

# Better lives

*at Longbridge*

➤ **Welcome**  
to our vibrant community

➤ **Explore**  
the local surroundings

➤ **Enjoy**  
the activities on offer



Discover a taste  
of Longbridge  
Village

Edition 1 - June 2023



# Welcome to Longbridge Village

We're delighted to welcome you to Longbridge Village, part of the ExtraCare Charitable Trust collection.

Located on five acres in front of Lickey Road on the edge of Longbridge Town Centre, our village provides independent living in beautiful surroundings for over 55s. We're a registered charity and our mission is to provide homes people want, a lifestyle they can enjoy and care if it's needed. Part of our philosophy is that later life is a time for doing more, not less, that's why we encourage residents to take part in our varied activity schedule and to start new hobbies.

The village is a safe haven for all and there is a real sense of belonging among both staff and residents at Longbridge Village. Everyone looks out for each other, residents and staff care about each other's wellbeing - we really are like one big family.

Use your time at Longbridge Village to make new friends, try exciting activities and enjoy our wonderful facilities.

We look forward to welcoming you into our community!

## Village Manager

*I've made some wonderful new friends since moving here and the staff are amazing*

Megan, Longbridge Village resident





## Enjoy a fantastic range of facilities



Beauty salon



Bistro/  
restaurant



Dementia & Mental  
Wellbeing Service



Greenhouse



Guest suite



Gym



Hairdressers



Hobby room



Laundrette



Library/  
IT suite



Multi-function  
Games Room



Village hall



Village shop



Wellbeing suite





## Dine in our village bistro

Our village bistro is open daily, serving hot and cold food, drinks, snacks and desserts. Head to the bistro and request a menu, or speak to a member of staff if you have specific dietary requirements.



## Weekly activities

When you feel like getting active and being sociable, our superb range of weekly activities will help you make the most of each day. With so many new like-minded friends and neighbours, you'll never be short of things to do.

Choose from a range of activities each week including:

- Tai chi
- Arts and crafts
- Walking football
- Circuit training
- Knit and natter
- Quiz night
- Mindfulness activities
- Outdoor exercise classes
- Evening entertainment

Ask one of the team for our activities schedule.





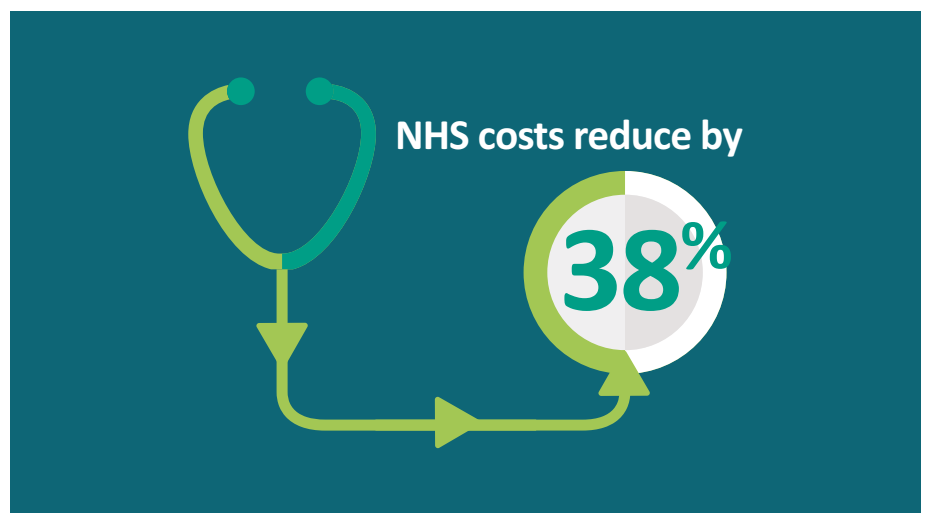
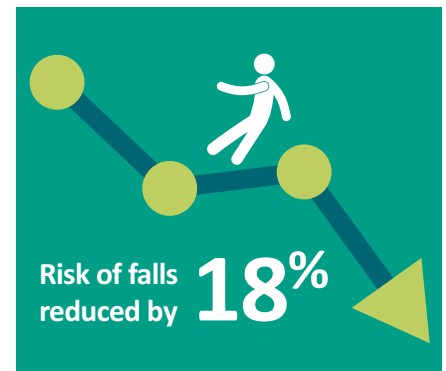
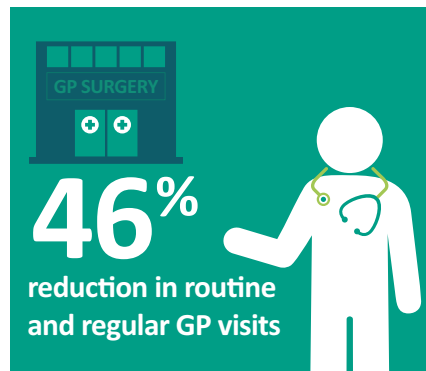
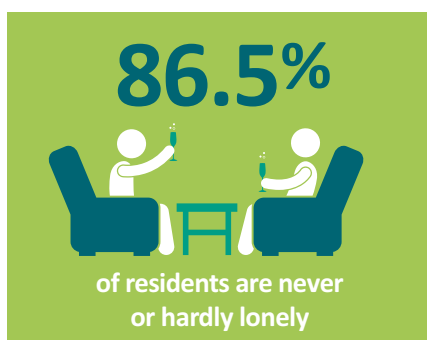
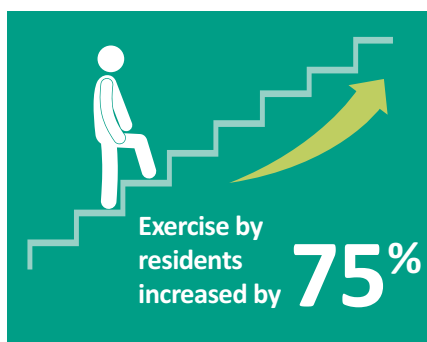
*I've got everything under one roof here. I've got to know all my neighbours - everyone speaks to everyone, it's really good.*

