

Better lives

at St Oswald's

> **Welcome**

to our vibrant community

> **Explore**

the local surroundings

> **Enjoy**

the activities on offer



Discover a taste
of St Oswald's
Village

Edition 1 - June 2023

Welcome to St Oswald's Village

We're delighted to welcome you to St Oswald's Village, part of the ExtraCare Charitable Trust collection.

Set on the outskirts of Gloucester city centre, our village provides independent living in beautiful surroundings for over 55s. We're a registered charity and our mission is to provide homes people want, a lifestyle they can enjoy and care if it's needed.

Part of our philosophy is that later life is a time for doing more, not less, that's why we encourage residents to take part in our varied activity schedule and to start new hobbies.

The village is a safe haven for all and there is a real sense of belonging among both staff and residents at St Oswald's Village. Everyone looks out for each other, residents and staff care about each other's wellbeing – we really are like one big family.

Use your time at St Oswald's Village to make new friends, try exciting activities and enjoy our wonderful facilities.

We look forward to welcoming you into our community!

Village Manager



Moving here was the best decision I've ever made.

Village resident





Enjoy a fantastic range of facilities



Beauty salon



Bistro/
restaurant



Bowling green



Dementia & Mental
Wellbeing Service



Greenhouse



Guest suite



Gym



Hairdressers



Laundrette



Village hall



Wellbeing
suite



Woodwork
room



Dine in our village bistro

Our village bistro is open daily, serving hot and cold food, drinks, snacks and desserts. Head to the bistro and request a menu, or speak to a member of staff if you have specific dietary requirements.



Weekly activities

When you feel like getting active and being sociable, our superb range of weekly activities will help you make the most of each day. With so many new like-minded friends and neighbours, you'll never be short of things to do.

Choose from a range of activities each week including::

- Tai chi
- Arts and crafts
- Walking football
- Circuit training
- Knit and natter
- Quiz night
- Mindfulness activities
- Outdoor exercise classes
- Evening entertainment

Ask one of the team for our activities schedule.



‘*It’s great to see residents get a new lease of life after moving in!*

Village resident





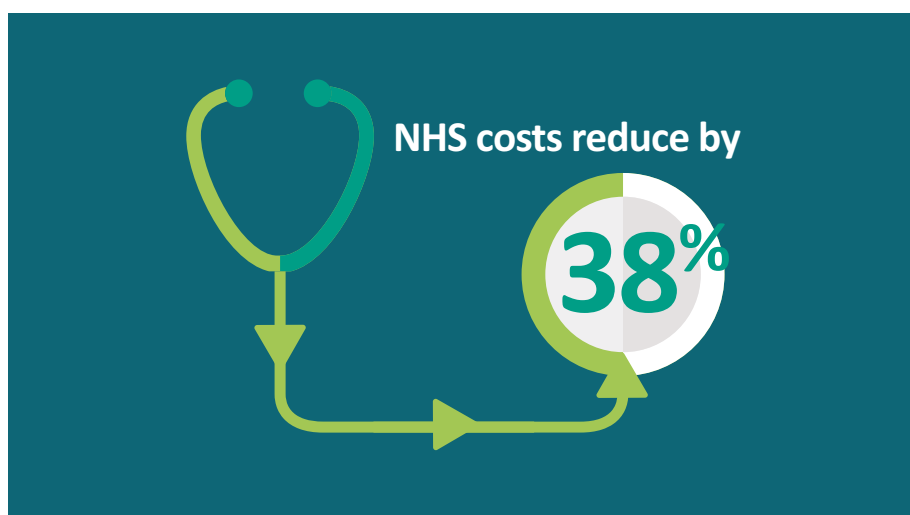
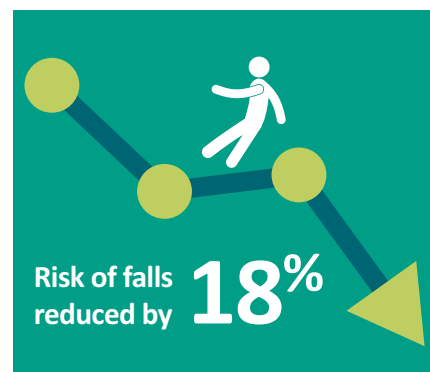
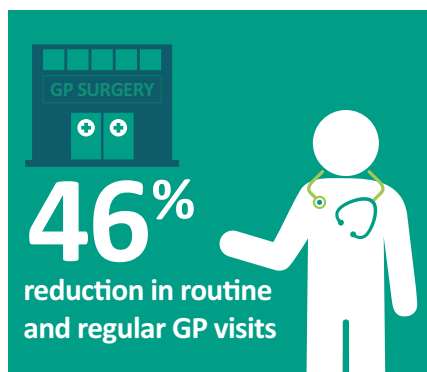
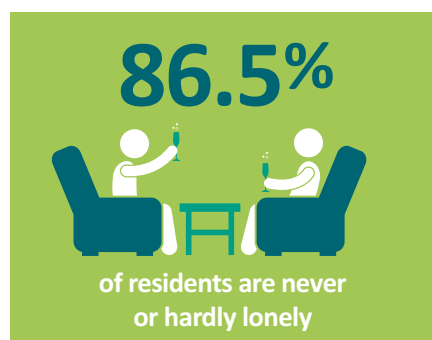
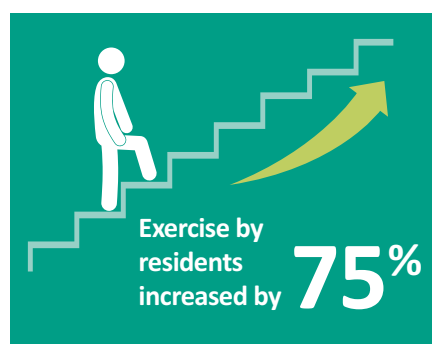
It's terribly important that the example ExtraCare has set is more widely known and communicated to society, particularly to people in local governments so that they can realise the benefits to the health service that these villages bring.

