

**One Housing**  
Care & Support



**PROTHEROE**  
**HOUSE**

SENIOR LIVING IN TOTTENHAM

CARE.ONEHOUSING.CO.UK

# WELCOME

Welcome and thank you for your interest in Protheroe House. I hope you enjoy your visit to this stylish modern property and have a chance to explore our beautiful grounds.

We help our residents to live better by offering great homes that are designed for your lifestyle and your needs with a programme of activities to promote friendship, health and wellbeing.

I'm proud that One Housing Care & Support builds affordable, high quality homes that let older people keep their independence with the safety net of the best support available.

The team here is committed to creating homes for our residents to enjoy an independent life in, as part of the community. If you have any questions please ask our staff and we look forward to welcoming you soon.



**Martin D'Mello**  
Group Director Care & Support



## ABOUT US

One Housing Care & Support offers you flexibility and a choice of accommodation to ensure you can remain independent and part of the community.

We develop and manage beautiful retirement homes that are contemporary, vibrant, needs-adapted and in desirable locations. We promote independence and active lifestyles but also provide personalised support when you need it.

Care & Support is part of One Housing, an award-winning provider of housing, care and support across London and the South East since 1966.





## LIFESTYLE

Care & Support senior living at Protheroe House offers you a fulfilling independent life with care and support on-hand if you need it, giving you peace of mind.

It means that all of our staff are fully trained and dedicated to helping you, ensuring that your social and health needs are met, while you're free to enjoy the lifestyle that you choose.

There are beautiful communal spaces in which to meet up and chat with neighbours or join in with social activities. There's a helping hand whenever you need it, including the emergency call system in each apartment.

Invite friends and family to join you for a glass of wine in the bar and, when you want to, you can close your front door and relax in your own flat.

# PROTHEROE HOUSE

Protheroe House is a collection of brand new purpose-built apartments for the over-55s.

Located in Tottenham, it's ideal for local residents who need help to continue living independently but don't want to move far.

There are 36 one-bedroom and 14 two-bedroom self-contained spacious and modern apartments, complemented by a range of community facilities.

All flats come unfurnished for you to fit out and decorate in your own personal style.

## APARTMENTS

- One-or two-bedroom apartments.
- A spacious lounge area, with carpeting throughout the hallway, lounge and bedrooms.
- Options on cable television, internet/ wifi and telephone.
- A modern kitchen with fridge freezer, oven and hob with hood.
- Plumbing for washing machine.
- Walk-in shower room.
- Balcony or terrace space.
- Underfloor heating with individual heating controls throughout.
- 'Tunstall' door and call assistance system.
- The option to be adapted with living aids, such as grab rails or shower seats, if you need them.

## COMMUNAL AREAS

- Attractive reception and foyer.
- Communal dining.
- Stylish licensed bar.
- Luxurious lounges.
- Landscaped gardens.
- Underfloor heating throughout.
- Modern laundry room.
- Assisted bathing suite.
- Mobility buggy charging and store room.
- On-site hairdressing salon.
- Wifi in all communal areas.
- Two lifts to all floors.
- Hearing induction loop.



