



SANCTUARY

RETIREMENT LIVING



NICHOLS COURT

Linton, Cambridgeshire



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Welcome to Nichols 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 Nichols 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 NICHOLS COURT

At Nichols Court, 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, 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, Linton Zoo and Chilford Hall Vineyard are both nearby. Slightly further afield there's the Imperial War

Museum at Duxford, or you could spend a day in the historic city of Cambridge.

In the afternoon, you might join us in the lounge for one of our regular social events, take part in an exercise class, or perhaps visit the hairdressing salon for a spot of 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 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 beds and a potting area.

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 – the 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 TV and kitchenette
- 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
- 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 for lunch six days a week. We can also cater for your guests, if booked in advance. 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

- Linton High Street is just a short walk or drive away.
- Cambridge city centre is only 30 minutes away by car or bus.
- There are several GP surgeries less than a 10 minute drive away.
- Addenbrooke's Hospital with A&E is only 20 minutes away by car.
- There is a railway station and a bus station in Cambridge.



HELP ON HAND

At Nichols 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 Nichols Court is provided by Mears Care Ltd, and its staff can support you in your new home. If you need it, Mears Care Ltd 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 Nichols Court, please contact Mears Care Ltd directly.

Mears Care Ltd is regulated by the Care Quality Commission.



AM I ELIGIBLE?

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

- be aged 55 or over, and have care needs
- reside in, or have a family connection to, the Cambridgeshire area

We aim to offer a lively atmosphere and mixed community of people who have a range of care needs. Nichols 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 service charge, which covers your 24 hour pull cord alert system, 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 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 B or C), electricity usage, TV licence (if applicable) and any additional television package, telephone and line rental, internet and contents insurance.

Meals from our **taste** 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 and contact Cambridgeshire County Council for a care needs assessment.
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.

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.





"There is a wonderful supportive community at Nichols Court and I am very pleased to be a part of it."

Gillian Anderson, 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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