailored physiotherapy — both in and out of its custom-built hydrotherapy pool, attentive care, comfortable accommodation and wonderful food, all combine to speed up your recovery greatly. As a surgeon myself and a recent patient, I can't recommend it highly enough.

Daniel Robb MBBS MRCP FRCS,
Cardiothoracic Surgeon (2017)





THE RECIPE FOR GOOD HEALTH

A nourishing, balanced diet is the keystone to good health, and an essential building block to a successful recovery.

Overseen by our welcoming guest and services manager, mealtimes at The Clavadel are filled with an unhurried sense of occasion where guests enjoy a varied selection of seasonal and nutritious, home-cooked dishes that address all dietary requirements and allergy concerns. And by concentrating on the quality and provenance of locally sourced ingredients, our specially selected menus play a fundamental role in stimulating the healing process, whilst never forgetting to put a smile on the face of diners.



"The food was utterly delicious and so well cooked. Coming down to drinks and lunch all added to the recovery, and mixing with others who had had surgery was helpful."



"I am so grateful to all the staff at The Clavadel for bridging, so perfectly, that gap between hospital and home, and for all the care and attention in restoring my mobility, independence and confidence."



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ESTIMONIALS



"I suffer with reduced mobility and was kindly introduced to The Clavadel. I've had a number of short stays and experienced wonderful care and rehabilitation treatments on each occasion. As a chef, I should also mention the food, which is extremely good. I will be returning for future short stays and this, in itself, is testament to my faith in this superb establishment."

Albert Roux—French Restaurateur & Chef

"In my opinion, The Clavadel is the best post-operative rehabilitation facility in the UK. Where we look for cumulative marginal gains following knee surgery, their professional and caring approach makes them a key partner in the care pathway."

Mr Sam Rajaratnam, FRCS

Consultant Orthopaedic Surgeon & Knee Specialist Head of Department -
Schoen Clinic, London

"The Clavadel provides holistic care of the first order. Everybody, every treatment, everything at The Clavadel was focused on helping me get my life back after a major operation. The difference it has made has been a revelation to me. I leave with a smile and many, many thanks to everyone for their kindness and professionalism."

Owen Teale — Actor



"The Clavadel is the most wonderful place I've ever been to; it brings you health, it brings you security. Everything you could hope for in a convalescent home is there: superb nursing, excellent food, peace, the highest standards of physiotherapy, warmth, friendliness, comfy beds, delightful rooms, and a sweet outdoor space."

Miriam Margolyes — Actress & Voice Artist

"Having a hip replacement — or any major operation — isn't just about the surgery, it's also about the recovery. I had two hips replaced at once, which made me particularly immobile and dependent on the incredible care, attention and rehabilitation I received during my three weeks recovering at The Clavadel. Choosing how and where I recovered was as important as choosing my surgeon and hospital."

Eamonn Holmes — Broadcaster



"My mother's hip replacement came about as a result of an accident, so having her operation wasn't a choice. How she recovered was a choice, and one that I would recommend anyone in a similar position to consider."

Ruth Langford — Television Presenter



A BRIEF HISTORY

The Clavadel first opened to the public in 2014. But look back through the mists of time and a fascinating story spanning three centuries begins to reveal itself.

It was 1894, and Queen Victoria still reigned, when a certain Mr Mark Smallpiece is believed to have purchased the plot at the top of Pit Farm Road, Guildford from the fourth Earl of Onslow, William Hillier, and set about erecting a smart Victorian villa to be named Clavadel House.

Fast forward more than half a century to post-war Britain and the house had survived the austerities of two world wars with unassuming gentility; but a new era was dawning. In a changing world, fresh challenges and opportunities beckoned — it was then Clavadel House became The Clavadel Hotel.

Whilst stylistically rooted in the Queen Anne revival, with a nod to the Arts and Crafts movement, the new hotel embraced the spirit of the “swinging sixties” by installing contemporary neon signage (in marked contrast from today’s more traditional, hand forged metal counterpart), and a new period of prosperity began.

