**Hughenden Gardens** Village



## Better lives at Hughenden Gardens

**Welcome** to our vibrant community **Explore** the local surroundings

**Enjoy** the activities on offer



Edition 1 - June 2023

#### Welcome to Hughenden Gardens Village

We're delighted to welcome you to Hughenden Gardens Village, an ExtraCare Charitable Trust village.

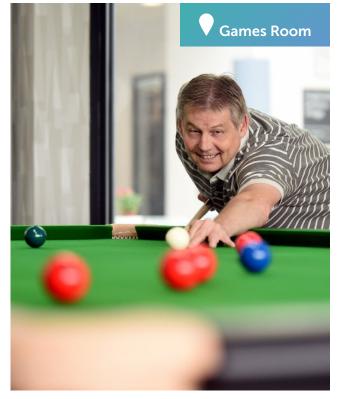
Set beside the beautiful Hughenden Valley, our unique village provides a fulfilling lifestyle with everything under one roof. Pick up old hobbies and discover new ones with our weekly activities or make the most of our wonderful facilities.

We believe that later life is a time for doing more rather than less, staying independent and active – and we've got plenty to choose from.

When I first walked through the doors I thought I'd come to a hotel, the place was so clean and tidy with loads of facilities... having lived here for four months I'm still of the same opinion!

Jim, Hughenden Gardens resident









## Enjoy a fantastic range of facilities



Beauty salon





Bistro/ restaurant



Dementia & Mental Wellbeing Service



Greenhouse

Guest suite

Gym



Hairdressers

Hobby room



Laundrette



Multi-function Games Room



Village hall



Library/ IT suite



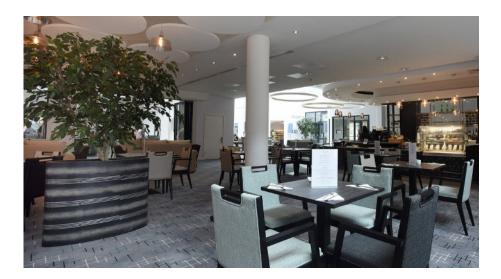
Rooftop Garden/Piazza



Wellbeing suite

## 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.

Ask one of the team for our activities schedule.

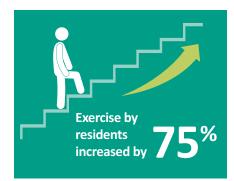
The staff are very friendly, the facilities are wonderful, especially the bistro which has a lovely array of food. The coffee is as good as you would find in a coffee shop.

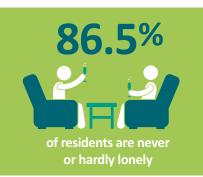
Colette, Hughenden Gardens resident

## 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.

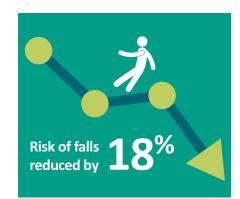
The research found that after moving in, residents felt a significant improvement to their physical and mental health.

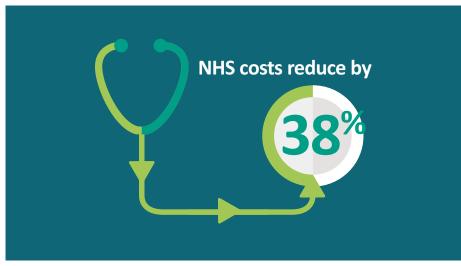




The number of residents suffering with clinical levels of depression fell by 64.3% over 18 months

Routine and regular GP appointments for ExtraCare residents reduced by 46% after a year





# Light and spacious apartments

All homes at Hughenden Gardens 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 01494 928083 if you would like to find out more about our homes.

#### **Key facts**

- The village opened in2018
- Our 260 homes are made up of one and two bedroom apartments
- Affordable living options are provided through social rent or shared ownership
- Properties can also be purchased outright
- The village team provides care to residents who require it
- Dependent on individual circumstances we can support significant assessed care needs, including dementia
- We have car parking available for residents and guests

#### Here's what our residents say about our villages

Here's what some of our residents across the village network have to say about their ExtraCare homes:

I'm very happy, it's fantastic and the village is an amazing concept. Everything you want is here and I've made good friends along the way.

Sheena, 66, runs her village choir I'm glad I came, there are always things to do and people to talk to - it's been a good move.

Nadine, 71, volunteers on reception

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



#### Did you know...

- ExtraCare is a Registered Charity
- We have a gold award from Investors in People
- We have 20 locations across the UK
- Over 80% of our residents have no care needs
- Those with a limited income find it very affordable to live in our locations
- Pets are welcome to live here too

### Discover the local surroundings

The village is in the market town of High Wycombe on the River Wye, surrounded by stunning scenery, rolling hills and wooded valleys. There are plenty of shops in the town centre, beautiful gardens to wander around at Hughenden Park and wonderful shows to watch at the Swan Theatre.

Well-known attractions nearby include Hughenden Manor, Bradenham Manor, West Wycombe Park, Wycombe Museum, and Wycombe Heights Golf Centre.





#### Recommend your friend

If a village resident recommends this village to you, we will reward each of you with £500 when you move in.

Ask our friendly team for the 'Recommend your friend' leaflet which includes full terms and conditions.

#### **Hughenden Gardens** Village



For more information contact us on:

**V** 01494 928083

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Hughenden Gardens Village, High Wycombe, HP13 5GA 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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