

The Paddock, Muswell Hill

Independent Living With Care



Comfortable one-bedroom apartments designed for later life with 24-hour support

The Paddock

We understand that moving home is an important decision and at MHA, we care about your new home as much as you do. Having worked with older people for nearly 70 years, we have used our experience to offer a new lifestyle option for later living.

- The privacy and pleasure of your own home within a friendly community
- Shared facilities such as a bistro and hair salon
- 24-hour specialist support and care
- Safety and security.

Enjoying later life to the full is all about having comfort, security and independence - the freedom to live your life, free from hassle and worry, with good quality care and support tailored to your individual needs - and that's exactly what The Paddock offers.



About The Paddock

The Paddock opened in April 1987. It offers 26 purpose-built apartments. Designed to make life comfortable for older people, the accommodation is arranged on two levels with a lift and wheelchair access throughout.

The Paddock sits between the Meadow residential home and the local tennis club in a quiet cul-de-sac. It has an established community of residents. "We are one big happy family," writes one of them.

The Location

The Paddock is situated on Meadow Drive in Muswell Hill within easy walking distance of all the local shops, amenities and public transport.

The local attractions in and around Muswell Hill include Alexandra Palace, Regents Park, Kensington Palace, Selfridges and The Science Museum.

Apartments

Residents have private apartments that are bright and airy with quality fixtures and fittings. Each apartment has a lounge, kitchen, bathroom and one bedroom.

TV aerial points are provided in the lounge and bedroom. Bathroom facilities include non-slip flooring, a walk-in level access shower and a shaver point.

Each apartment is double glazed and has a central heating system.

General Facilities

The scheme offers communal facilities for socialising and making friends. Adjacent to the entrance foyer are lounges with garden views and a bistro.

The scheme has a private garden with flower beds that residents are able to enjoy. There are benches to enable residents to sit and relax in the open air.

Meals

Residents have the choice of preparing their own food at home, or alternatively, purchasing meals in the scheme's own bistro. Our Cook is highly trained and experienced in meeting special dietary requirements, and regularly consults with residents to ensure varied and interesting menus. The bistro is open daily.

Social Facilities

There is no reason why you can't maintain any existing links you have with the local community or develop new friendships and relationships. Social events and outings are organised by staff and volunteers at The Paddock as well as a diverse range of other activities.

The Manager

The Manager is there to help you get the most out of living at The Paddock. The Manager is responsible for the day-to-day running of the scheme, working alongside the staff team and other professionals to ensure that you are receiving the care and support you need to maintain a good quality of life.



Care Services

Support services are provided by an experienced staff team, which ensures a 24-hour service is available to all residents. This service is paid for through a well-being charge.

Individual care and support requirements are identified in your personal care assessment and plan, which is developed in consultation with you. This will ensure your specific care needs for daily life are met.

All our staff are professionally trained and are available to support you with your personal needs, including medication, preparing drinks and snacks, cleaning and

laundry, collecting pensions, paying bills, contacting GPs and dealing with emergencies, as required.

We will also monitor the care delivered to you and with your agreement, we can liaise with Social Services and other professionals for any additional care requirements. These services are billed separately from your rent, service and well-being charges.

Cleaning & Laundry

To enable residents to retain independence, everyone has the option of undertaking their own cleaning and laundry. The laundry facilities are located in a shared utility room. Alternatively, residents may prefer or need help with laundry.

Security & Peace of Mind

In the case of an emergency, help is always at hand with our emergency call system. Pull-cords are located in the lounge, bedroom and bathroom and if required, each resident may have a pendant alarm, which allows you to call for emergency assistance at any time.

Visitors

Your guests are always welcome and a double guest room is available for visitors to stay in, at a small charge.



Spiritual Well-being

At MHA, we support each older person to live life in the way that they wish, providing opportunities for fulfilment. We believe that spiritual well-being is different for each individual. Religious faith, good relationships, and positive experiences all play their part. We see the beneficial effects of visits by family and friends, the presence of animals, and in engagement with nature, music, art or other creative activities.

In addition to our caring staff and many volunteers, we have our own Chaplain who is available for pastoral support. Our Chaplain also organises worship services for those who wish to attend and can arrange for contact with other religious ministers if you prefer.

Quality Standards

We operate our own quality standards programme which is constantly audited and monitored to ensure the highest standards in all areas. MHA has been highly praised for excellent service by the Care Quality Commission, the Centre

for Policy on Ageing and the Government's Audit Commission. If you would like further validation of our standards and quality of services, please do not hesitate to ask.

Where Are We?

From the M1.

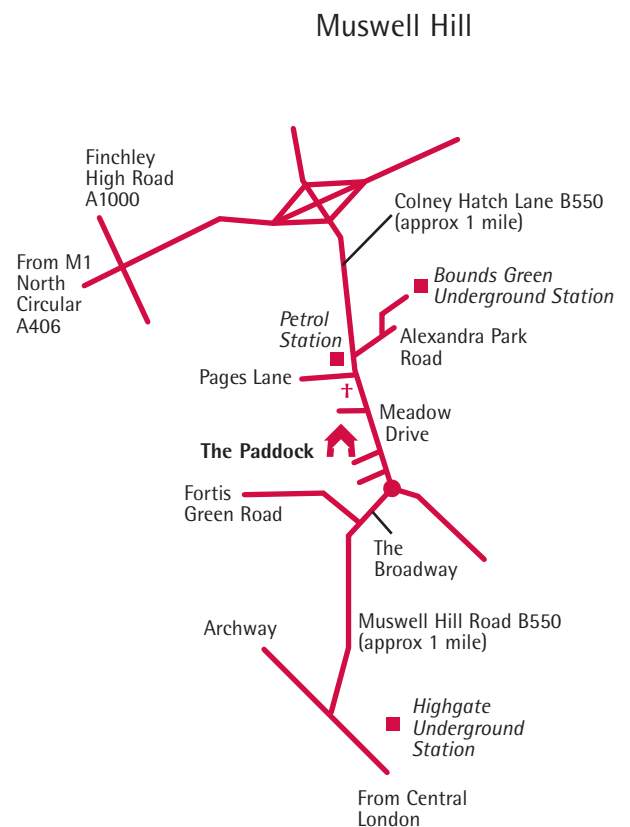
From the end of the motorway, proceed east on the North Circular Road A406, following signposts for Finchley and Muswell Hill. Proceed straight on at the junction with A1000 Finchley High Road. At the next main junction, take the slip road left and then turn right along Colney Hatch Lane B550 toward Muswell Hill. After a main left turn (Alexandra Park Road B106), pass Pages Lane on the right and Meadow Drive is the next turn immediately after the Catholic Church, Our Lady of Muswell. It is a small private entrance so please drive slowly.

From Central London.

Proceed north out of London along the A1, and at Highgate (with the Underground station on your right) turn right into Muswell Hill Road. On reaching the Muswell Hill Broadway roundabout, take the second exit left B550 Colney Hatch Lane. Take the third turning left, Meadow Drive, immediately before the Catholic Church, Our Lady of Muswell. It is a small private entrance, so please approach slowly.

By Tube/Bus.

From Bounds Green (Piccadilly Line) catch bus 102 or 299 for Muswell Hill Broadway. From Highgate Station (Northern Line) catch the bus to Our Lady of Muswell Roman Catholic Church or Muswell Hill Broadway.



Map not to scale – shown as a guide only



Interested in finding out more?

Please give us a call on:

020 8444 1050

We will be delighted to talk to you.

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