



## Your recovery starts here

### Welcome to The 1150 Club

#### The way it works.....

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You will receive 24-hour care and nursing support from our expert team where every element is designed to make your recovery seamless. The 1150 Club provides elegance and care. Your days are curated around your recovery with a personalised plan, so you know what to expect every day.

Our clinical promise is central to your recovery. On arrival, a comprehensive assessment ensures all care, clinical and physiotherapy needs are identified, and your medication is reviewed. Our highly skilled nurses provide medication management or support for self-administration, wound care, pain management, daily clinical observations, specialist care and direct liaison with your consultant surgeon. We also provide thorough discharge planning to ensure your safe and confident return home.

Access to our private GP and panel of medical experts can be arranged through our concierge service who is also available to assist with requests, from beauty treatments to sourcing special items from outside the Club. Every detail is attended to so that you can relax, recover, and feel renewed.

Our menus are curated using the finest ingredients, each dish bringing comfort and flavour - whether shared in the company of others or enjoyed in the privacy of your suite,

We are delighted to welcome your guests and request you reserve your table 24 hours in advance. To ensure complete discretion our visiting hours are 8am to 8pm. Please let us know if you're expecting visitors during this time.

We also believe that true recovery is holistic. Weekly wellness sessions are offered to nurture body, mind, and spirit. Designed to accelerate healing, mindfulness and meditation, reduce stress and create calm, complementing physiotherapy-led clinics for practical guidance of safe movements at home. Every aspect of your stay is considered to restore your health, rejuvenate your energy, and renew your sense of self.

The 1150 Club, Upper Court, Portsmouth Rd, Esher KT10 9JH  
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Company Registration No: 15996783 Registered address: Loveday & Co, 69-79 Fulham High Street, London SW6 3JW



## What to expect

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Your stay with us is designed to combine world-class clinical care with the comfort and refinement of a luxury retreat.

## Private suites

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With complimentary access to our state-of-the-art gym, hydro treadmill, hydro pool, sauna and cold immersion therapy, your accommodation and care is charged at £950 per day with a minimum stay of five days.

Each suite has been signed for comfort and recovery, featuring;

- Fitted wardrobes and dressing table
- An adjustable bed to ensure maximum rest and comfort
- Views over our landscaped country gardens
- Luxury ensuite shower room complete with toiletries, towels and bathrobe

From your arrival day until the day of departure, every moment is dedicated to your recovery. We encourage early arrival and later departure to ensure a full assessment, personalised therapy planning, and a comprehensive discharge process. As your suite is reserved exclusively for you throughout your stay, charges cannot be reduced for late arrivals or if you wish to depart earlier.

## What's included in your stay

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From the moment you arrive to the day of your discharge, every detail is carefully planned for your recovery. Your daily rate includes.

- Breakfast served each morning between 8am and 8:45am
- Lunch and dinner in The Club Dining Room at your reserved table, or served privately in your suite
- A range of hot drinks, soft drinks and filtered water throughout the day
- Healthy afternoon refreshments served daily in The Club Lounge
- 24-hour nursing care and clinical support
- Comprehensive admission assessment and medication review
- Medication management or support for self-administration
- Advanced wound care, pain management and daily clinical observations
- Oxygen therapy, phlebotomy, catheter care and stoma care
- Personal laundry and access to concierge services
- Smart television, wi-fi and local and national calls



## Health, Wellness and Lifestyle

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To complement your stay, we offer a range of services with an additional charge

- Physiotherapy with our experts
- Guest dining reservations (with 24 hours' notice)
- Discreet arrangements for personal items or special requests
- Access to our healthcare partners including private GPs, consultants, dentists, audiologists, dietitians, optometrists and nutritionists
- A range of beauty treatments and therapies such as hairdressing, manicures, massage therapy can be arranged through our concierge (with 24 hours' notice)

## A Seamless Journey

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We encourage early arrival and later departure to allow for full assessments, personalised therapy planning and comprehensive discharge processes. Our team also liaises directly with your consultant to ensure continuity of care and confidence on your return home.

## Reservations

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To book your suite, a non-refundable deposit of £4,750 is required which covers your 5 day stay. Physiotherapy treatment will be charged upon discharge.

## Contact us

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01372 851 300

**[info@the1150club.com](mailto:info@the1150club.com)**

## Complaints Procedure

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If you have any concerns, we encourage you to raise them immediately so we can resolve them quickly and fairly.

- Speak to the Club Manager
- Contact Petra Ionescu, Director of Care and Quality – **[petra.ionescu@lovedayandco.com](mailto:petra.ionescu@lovedayandco.com)**
- A full overview of our complaint's procedure can be found on our website