



SANCTUARY  
RETIREMENT LIVING



**MIDDLETON HOUSE**  
Cheltenham, Gloucestershire



## MIDDLETON HOUSE

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Welcome to Middleton 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 Middleton House, 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 MIDDLETON HOUSE

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

In the morning, we'll give you a call to check you're okay. After breakfast in your apartment or the restaurant, you might choose to meet friends in one of our communal lounges, 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 Leckhampton for a spot of shopping. Alternatively, you could take a 20 minute bus ride into Cheltenham town centre, which has a

range of shops, cafés and two theatres, as well as Pittville park. You could even spend the day at Cheltenham racecourse.

In the afternoon, you might join us in one of our lounges for one of our regular social events, take part in a quiz, or perhaps visit the onsite hairdressing 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 board and card games, quizzes and dementia-friendly activities.
- Bright and airy communal areas, lifts to all floors and fully accessible throughout.
- Attractive décor and furnishings.
- Accessible landscaped gardens, with 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-freezer, washer-dryer, oven and hob
- level-access shower room
- 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 onsite services and facilities include:

- communal lounges with comfy seating and a TV
- hairdressing salon
- accessible bathroom so you can enjoy a bath in safety and comfort
- buggy store with charge points for mobility scooters
- daytime reception and 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 **tasté** restaurant is open seven days a week for breakfast, lunch and snacks. It is open to the public 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

- Local shops and amenities are just a short walk away.
- Cheltenham town centre is less than 10 minutes away by car or 20 minutes by bus.
- There is a GP surgery less than a mile away.
- There is a railway station and a bus station in Cheltenham.
- Cheltenham General Hospital with A&E is less than 10 minutes away.
- Dial-a-Ride, regular bus services and low-cost local taxis make journeys easy.



## HELP ON HAND

Personal and domestic care at Middleton House is provided by Radis Community Care, and its staff can support you in your new home. If you need it, Radis Community Care 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
- shopping
- making appointments
- cleaning, vacuuming
- laundry

For more information about the care and domestic services available to you at Middleton House, please contact Radis Community Care directly.

Radis Community Care is regulated by the Care Quality Commission.

Inspected and rated

Good



## AM I ELIGIBLE?

To be eligible to live at Middleton 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
- have your care and support needs assessed and approved by Gloucestershire County Council (rental only)
- a positive attitude towards retaining or regaining your independence
- a degenerative or progressive condition that will probably, in time, necessitate personal care

We aim to offer a lively atmosphere and mixed community of people who have a range of care needs. Middleton 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, and 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 Gloucestershire County 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 or C), 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, are all charged separately.

## HOW DO I APPLY?

1. Contact us for an application form or contact Gloucestershire 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, Radis Community Care, may arrange to visit to discuss your needs. For your care to be funded by Gloucestershire County Council, you must have a combination of housing, support and/or care needs, identified by an assessment of need carried out by Gloucestershire County Council's Community Adult Care Directorate (CACD).

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 here are very kind and helpful. The apartments are well fitted and spacious, and we are enjoying a very happy and contented retirement."*

Mrs Sue Taylor



## CONTACT US

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

**01242 235 665**

**Middleton.House@sanctuary.co.uk**

**Pilley Lane, Leckhampton, Cheltenham, Gloucestershire GL53 9GA**

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**

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

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