Under the management of a local entrepreneur, it quickly established itself as a permanent fixture for weddings, special occasions, and highlights on the Guildford social calendar. The hotel was later purchased by a married couple who also ran the popular Italian restaurant La Pergola from the site, which continued to welcome local diners until the early 2000s.

Following the restaurant’s eventual closure, the disused building was acquired by The Geoghegan Group in 2012. The original structure was subsequently demolished, and a modern, post-operative rehabilitation and convalescence centre built in its place. The Clavadel has since gone from strength to strength, taking its place in the ever-evolving timeline of 1 Pit Farm Road, and transforming the lives of all those who pass through its doors.





CLARITY ON COSTS

The Geoghegan Group is renowned for its high standards, and we take pride in offering a comprehensive and affordable package of services that ensures peace of mind from the outset.

Open and transparent, our inclusive daily rate has been designed to take the worry from your shoulders, leaving you free to enjoy all The Clavadel has to offer.

See insert for pricing.

Our fixed rate accommodation fees include:

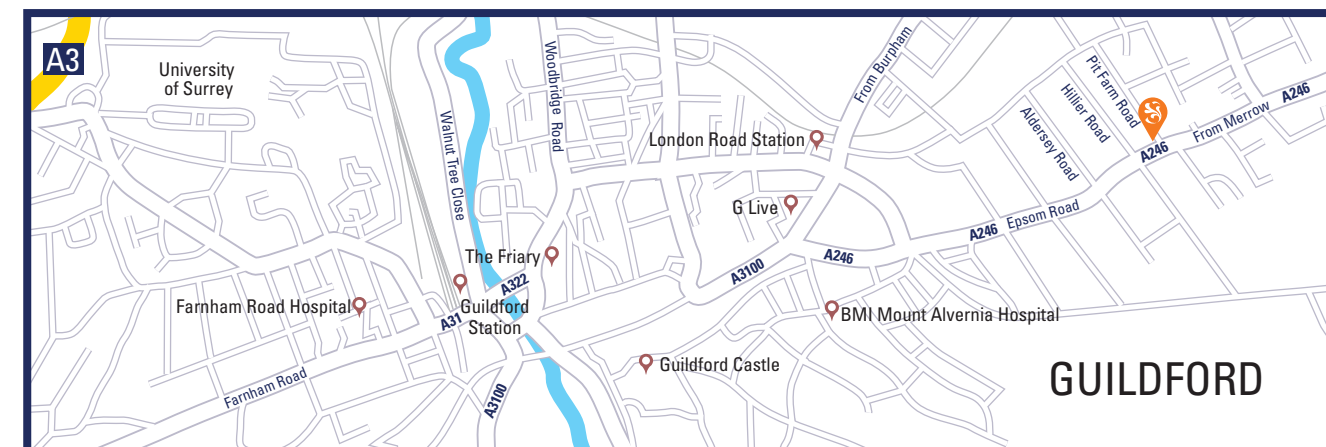
- 24-hour nursing care
- GP services
- All meals
- Drinks, including alcoholic beverages
- Personal laundry service
- Daily newspaper
- Hairdressing
- Manicure
- Chiropody
- Local and national telephone calls
- Sky TV including Sky Sports and BT Sport
- Wi-Fi

Physiotherapy and Hydrotherapy costs :

On arrival, our highly skilled physiotherapy team will undertake a detailed analysis of your physio and hydrotherapy needs. A bespoke treatment programme, suitable for the length of your stay, will then be drawn up and discussed with you, at which time all costs will be outlined in full.

HOW TO FIND US

Readily accessible from London via the A3, The Clavadel is located in the leafy, cathedral town of Guildford. Situated on the Epsom Road, it is close to the vibrant town centre and within easy reach of the Surrey Hills (Area of Outstanding Natural Beauty).



You may call on **01483 561944** for detailed information of our services, or to arrange a viewing.

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