



SANCTUARY

RETIREMENT LIVING



COOPERS COURT

Bow, London



COOPERS COURT

Bow, London

Welcome to Coopers Court, 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 Coopers Court, 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 COOPERS COURT

At Coopers Court, you choose the lifestyle that suits you

In the morning, a local shop can deliver your daily 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, you have everything you need to prepare lunch for yourself, or for friends or family in your apartment.

If you fancy a change of scenery, Mile End Park is just a short walk away. The park has plenty to offer, including an Arts Pavilion, an Ecology Park and even an outdoor gym.

Alternatively, you could catch the tube at Mile End station and head to central London for a spot of shopping.

In the afternoon, you could join us in the lounge for one of our regular social events, take part in an exercise class, enjoy an arts and craft session, or visit the hairdressing and beauty salon 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.



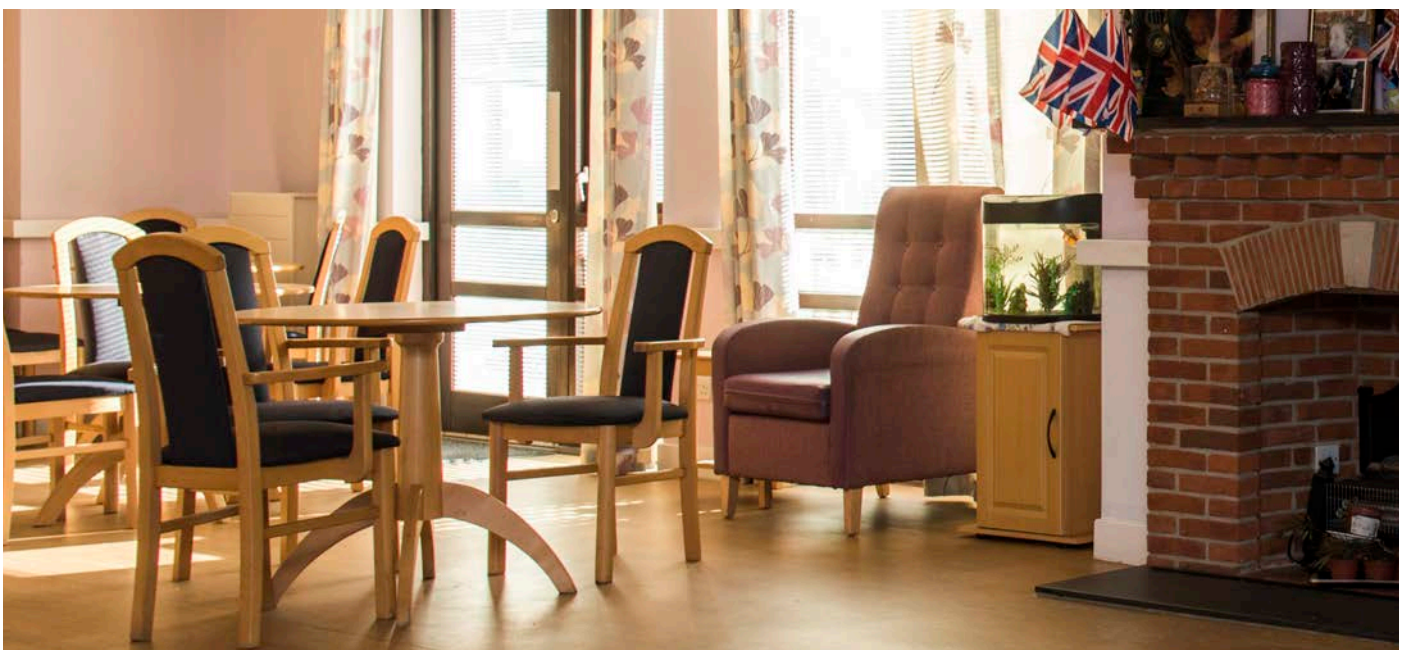
WHAT MAKES US SPECIAL?

- Our caring team is highly trained and passionate about what they do.
- A strong sense of community and a regular residents' meeting which helps to shape our services.
- Regular social events, including gardening, arts and crafts, games and dementia-friendly activities.
- Bright and airy communal areas, lifts to all floors and fully accessible throughout.
- Attractive décor and furnishings.
- Garden courtyard with chairs and tables.

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
- double bedroom
- fitted kitchen with fridge-freezer, oven and hob
- level-access shower room
- emergency alert system featuring intercom, pull cord and pendant alarms – our onsite care agency is only a call or a buzz away, 24 hours a day, 365 days a year



