



Upcoming Events

Open Day

Saturday 27th October, 10am-3pm

(Sales Presentations will be held throughout the day)

Village Tours are now being held.

Please call to book your place.

The ExtraCare
Charitable Trust

Better lives for older people

A registered charity since 1988

www.extracare.org.uk



StokeGiffordVillage

Stoke Gifford Retirement Village,
Off Coldharbour Lane,
Bristol BS16 1EJ

Call **0117 440 3570** or visit
www.stokegiffordvillage.co.uk

Longbridge Retirement Village shortlisted for Inside Housing Development Award



One of 5 retirement villages built by The ExtraCare Charitable Trust in the Birmingham area, Longbridge Retirement Village has been shortlisted as a finalist for Best Older People's Housing Development at this year's Inside Housing Development Awards.

The awards celebrate the very best in residential development across the UK, with a category specifically to recognise homes for older people that are desirable and are well designed to meet current and future care and support needs.

An expert panel of judges whittled down the list of entries across the 14 categories and will subsequently meet to discuss and decide the eventual winners.

Longbridge Retirement Village was built on the site of the Austin Rover factory, once a huge part of Birmingham's industrial history and many residents' personal histories.

During the design phase, there was little architectural context to draw on, so a resident group was formed to inspire the design. Today, as a result, a Mini now takes pride of place on the wall in the village's entrance.

It is not just the design that has seen the £46m, 260-home,

Retirement Village secure its place as a finalist. The lives of residents at Longbridge have been transformed. Individuals who previously felt lonely and isolated are supported as they regain a sense of purpose. Meanwhile, the development's 'care ready' apartments and dedicated care team provide reassurance for the future.

There are 18 facilities at the village, including a bar, bistro, gym and shop. There's also a busy schedule of up to 50 weekly clubs and classes, and all residents have access to a specialist Well-being advisor on-site. Activities at the village are open to members of the wider community, and 120 resident volunteers ensure they feel welcome.

Winners of the Inside Housing Development Awards will be announced on Thursday 29th November at a black tie awards ceremony at The Brewery in London. Watch this space.

village life



Stoke Gifford
Retirement
Village

An ExtraCare Charitable Trust Village

Grandfather is one step closer to new life in Bristol

Grandfather, Derek Blundell, 73, was in a celebratory mood as he officially became the first resident to exchange contracts at the new Stoke Gifford Retirement Village developed by the registered charity, The ExtraCare Charitable Trust.



Derek Blundell celebrates being the first resident to exchange contracts at the new Stoke Gifford Village, developed by The ExtraCare Charitable Trust.

Mr Blundell is really looking forward to moving from Plymouth to the new £53 million village in Bristol, where the first residents will begin moving in later this autumn. "My wife was ill for some years and our social circle diminished. I'm hoping this will be an opportunity to make new friends and develop some new interests."

Close to the University of the West England campus, the village is a partnership between The ExtraCare Charitable

Trust, a charity creating better lives for older people, South Gloucestershire Council, Bristol City Council, and Homes England.

With 261 spacious apartments for purchase, shared ownership and rental, the village also offers care and dementia support. Residents and the local community will be able to enjoy the unrivalled mix of social and leisure facilities including a village hall, bar and bistro, gym, hair and beauty salon, and corner shop, together with a wide range of stimulating

activities to help them stay healthy, active and independent for longer.

Thousands of older people have already benefited from living in one of ExtraCare's village. Research by Aston University found that the charity's award-winning wellbeing service, available to all residents, resulted in a significant reduction in the length of unplanned hospital stays and a further drop (46%) in routine GP appointments after a year.

Individuals interested in the Stoke Gifford Village can register their details on 0117 440 3570 or at stokegifford@extracare.org.uk and can find out more at www.stokegiffordvillage.co.uk

Bridging the generation gap

BAFTA-nominated documentary *Old People's Home for 4 Year Olds* back on TV



The second series of Channel 4's BAFTA-nominated *Old People's Home for 4 Year Olds*, which started on Monday 8th October at 9pm and airs for five weeks, delves into the effect of intergenerational contact on the very young and very old.

In the series, filmed this year at The ExtraCare Charitable Trust's Lark Hill Village in Nottingham, a nursery was created within Lark Hill, which is home to more than 420 residents with ages from 60-102. Ten older adults and ten four year-olds took part in the three month experiment and shared daily activities together.

The programme features ten incredible older people including 102-year-old Sylvia who was born during WW1 and who gave birth to her first child during the blitz

in WW2, and 97-year-old Victor who at 18 found himself on the beach at Dunkirk. There's also a blossoming friendship between 4-year-old Scarlett who lost her Mum when she was only three and shy 84-year-old Beryl.

The ExtraCare Charitable Trust's Chief Executive, Mick Laverty said: "We're so pleased to have had the chance to work with Channel 4 on this ground-breaking series. Spending time with the children had such a positive effect on residents, which is why we're committed to continuing our intergenerational work.

A number of intergenerational activities take place in our villages. Residents have visited local schools to listened to pupils reading and help with work. Children have attended craft

classes run by residents. And in Longbridge Village, Birmingham an established Stay and Play group meets weekly, mixing residents with children just a few months old. The charity has now pledged to roll out a wider programme of intergenerational activity across its villages and is encouraging people to spend time with others outside their age-group.

In the TV show, a team of geriatric specialists measure the impact of the intergenerational activity, focusing on mood, memory and mobility, and for the first time, the effect on the children is also assessed.

For more information please visit extracare.org.uk/OldPeoplesHomefor4YearOlds

OPENING SOON!

Watch this space



Celebrations are about to start at Stoke Gifford Retirement Village when this brand new retirement community opens officially on November 12th, promising an exciting new chapter in life for residents.

For over 55s, our exciting new village offers an affordable retirement lifestyle with 261 comfortable, spacious apartments for outright purchase, shared-ownership and affordable rent. And with their new like-minded friends and neighbours they'll lots of social and leisure facilities and activities right on their doorstep.

The village will have its own shop, a hairdressing and beauty salon, and a café bar and bistro where friends can meet. There'll be a library/IT suite where residents can surf the internet. They can tone up in the fitness centre,

dance the night away in the village hall, be green fingered in the greenhouse, or creative in the hobby room.

Even while residents are staying healthy by doing more in retirement, there's the reassurance of our dedicated on-site team, on hand for emergency assistance 24 hours a day, 365 days a year, with care and support available, now or in the future, in the privacy of their own home.

The Charity's award-winning Well-being Service will also be available, with personal advice,



information and support to help residents stay fit and well and manage health conditions.