David, Longbridge Village resident

## Making an impact

Findings from an independent study into healthy ageing carried out by Aston and Lancaster Universities (2019) evaluated how our unique model of integrated homes, health and social care makes a real difference to older people's lives.

The research found that after moving in, residents felt a significant improvement to their physical and mental health.





## Light and spacious apartments

All homes at Longbridge Village provide independent living as part of a wider, bustling community.

Each home has been thoughtfully designed to enhance your life. We've thought about every last detail so you don't need to worry about a thing. All you need to do is move in and start making memories.



Images show a typical ExtraCare village apartments



Get in touch with a village representative on 0121 272 4000 if you would like to find out more about our homes.



# A safe haven for our residents

In June 2020, we caught up with residents across our village network to ensure they continue to feel safe and secure. Here's what they had to say about ExtraCare villages:



I join the exercise classes in the village hall and there's plenty of entertainment too - it's a dream really.

John, 86, volunteers on reception



There's no stress, everything you want is here. But it's the peace of mind for me and for my children - that's what's most important.

Myrtle, 82, keeps active with fitness classes



Sometimes I sing to other residents from my balcony! Nobody minds, it's brilliant. Everyone is so friendly - what more can I say?

Ron, 93, loves the security and companionship



I'm very happy, it's fantastic and their village is an amazing concept. Everything you want is here and I've made good friends along the way.

Sheena, 66, runs her village choir

## Did you know...

- The village was built in 2017
- Our 260 homes are made up of one and two bedroom apartments
- Affordable living options are provided through social rent or shared ownership
- Properties can also be purchased outright
- The village forms part of regeneration specialist, St Modwen's, £1 billion Longbridge regeneration scheme





## Discover the local surroundings

The village is situated on the edge of Longbridge town centre. Once home to the Austin Mini factory, momentum has been building over recent years to transform the 468-acre site to reconnect and rejuvenate the area. The local council are investing in creating new opportunities in the area to inspire the next generation. Longbridge is a place with a proud heritage and an exciting future for everyone, including families, businesses and students – as well as our Longbridge Village residents.



## Retail therapy

At the heart of Longbridge is the town centre which boasts a range of shops, cafés and restaurants where you can safely dine, shop and relax. As well as the largest M&S in the Midlands, Longbridge has a range of sought-after shops including a Sainsbury's, Boots and Smyths Toys. You'll never get hungry either as there are a huge variety of restaurants, takeaways and cafés right on your doorstep.

If you fancy a breather, why not take a stroll across the three acres of parkland at Austin Park, or venture even further to explore the Lickey Hills? Get out there and experience the vast open spaces for yourself.

**Longbridge  
Village**



For more information  
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