

Better lives

at Lark Hill

> **Welcome**

to our vibrant community

> **Explore**

the local surroundings

> **Enjoy**

the activities on offer



Discover a
taste of Lark
Hill Village

Edition 1 - June 2023

Welcome to Lark Hill Village

We're delighted to welcome you to Lark Hill Village, part of the ExtraCare Charitable Trust collection.

Lark Hill is ExtraCare's largest village, with fabulous facilities and unrivalled views over open countryside in Clifton, overlooking the Soar Valley. 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 Lark Hill 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 Lark Hill 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



 Woodwork room

Enjoy a fantastic range of facilities



Bistro/restaurant



Bowling green



Dementia & Mental Wellbeing Service



Greenhouse



Guest suite



Gym



Hair and beauty salons



Hobby room



Laundrette



Library/ IT suite



Licensed bar



Multi-function Games Room



Village hall



Wellbeing suite



 Village shop

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.

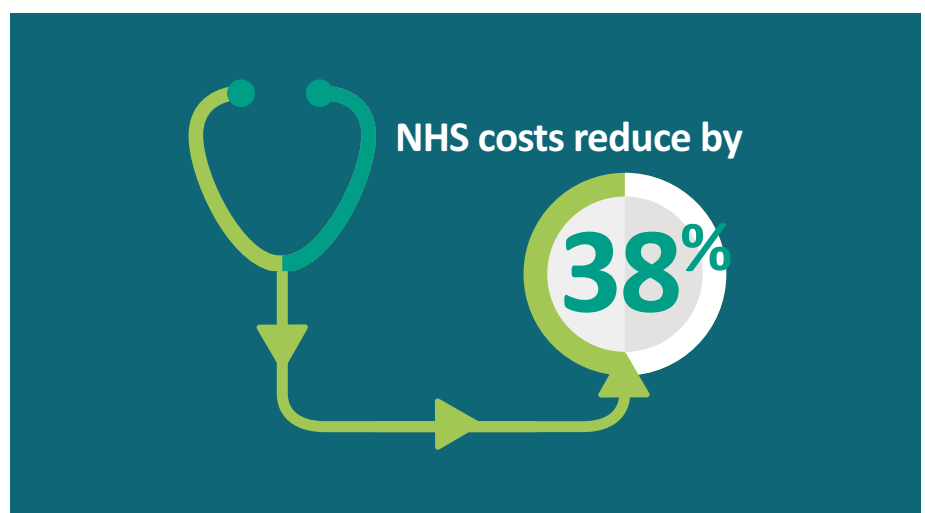
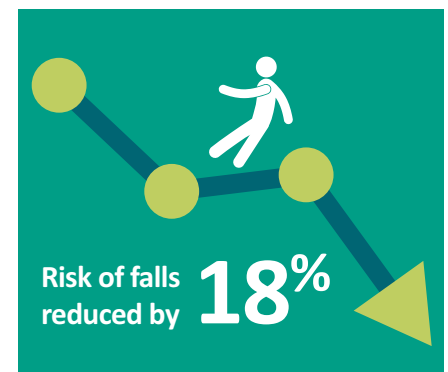
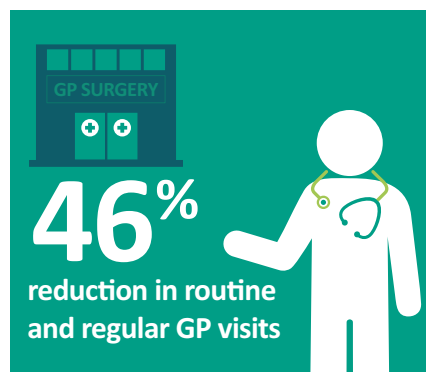
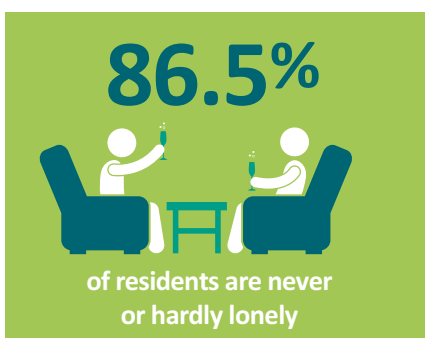
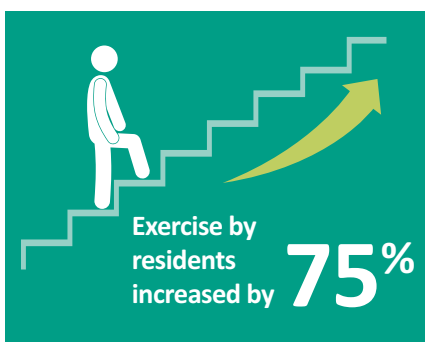
‘*It’s great to see residents get a new lease of life after moving in!*’

Village receptionist

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 Lark Hill 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 0115 671 2561 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 2009
- Our 327 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

Lark Hill Village is in Clifton, Nottingham, an area of rich history and dynamic culture.

There is loads to do in the wider region of Nottinghamshire – take a trip to Sherwood Forest and walk in the footsteps of Robin Hood, or visit Wollaton Hall and roam the 500 acres of spectacular gardens.

There are plenty of parks, museums and shops in Nottingham too, plus great transport links to Birmingham, Leicester and London.



Retail therapy

You won't run out of shops to visit in Nottingham – venture into the city where there are two Intu shopping centres to choose from, as well as a range of independent stores. Explore the Creative Quarter, comprised of Hockley, the Lace Market and Sneinton Market, and you'll have hours of fun unearthing unique items and finding quirky cafés to stop for a bite to eat.

**Lark Hill
Village**



For more information
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