

# Better lives

## *at Stoke Gifford*

➤ **Welcome**  
to our vibrant community

➤ **Explore**  
the local surroundings

➤ **Enjoy**  
the activities on offer



Discover a  
taste of Stoke  
Gifford Village

Edition 3 - January 2024

# Welcome to Stoke Gifford Village

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

Set on the outskirts of Bristol city centre, located near Filton with excellent transport links, 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 Stoke Gifford 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 Stoke Gifford 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





 Library/IT suite

## Enjoy a fantastic range of facilities



Beauty salon



Bistro/  
restaurant



Bowling green



Dementia & Mental  
Wellbeing Service



Greenhouse



Guest suite



Gym



Hairdressers



Hobby room



Laundrette



Multi-function  
games room



Village hall



Village shop



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.

Try any of our 40+ activities on offer each week including:

- Tai chi
- Arts and crafts
- Zumba
- Pilates
- Knit and natter
- Quiz night
- Mindfulness activities
- 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



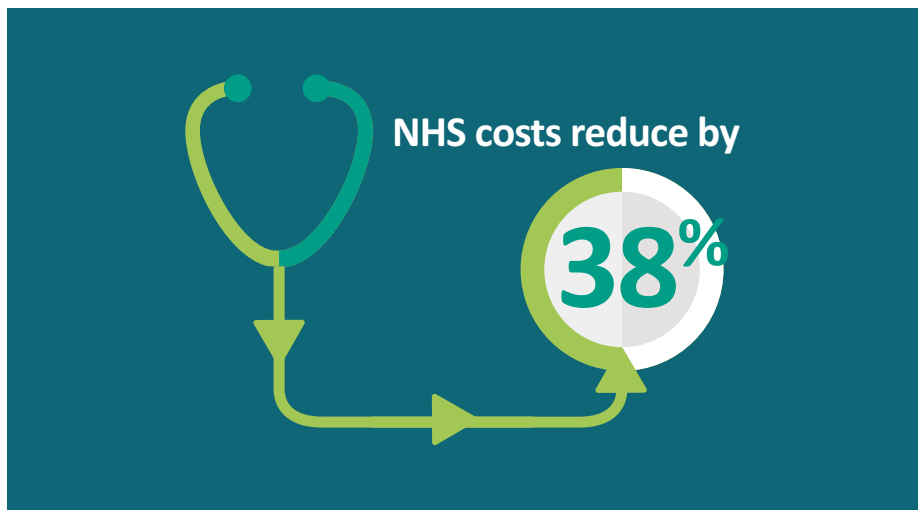
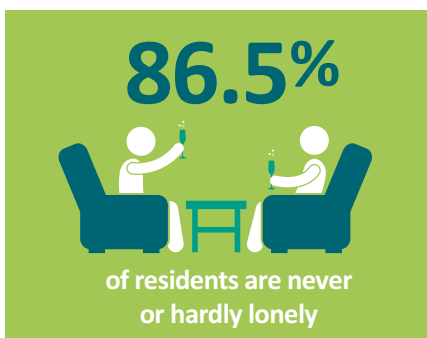
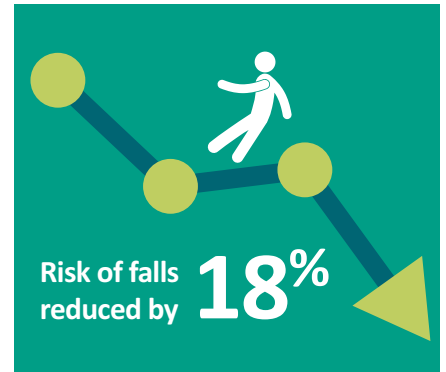
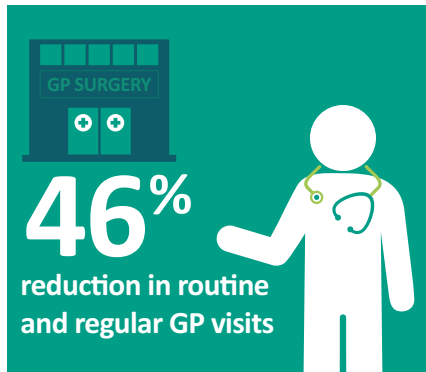
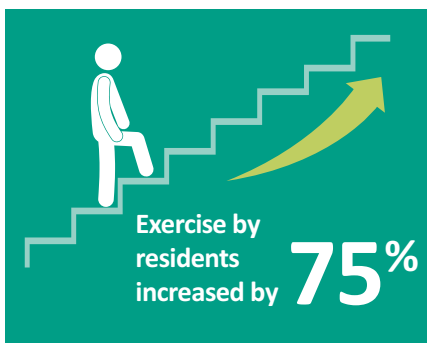
It's terribly important that the example ExtraCare has set is more widely known and communicated to society, particularly to people in local governments so that they can realise the benefits to the health service that these villages bring.

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 Stoke Gifford 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 apartment



Get in touch with a village representative on 0117 440 3000 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 2019
- Our 261 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



## Discover the local surroundings

Stoke Gifford Village is located just outside Bristol city centre, near Stoke Gifford and Filton. Bristol is known for its famous harbour, its blend of architecture, and its contribution to the arts and sciences. With roots dating back to Saxon times, Bristol used to be a well-established port town.

Bristol is now a vibrant city offering a range of shopping outlets, brilliant restaurants and pubs, and lots of attractions to suit everyone. This can all be enjoyed while admiring the picturesque views of the city.



## Retail therapy

Stoke Gifford Village is conveniently located a short distance away from two supermarkets located in Filton and Stoke Gifford.

In Bristol city centre, Cabot Circus shopping centre is great for meeting all your retail needs with a variety of different stores.

## Stoke Gifford Village



For more information contact us on:

☎ 0117 440 3000

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