



SANCTUARY

RETIREMENT LIVING



**BIRCHAM HOUSE**

Sawston, Cambridgeshire



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Welcome to Bircham House, a place where you can experience a happy, fulfilling, retirement.

You deserve to enjoy your retirement, and to be as independent and active as you want to be. But we know that living in your own home can become a bit too much sometimes, and it can be lonely, even if there are two of you.

Here at Bircham House, you can enjoy the best of both worlds. You'll live in your own rented apartment, but have peace of mind knowing that a dedicated team is on hand 24 hours a day and new friends are never far away.

Don't wait any longer, come and visit us and see for yourself what we have to offer.

# LIFE AT BIRCHAM HOUSE

At Bircham House, you choose the lifestyle that suits you.

In the morning, a local shop can deliver your newspaper, and during the day we'll give you a call to check you're okay. After breakfast in your apartment, you might choose to meet friends in our communal lounge, or take part in one of our regular activities.

At lunchtime, the restaurant serves delicious two-course hot meals, and friends or family can join you.

If you fancy a change of scenery, the historic city of Cambridge is only eight miles away, where you could spend a few hours shopping

with friends or family, take a stroll along the river, or just enjoy the sights.

In the afternoon, you could join us for one of our regular social events, take part in an arts and crafts workshop, enjoy some musical entertainment, or visit the hairdresser for some pampering.

By evening, you may want to take it easy after all the activity! If not, you can always join friends to watch TV, or for a chat, a game of cards or a mutual hobby.



## WHAT MAKES US SPECIAL?

- Our staff are highly trained and passionate about what they do.
- A strong sense of community where you can share your views and shape our services.
- Regular social events, including arts and crafts, chair-based exercises, and knit and natter.
- Bright and airy communal areas, lifts to all floors and fully accessible throughout.
- Attractive décor and furnishings.
- Accessible landscaped garden with a water feature and seating.

# YOUR NEW HOME

You'll feel right at home in your apartment. It has everything you need and is unfurnished so you can make it your own and make adaptations to suit your needs. Features include:

- open plan lounge and kitchen
- one or two bedrooms
- fitted kitchen with fridge
- level-access shower room
- emergency alert system featuring intercom, pull cord and pendant or wrist alarms – our onsite care agency is only a call or a buzz away, 24 hours a day, 365 days a year



## EVERYTHING YOU NEED

While you'll be self-sufficient in your own spacious apartment, you may feel like stretching your legs and seeing what else is available to you. Our onsite services and facilities include:

- communal lounge with comfy seating, a TV and a kitchenette
- laundry room on each floor
- accessible bathroom so you can enjoy a bath in safety and comfort
- organised activities and social events
- secure door entry to the building and your apartment
- pharmacy, post, and newspapers delivered directly to your door

# IDEAL LOCATION

- On the edge of Sawston, with shops and other amenities within a 15 minute walk.
- Cambridge city centre is only eight miles away.
- Sawston Medical Practice is less than a 5 minute walk away.
- There is a bus stop just over the road, with a regular service into Cambridge.
- The railway station and bus station in Cambridge make it easy to travel further afield.



# HELP ON HAND

At Bircham House, you can live as independently as possible in the security and privacy of your own home. You can focus on living your life to the full, with the peace of mind that someone is on call if you need any help, and support is available if your needs change.

Personal and domestic care is provided by Longhurst Group, and its staff can support you in your new home.

If you need it, Longhurst Group staff will work with you to create a personalised care plan. It will take into account your likes and dislikes, the emotional and social side of your life, your skills and abilities, religious, cultural and leisure preferences, and much more. They will review it with you on a regular basis and you can involve your family and friends. They also have strong links with local doctors, dentists, hospitals and social workers, to ensure you receive the best possible care and support.

Sanctuary Retirement Living staff are onsite to provide support with housing management, correspondence and money matters, and general household maintenance.

## CARE AND DOMESTIC SERVICES

Some of the things you can be supported with include:

- washing, dressing, bathing, personal care and hygiene
- getting in and out of bed
- preparing meals
- taking medication
- laundry services

For more information about the care and domestic services available to you at Bircham House, please contact Longhurst Group directly.

Longhurst Group is regulated by Care Quality Commission.



## AM I ELIGIBLE?

To be eligible to live at Bircham House, you must:

- be aged 55 or over, or have long-term care needs
- reside in, or have a family connection to, the local area

We aim to offer a lively atmosphere and mixed community of people with a range of care needs. You do not need to have any immediate care or support needs when you apply, but our kind and caring staff can support you if anything changes. Bircham House may not be suitable if you require a substantial amount of regular nursing care.

## HOW MUCH DOES IT COST?

Prices vary, so please ask a member of staff for a price list. We have options for private or local authority-paid rent agreements.

As well as your rent, you will need to pay:

- a peace of mind charge for your 24-hour pull cord alert system
- a service charge, which covers your heating, electricity and water usage, maintenance costs and utilities charges for the communal areas and gardens, and also includes a two-course lunch seven days a week
- fees for any care and support or domestic services you require, which may be paid for by Cambridgeshire County Council, if you've had your needs assessed and approved by the adult social care team

You will also be responsible for paying council tax (band A), TV licence (if applicable) and any additional television package, telephone and line rental, internet and contents insurance.

Use of communal laundry facilities is charged separately.

## HOW DO I APPLY?

1. Contact us for an application form or contact Cambridgeshire County Council's adult social care team.
2. We'll arrange for you to visit and meet us.
3. We'll help you to complete a housing assessment and affordability form, as you may be eligible for financial assistance towards your rent and part of your service charge.
4. While you're here, we may assess if you would benefit from care and support services, and our care provider, Longhurst Group, may arrange to visit you at home to discuss your needs. For your care to be funded by Cambridgeshire County Council, you must have had your needs assessed and approved by the adult social care team.

We also encourage you to discuss your housing options with your family and friends, and to seek independent advice, support and representation as appropriate. Organisations such as your local authority, Age UK, Citizens Advice or the Elderly Accommodation Counsel (EAC) can help.



*"I find Bircham House a very comfortable place to be. I have my own flat and can enjoy time to myself, but when I want company, there are plenty of people and opportunities to mix and attend events."*

Monica Perks, resident

## CONTACT US

Come and see a new style of living for your retirement years. Contact us to arrange a no-obligation visit.

**01223 836 331**

**[Bircham.House@sanctuary-housing.co.uk](mailto:Bircham.House@sanctuary-housing.co.uk)**

**High Street, Sawston, Cambridgeshire CB22 3HE**

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IN PEOPLE**

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[www.sanctuary-retirement-living.co.uk](http://www.sanctuary-retirement-living.co.uk)

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