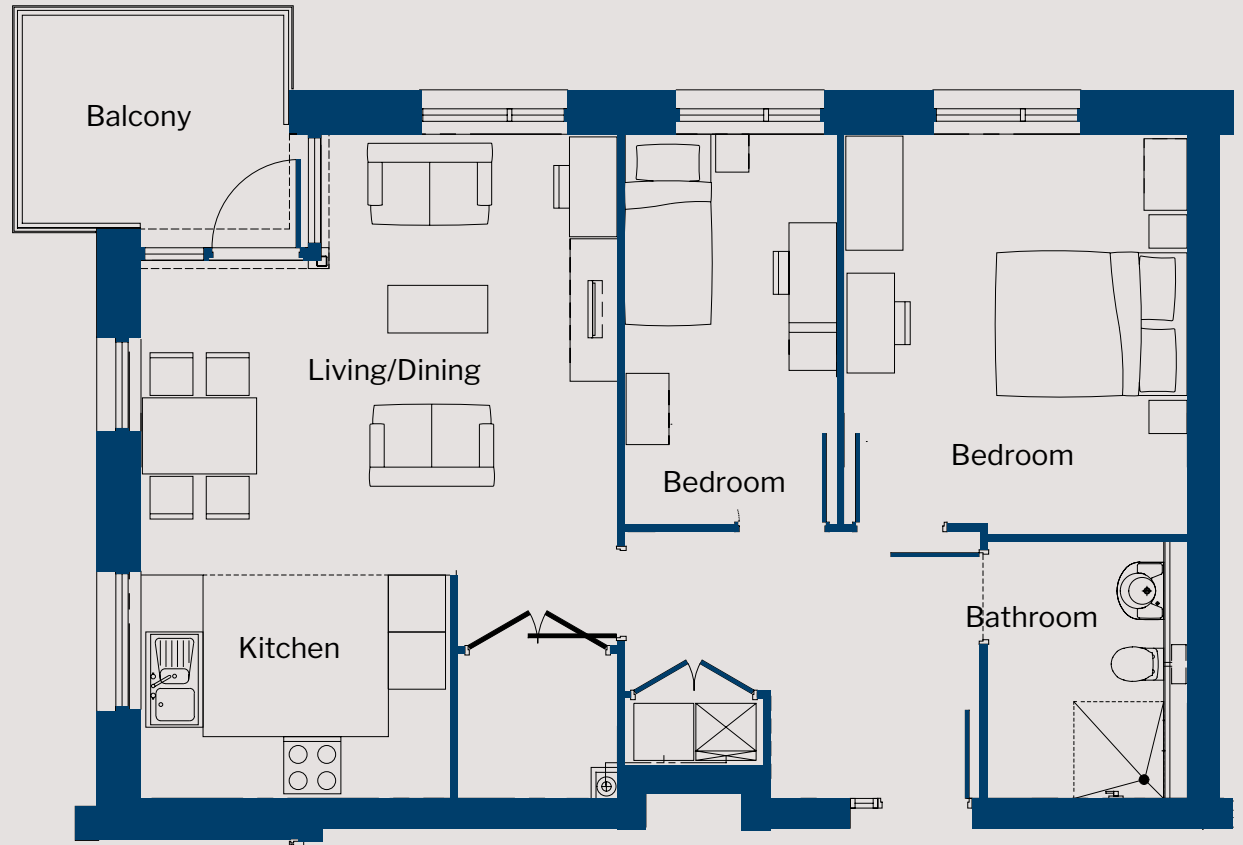
# FLOOR PLANS



One-bedroom flat - all flats come unfurnished







Two-bedroom flat - all flats come unfurnished

# TOTTENHAM AREA

Protheroe House is located in the regenerated area of Tottenham, in the London Borough of Haringey. It is just a five minute walk to the shops, cafes, restaurants and transport links on Tottenham High Road and White Hart Lane.

It is also a ten-minute walk to the historic Bruce Castle Park, which covers eight hectares of parkland and is rich in history dating back to the early 11th century. Also transforming the local area is the major, newly rebuilt landmark for Tottenham and London - White Hart Lane Stadium.

Tottenham's gothic High Cross was erected around 1609 on the site of a wooden cross; it marks the centre of Tottenham village.

Tottenham is a lively, multi-cultural area with a strong sense of community and history.



Photo courtesy of: Silver Tiger @ tigergrowl.wordpress.com

# CORE SERVICES



## Services include:

- on-site management team
- support staff on-site 24hrs a day
- care-coordination and liaison
- family liaison
- co-ordinating assistive aids
- emergency response and support and reactive care
- local healthcare registration (GP surgery, dentist etc)
- medication ordering and collection
- housing-related support such as paying and monitoring of rent
- helping with utilities, setting up and maintaining the fabric of the home.

For more details, please see the inserts at the back of this brochure.

# MENU SERVICES

## Personal care

### We offer:

- help with getting up, washing and dressing
- hair care, manicure and pedicure
- help with dental hygiene, hearing and sight aids
- waking night care
- prompting and assistance with medication
- help with moving from chairs, wheelchairs and beds.



## Practical support

### We offer help with:

- cleaning and domestic/housework
- laundry services
- ironing
- shopping
- paying bills
- key holding
- preparing light meals and snacks
- bed changing.



## Companionship and social support

### We offer:

- accompaniment to appointments
- encouragement and support with customer-led activities
- companionship
- help enabling communication
- support for well-being
- help maintaining social contacts.



For more details, please see the inserts at the back of this brochure.

# NEXT STEPS

## Eligibility

To be eligible to become a resident at Protheroe House you must be:

- aged 55 or over
- able to live safely on your own with some support
- have an assessment with the Care Team at Protheroe House at a time that suits you.

## Costs

Everyone will pay an amount towards the cost of living at Protheroe House. How much depends on your assessed financial position. There is help available towards the cost and we will explore this before you move in.

