



SANCTUARY

RETIREMENT LIVING



MILLBROOK HOUSE

Soham, Cambridgeshire



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Welcome to Millbrook 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 Millbrook 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 MILLBROOK HOUSE

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

In the morning, a local shop can deliver your daily milk or newspaper. After breakfast in your apartment or the restaurant, you might choose to meet friends in our 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, Soham town centre is a 10 minute walk away and has a variety of amenities include shops, restaurants and pubs.

Further afield, you could visit Ely and see the famous cathedral, or enjoy a spot of shopping in the historic city of Cambridge.

In the afternoon, you could join us for one of our regular social events, take part in a game of bingo, or come along to Tea Club, Gardening Club or Knit and Natter.

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.



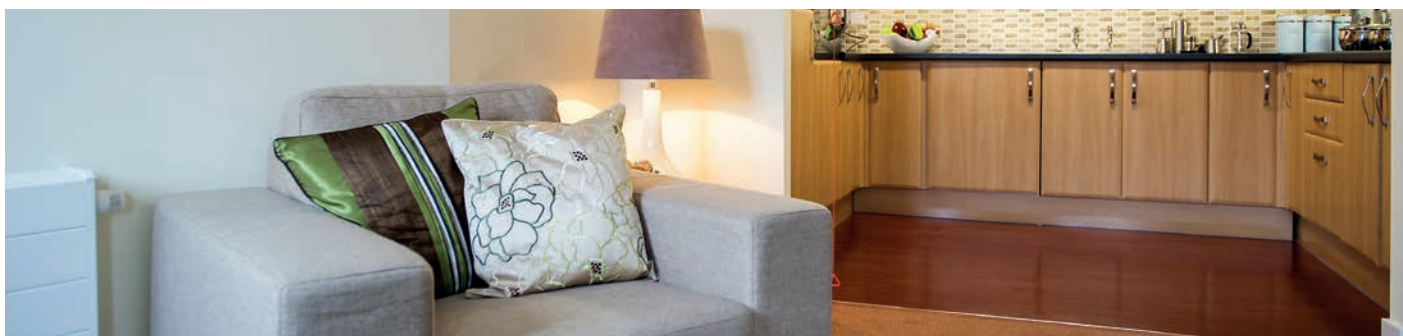
WHAT MAKES US SPECIAL?

- Our caring team is highly trained and passionate about what they do.
- A strong sense of community and a Residents Association which helps to shape our services.
- Regular social events, including Tai Chi, Knit and Natter, arts and crafts, and games.
- Bright and airy communal areas, lifts to all floors and fully accessible throughout.
- Attractive décor and furnishings.
- Accessible landscaped gardens with raised flower beds and a pergola 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 pull cord alarm system and pendant or wrist alarms – the onsite care 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 TV, coffee lounge and conservatory
- garden room with roof top terrace
- games room with pool table, dartboard and a variety of games
- library room
- hairdressing 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 arranged in partnership with the Residents Association
- post, newspapers and pharmacy orders delivered directly to your door

Our **taste** 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

- Soham town centre is only a 10 minute walk away.
- Ely city is six miles away and Newmarket is seven miles away.
- Staploe Medical Centre is less than a mile away.
- There is a railway and a bus station in Ely.
- Dial-a-Ride scheme and Ely & District Social Car Scheme make journeys easy.



HELP ON HAND

At Millbrook 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 Radis Community Care, a family-owned company, 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

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

Radis Community Care is regulated by the Care Quality Commission.

Regulated by



AM I ELIGIBLE?

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

- be aged 60 or over, or aged 55 or over if you have a disability
- reside in, or have a family connection to, the local area

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. Millbrook 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
- 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 Cambridgeshire 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 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 **taste** restaurant, use of communal laundry facilities 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 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, Radis Community Care, 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 have lived at Millbrook House for some time now and I'm very happy. It is close to all essential amenities and there is always something going on if you wish to join in, no need to be lonely."

Sylvia Williams, 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.



**INVESTORS
IN PEOPLE**

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www.sanctuary-retirement-living.co.uk

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