



SANCTUARY

RETIREMENT LIVING



GOODWIN COURT

East Barnet, London



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Welcome to Goodwin 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 Goodwin Court, you can enjoy the best of both worlds. You'll live in your own rented or leasehold 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 GOODWIN COURT

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

In the morning, you can enjoy breakfast in your apartment and during the day we'll give you a call to check you're okay. After breakfast, 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 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 visit Oak Hill Park which is directly opposite. You can enjoy a leisurely walk around the park, visit the nature reserve or enjoy a game of bowls.

Alternatively, you could pop into East Barnet village for a spot of shopping, or catch the train at Oakleigh Park Railway Station and spend the day in London.

In the afternoon, you might join us in the lounge for one of our regular social events, take part in a quiz, or visit our onsite 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, where you can share your views and shape our services.
- Regular social events, including quizzes, 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.
- Accessible landscaped gardens.

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, washing machine, oven and hob
- level-access shower room
- emergency alarm 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 onsite services and facilities include:

- communal lounge with comfy seating, a TV and a kitchenette
- garden room
- activities room
- hairdressing and beauty salon
- accessible bathroom so you can enjoy a bath in safety and comfort
- buggy store with charge points for mobility scooters
- guest suite for visiting family and friends
- daytime reception and secure door entry to the building and your apartment
- organised activities and social events
- pharmacy, post, and newspapers delivered directly to your door

Our **tasté** restaurant is open seven days a week for lunch, and is open to the public so you can enjoy a meal with your friends and family. Our in-house catering team takes pride in preparing seasonal meals using fresh ingredients, as well as creating regular themed menus to celebrate special occasions throughout the year.

IDEAL LOCATION

- East Barnet's ancient Oak Hill Park is directly opposite, with its beautiful nature reserve and bowling green.
- Local shops, banks and restaurants are just a five minute walk away.
- There are several GP surgeries close by and two hospitals with A&E less than 20 minutes away by car.
- Oakleigh Park train station is only a 10 minute walk or scooter ride away, with regular trains to central London.
- There is a bus stop outside the building, making journeys easy.



HELP ON HAND

At Goodwin 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.

Nothing is too much trouble for our wonderful care team. If you need it, we can 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 with you 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
- shopping
- making appointments e.g. with your GP
- cleaning and vacuuming
- laundry

We are regulated by the Care Quality Commission.

Inspected and rated

Good



AM I ELIGIBLE?

To be eligible to live at Goodwin 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
- be referred by London Borough of Barnet Council, after having your care and support needs assessed and approved

We aim to offer a lively atmosphere and mixed community of people with a range of care needs. Goodwin 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
- leasehold agreements

As well as your rent or leasehold costs, 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, and buildings insurance for leasehold properties
- fees for any care and support or domestic services you require, which may be paid for by London Borough of Barnet Council,

if you've had your needs assessed and approved by the adult social care team

You will also be responsible for paying for council tax (band C or D), 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, 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 London Borough of Barnet 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 London Borough of Barnet 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 care, catering, maintenance and reception staff are all friendly. Most important is knowing that the team leaders and managers are very approachable and all willingly help and care for the residents here."

S. J. Hembrow, resident

CONTACT US

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

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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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