



SANCTUARY

RETIREMENT LIVING



TRELLIS HOUSE

Colliers Wood, London



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Welcome to Trellis 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 Trellis House, 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 TRELIS HOUSE

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

In the morning, a local shop can deliver your daily milk or newspaper, and during the day we'll call you to check you're okay. After breakfast in your apartment, you might choose to meet friends or take part in one of our regular activities in our communal lounge.

At lunchtime, you have everything you need to prepare lunch for yourself, friends or family in your apartment.

If you fancy a change of scenery, Lavender Park is just a short walk away. You could also

take a stroll along the River Wandle, or visit the nearby Tandem Centre for a spot of shopping.

In the afternoon, you might join us for one of our regular social events, enjoy a game of bingo, or perhaps take part in an exercise class. It might even be the day when the children from the local primary school visit.

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 staff are 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 games, exercise classes 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 mature trees and benches.

# 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
- double bedroom
- fitted kitchen with fridge-freezer, oven and hob
- level-access shower room
- emergency alert system featuring intercom, pull cord and pendant or wrist alarms – our 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 lounges with comfy seating and a TV
- games room with a pool table, table tennis table and giant games
- visiting hairdresser and chiropodist
- communal laundry room
- 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

## IDEAL LOCATION

- Local shops are just a five minute walk or mobility scooter ride away.
- The nearest GP surgery is just a short walk away.
- There is a bus stop outside the building and two tube stations within a 5 minute walk.
- St George's Hospital with A&E is less than a five minute drive away.
- The Dial-a-Ride scheme is free for London residents, making journeys easy.



# HELP ON HAND

At Trellis 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 Mayfair Homecare, and its staff can support you in your new home. If you need it, Mayfair Homecare 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
- cleaning, vacuuming and laundry

For more information about the care and domestic services available to you at Trellis House, please contact Mayfair Homecare directly.

Mayfair Homecare is regulated by the Care Quality Commission.



## AM I ELIGIBLE?

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

- be aged 60 or over
- reside in Merton (if applying through London Borough of Merton Council)

We aim to offer a lively atmosphere and mixed community of people with a range of care needs. Trellis House may not be suitable if you require a substantial amount of regular nursing care.

## HOW MUCH DOES IT COST?

For a full cost breakdown, 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 heating, electricity 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 London Borough of Merton Council, if you have had your needs assessed and approved by the adult social care team


You will also be responsible for paying council tax (band C), TV licence (if applicable) and any additional television package, telephone and line rental, internet and contents insurance.

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 London Borough of Merton 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, Mayfair Homecare, may arrange to visit you at home to discuss your needs. For your care to be funded by London Borough of Merton Council, you must have had your needs assessed and approved by the Council's 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 like living at Trellis House because there is always something different to do and someone to talk to. Everyone is really friendly and I have made lots of friends."*

Lance Skilton, resident

## CONTACT US

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

**0208 542 4641**

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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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IN PEOPLE**

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

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