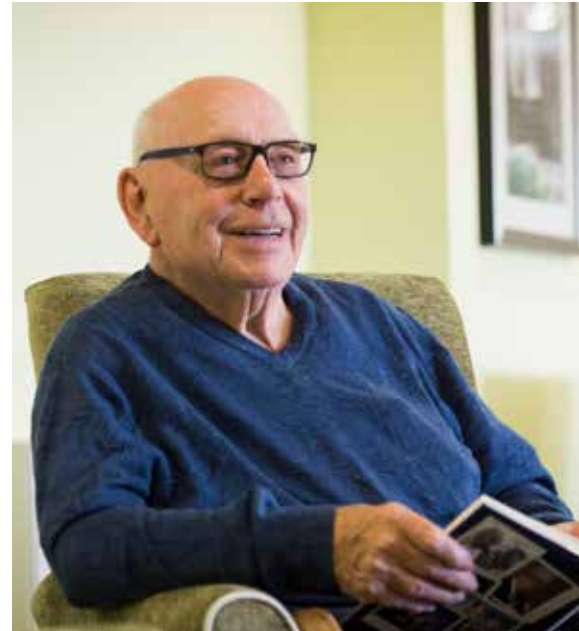




SANCTUARY

RETIREMENT LIVING



EXNING COURT

Newmarket, Suffolk



EXNING COURT

Newmarket, Suffolk

Welcome to Exning Court, where you can leave your worries behind, and 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 Exning 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 EXNING COURT

At Exning Court, you choose the lifestyle that suits you.

In the morning, we'll give you a call to check you're okay, or pop by to drop off your newspaper. After breakfast in your apartment or the restaurant, you might choose to meet friends in one of our lounges or communal areas, or take part in one of our regular activities.

At lunchtime, the restaurant serves delicious hot meals or you may want to prepare lunch for yourself or for friends or family in your apartment.

If you fancy a change of scenery, you could pop into Exning village and join in the many

activities such as the monthly film night, or visit Newmarket for a spot of shopping or lunch.

In the afternoon, you might join us in the lounge for one of our regular social events, or you could take part in a quiz, visit the onsite hairdresser, or relax in our peaceful gardens.

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.



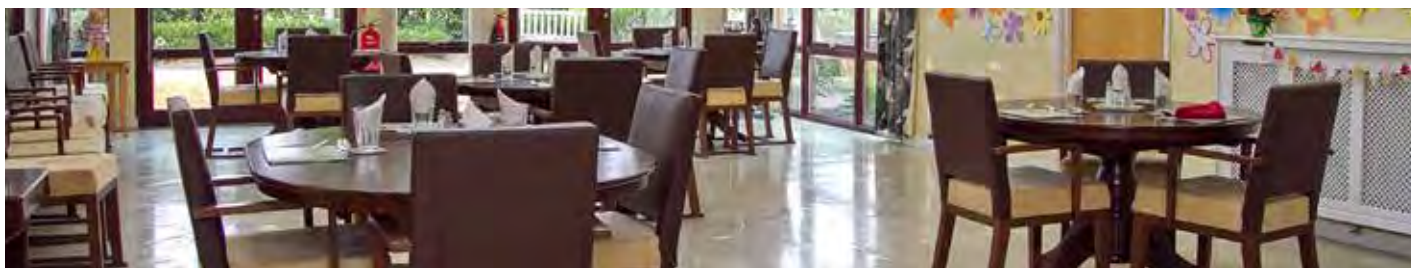
WHAT MAKES US SPECIAL?

- Our caring team is highly trained and passionate about what they do.
- A strong sense of community, where you can share your views and shape our services.
- Regular social events, including exercise classes, crafts and dementia-friendly activities.
- Bright and airy communal areas, lifts to all floors and fully accessible throughout.
- All apartments have beautiful views of either the garden or surrounding countryside.
- Accessible landscaped gardens with seating and a water feature.

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 double bedrooms
- fitted kitchen with fridge freezer, washer-dryer, oven and hob
- level-access shower room
- a private garden area for all ground floor apartments
- emergency alert system featuring intercom, pull cord and pendant or wrist alarms – our friendly team 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 on site services and facilities include:

- communal lounges with comfy seating and a TV
- activity room with cards and board games
- kitchenettes where you can help yourself to tea and coffee
- hairdressing and beauty salon
- communal laundry room
- accessible bathroom so you can enjoy a bath in safety and comfort
- guest suite for visiting family and friends
- secure door entry to the building and your apartment
- organised activities and social events
- post, newspapers and pharmacy orders delivered directly to your door

Our **taste** restaurant is open seven days a week for lunch, as well as offering an afternoon tea delivery service. We can also provide lunch for your guests, if booked in advance, so you can enjoy a meal with your friends and family. Our in-house catering team take pride in preparing seasonal meals using fresh ingredients, as well as creating regular themed menus to celebrate special occasions throughout the year.

IDEAL LOCATION

- Close to village life, with Exning just a 10 minute walk or mobility scooter ride away.
- Easy access to local towns - 10 minutes to Newmarket and 25 minutes to Ely by car or taxi.
- Supermarkets within a 10 minute drive, some of which offer a delivery service.
- Railway and bus station in Newmarket.
- Community hospital in Newmarket with A&E 30 minutes away.
- Dial-a-Ride and low-cost local taxis make journeys easy.



HELP ON HAND

At Exning Court, you will 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.

Nothing is too much trouble for our wonderful care team, who are onsite 24 hours a day, 365 days a year. If you need it, we 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. We'll review it together on a regular basis and you can involve your family and friends. We also have strong links with local doctors, dentists, hospitals and social workers, to ensure you receive the best possible care and support.

Our staff also provide support with housing management, correspondence and money matters, and general household maintenance.

CARE AND DOMESTIC SERVICES

Some of the things we can support you with include:

- washing, dressing, bathing, personal care and hygiene
- getting in and out of bed
- preparing meals
- taking medication
- making appointments e.g. with your GP
- cleaning, vacuuming and window cleaning
- laundry

We are regulated by the Care Quality Commission.

Inspected and rated

Good



AM I ELIGIBLE?

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

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

We aim to offer a lively atmosphere and mixed community of people who have 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. Exning 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 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 Suffolk County Council, if you have had your needs assessed and approved

You will also be responsible for paying for council tax (band A or B), electricity usage, TV licence (if applicable) and any additional

television package, telephone and line rental, internet and contents insurance.

Meals, snacks and drinks in our **tasté** restaurant, our afternoon tea delivery service and overnight stays in our guest suite for visitors are all charged separately.

HOW DO I APPLY?

1. Contact us for an application form or contact Suffolk 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 our care and support services, and we may arrange to visit you at home to discuss your needs. For your care to be funded by Suffolk County Council, you must have had your needs assessed and approved.

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.

"It's so lovely here and very definitely a community. Residents make new friends or reconnect with friends they've known before. They meet for coffee, take part in activities and there are people around to talk to all the time. Exning Court gives many people a new lease of life."

Staff member, Exning Court



CONTACT US

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

01638 578 959

Exning.Court@sanctuary-housing.co.uk

Exning Court, Cotton End Road, Exning, Newmarket, Suffolk CB8 7PF

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.



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www.sanctuary-retirement-living.co.uk

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