## Contact us

To apply, please do one of the following:

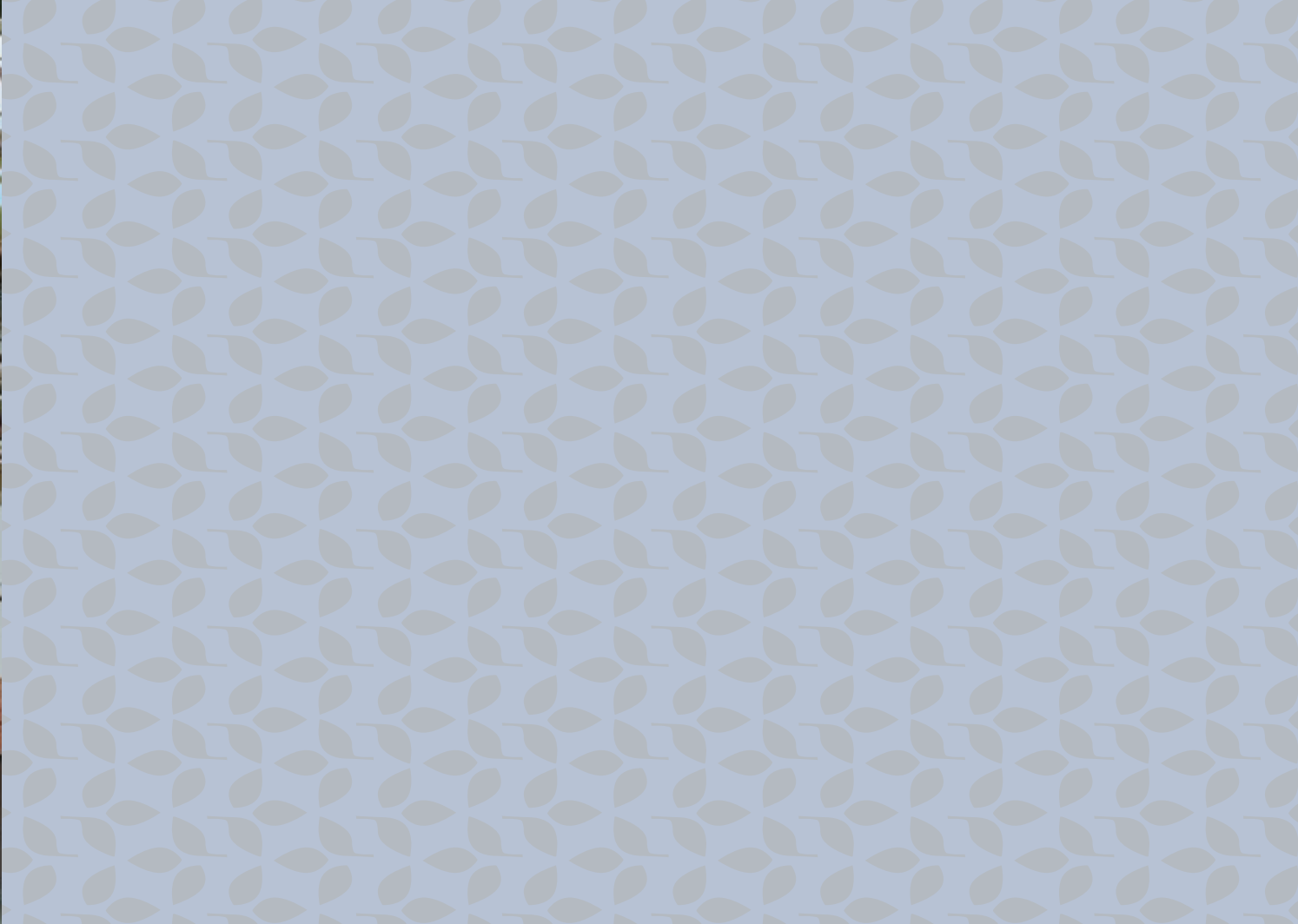
- contact Senior Living Team on 020 8821 2010  
or [seniorliving@onehousing.co.uk](mailto:seniorliving@onehousing.co.uk)
- speak with your social worker or call Older People's Services  
on 020 8489 0000

For more information, please refer to the inserts at the back of this brochure.

All images in this brochure are representative only.







**PROTHEROE**  
**HOUSE**

# One Housing Care & Support



**Protheroe House**  
6 Chesnut Road  
London  
N17 9FA

**General enquiries**  
020 8821 2010  
seniorliving@onehousing.co.uk



[care.onehousing.co.uk](https://care.onehousing.co.uk)