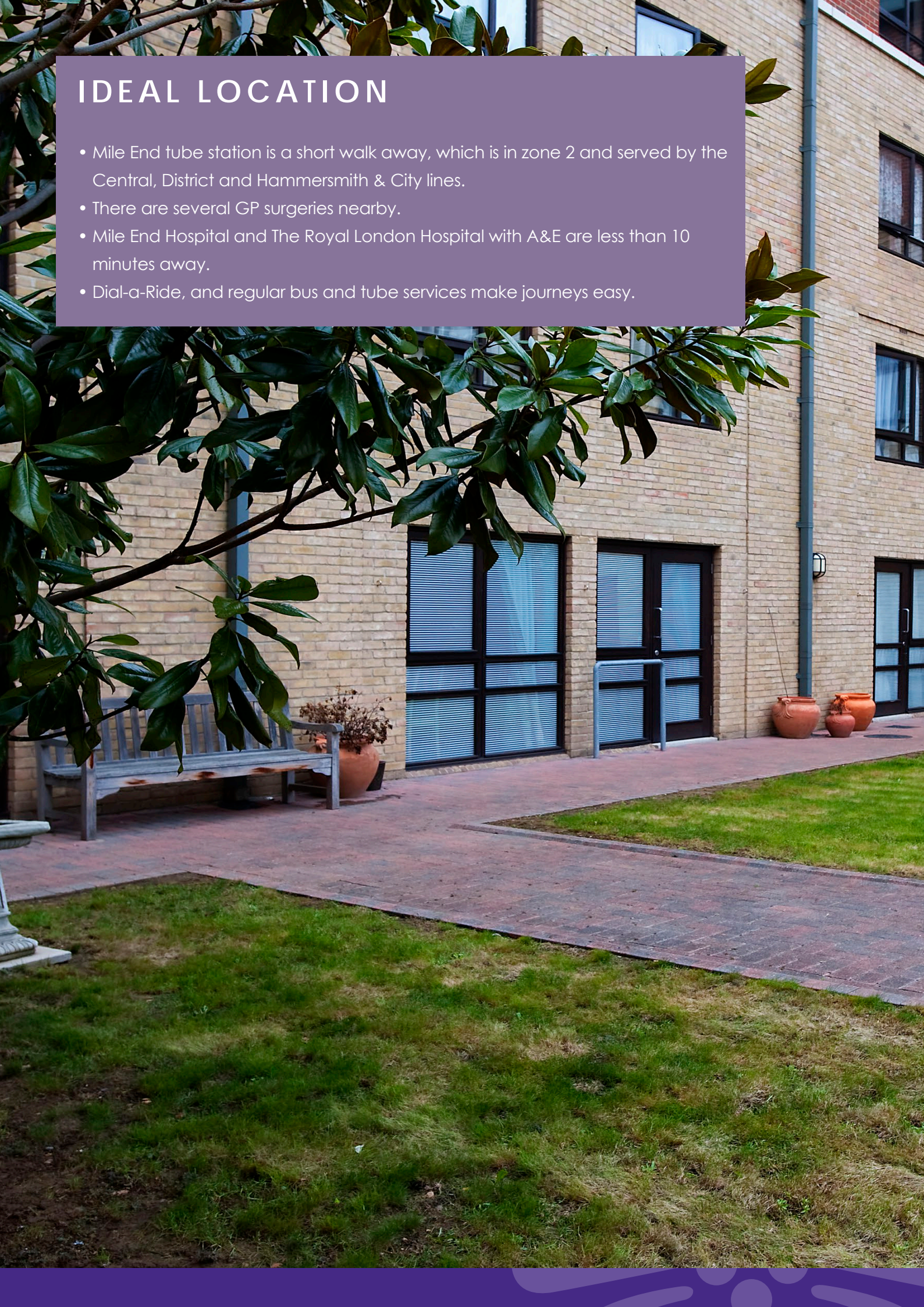
EVERYTHING YOU NEED

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 and a TV
- activities room
- hairdressing and beauty salon
- accessible bathroom so you can enjoy a bath in safety and comfort
- daytime reception and secure door entry to the building and your apartment
- organised activities and social events
- post, newspapers and pharmacy orders delivered to Reception

IDEAL LOCATION

- Mile End tube station is a short walk away, which is in zone 2 and served by the Central, District and Hammersmith & City lines.
- There are several GP surgeries nearby.
- Mile End Hospital and The Royal London Hospital with A&E are less than 10 minutes away.
- Dial-a-Ride, and regular bus and tube services make journeys easy.



HELP ON HAND

At Coopers Court, 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 at Coopers Court is provided by Creative Support, and its staff can support you in your new home.

If you need it, Creative Support 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
- cleaning and vacuuming

For more information about the care and domestic services available to you at Coopers Court, please contact Creative Support directly.

Creative Support is regulated by the Care Quality Commission.



AM I ELIGIBLE?

To be eligible to live at Coopers Court, you must:

- be aged 55 or over, or have long-term care needs
- reside in, or have a family connection to, the local area
- have your care and support needs assessed and approved by Tower Hamlets Borough Council

We aim to offer a lively atmosphere and mixed community of people with a range of care needs. Coopers Court 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
- fees for any care and support or domestic services you require, which may be paid for by Tower Hamlets Borough Council, if you have had your needs assessed and approved by the adult social care team.

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

HOW DO I APPLY?

1. Contact us for an application form or contact Tower Hamlets Borough 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 we may arrange to visit you at home to discuss your needs. For your care to be funded by Tower Hamlets Borough 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.

"The staff are great, they are all so kind and helpful. We really enjoyed the summer, especially when the barbecue was held and family members joined us."

Roderic Richardson and John Braniff, residents



CONTACT US

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

0208 980 7979

Eric.Street@sanctuary-housing.co.uk

124 Eric Street, Bow, London E3 4SW

For more details of all Sanctuary Retirement Living properties, visit our website or contact us if you would like this publication in an alternative format.



**INVESTORS
IN PEOPLE**

The particulars and photographs within this brochure are indicative and are for guidance only. They are not part of an offer or contract. Whilst some descriptions are inevitably subjective and information is given in good faith, they should not be relied upon as statements or representations of fact.



www.sanctuary-retirement-living.co.uk

Sanctuary Retirement Living is a trading name of Sanctuary Housing Association and Sanctuary Home Care Limited, both exempt charities.