Baroness Sally Greengrass OBE

Making an impact

Findings from an independent study into healthy ageing carried out by Aston and Lancaster Universities (2019) evaluated how our unique model of integrated homes, health and social care makes a real difference to older people's lives.

The research found that after moving in, residents felt a significant improvement to their physical and mental health.



Light and spacious apartments

All homes at St Oswald's Village provide independent living as part of a wider, bustling community.

Each home has been thoughtfully designed to enhance your life. We've thought about every last detail so you don't need to worry about a thing. All you need to do is move in and start making memories.



Images show a typical ExtraCare village apartments



Get in touch with a village representative on 01452 938664 if you would like to find out more about our homes.

A safe haven for our residents

In June 2020, we caught up with residents across our village network to ensure they continue to feel safe and secure. Here's what they had to say about ExtraCare villages:



‘I’ve made some wonderful new friends since moving here and the staff are amazing.

Megan, 83, lives alone but feels safe

‘There’s no stress, everything you want is here. But it’s the peace of mind for me and for my children - that’s what’s most important.

Myrtle, 82, keeps active with fitness classes

‘Sometimes I sing to other residents from my balcony! Nobody minds, it’s brilliant. Everyone is so friendly - what more can I say?

Ron, 93, loves the security and companionship

‘I’ve got everything under one roof here. I’ve got to know all my neighbours - everyone speaks to everyone, it’s really good.

David, 64, enjoys the quiz nights

Did you know...

- The village opened in 2010
- Our 166 homes are made up of one and two bedroom apartments and bungalows
- Affordable living options are provided through social rent or shared ownership
- Properties can also be purchased outright
- The village team provides care to around a third of residents
- Dependent on individual circumstances we can support significant assessed care needs, including dementia
- We have car parking available for residents and guests



Discover the local surroundings

St Oswald's Village is just outside Gloucester city centre. Known as the cathedral city of the Cotswolds, Gloucester has roots stretching back to the Roman times. The cathedral is one of the finest medieval buildings in the country, with architectural styles from Norman and Perpendicular to present day, this iconic building is well worth a visit.

The Gloucester docks are a short walk from the cathedral, where there is a range of restaurants and bars among the dramatic waterfront.



Retail therapy

St Oswald's Village is conveniently located a short walk away from the St Oswald's retail park shopping centre which includes a Tesco superstore.

Every Friday you will find the best locally sourced produce at the Gloucester Farmers' Market on The Cross. The city centre also hosts seasonal markets.

St Oswald's Village



For more information contact us on:

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If you need a copy of this document in large format, in braille or on audio tape, please contact 02476 506011.

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