

# Live Independently & Enjoy Later Life

Time to  
enjoy  
retirement

**Abbeyfield**  
Making time for older people



## A warm welcome to Abbeyfield Gloucestershire

High quality independent living for older  
people in Gloucestershire

# Live Independently and Enjoy Later Life

It's important to know that, here at Abbeyfield Gloucestershire, we offer you a unique retirement: A wonderful alternative when you're just struggling to live on your own, but don't need a 'care home' or 'residential care'. We have properties in Cheltenham, Prestbury and Cirencester.



It's often a difficult time for you, and your family, when considering the best accommodation options in older years.

Sometimes the decision has to be taken against a backdrop of challenging circumstances: post bereavement, poor health, loneliness, or the simple realisation that living on your own is becoming too onerous. These are all common triggers that may lead you to feel you need more day to day support; or that you simply wish for better opportunities to build friendships and maintain an active social life.

As a resident you'll rent your own 1 bedroom studio and because it's situated within one of our lovely Abbeyfield houses, you'll enjoy home-cooked meals, the freedom to come and go; time with new friends, or privacy when you want it. Life becomes pretty stress-free.

No more trying to maintain a home and garden, no more admin and bills to sort out.

And no commitment to buy, thanks to a monthly all-inclusive rental fee, which includes delicious home-cooked meals, cleaning of communal areas of the house and all the bills, except for a phone line.



## The History of Abbeyfield

Upon leaving the Army in 1956 Richard Carr-Gomm, the founder of Abbeyfield, was deeply saddened at the loneliness and isolation he saw amongst the elderly when he returned to his neighbourhood in Bermondsey, South London. Determined to do something about it Richard bought a house and invited 2 of the local residents to move in with him to share each other's company.



Community and  
friendship at its core

## The first Abbeyfield house was born

Before long, more people moved into the house and several like minded volunteers joined Richard in supporting the elderly residents. Within 2 years there were 6 houses and from there the Abbeyfield Society grew and expanded to locations across London and beyond as it became a charity dedicated to improving the quality of life for people entering old age.

Today, Abbeyfield nationally has more than 500 houses and looks after 7,900 residents in 9 countries spread over 5 continents. Yet, it maintains that same fundamental philosophy of community and friendship at its core.



## An Active Community

At the heart of what we offer is fulfilment. For some that can be found by sitting in comfortable surroundings enjoying the peace and quiet by a tranquil garden, for others its heading out on an excursion or taking up a new hobby with friends.

We give residents the option of doing as much or as little as they please and we encourage them and their families to participate in choosing what it is we offer. Whether its arts and crafts or a trip to a local attraction, participating in the decision making process allows residents to maintain their independence and interest levels. Knowing that help is never far away, can raise confidence levels and get residents back to hobbies and pastimes they had perhaps given up on.



## A Healthy Approach

For the body and mind to be willing, we know residents need to have the right sustenance. All of our houses offer a range of nutritious and, just as importantly, delicious meals created in conjunction with the residents themselves and our talented House Managers. Because our houses are designed for small communities, we can tailor the food we provide not only to dietary requirements but also to likes and dislikes.



## The Abbeyfield Volunteers

Quite simply, it wouldn't be possible for us to continue the work we do as a not-for-profit organisation if it wasn't for the teams of volunteers we can call on. Whether its pastoral activities, fundraising or organising events, the support of local people is integral to our success and to the happiness of our residents.



# Your Next Steps

Leaving your home is a difficult decision and downsizing, or moving location, can be an anxious time. Our experienced and friendly team is here to talk you through your options, and help you make the right choice for you.



“I was worried about losing contact with my friends but I see them now more than ever and I’ve made new ones too.”

## Affordable Fees

We want everyone to be able to afford our fees and so are happy to accept benefits towards your monthly rent. Our inclusive fees cover all bills, cleaning of communal areas of the house (including council tax, utilities, TV licence except a phone line) and all meals.

Any personal information you choose to share with us will be treated in the strictest of confidence.

Please note that we do not accept residents who smoke or pets.

For more information on benefits you may be entitled to contact Age UK Gloucestershire who offer excellent help, visit [www.ageuk.org.uk/gloucestershire](http://www.ageuk.org.uk/gloucestershire) or call them on 01452 422660.



## Call Us Today

So if you are interested in finding out more about Abbeyfield, please contact us on **07710 818721**.

or email us at

**[info@abbeyfieldglos.org.uk](mailto:info@abbeyfieldglos.org.uk)**

**[www.abbeyfield.com/gloucestershire](http://www.abbeyfield.com/gloucestershire)**

Follow us on







# Welcome to Abbeyfield House

## Cheltenham

Abbeyfield House is a splendid mixture of old and new. Originally a private residence, it retains the charm and warmth of a family house, yet has been extended and refurbished to meet the needs of our elderly residents.

Our 7 rooms are light and airy all with wet rooms, the majority are located on the ground floor. Each room has a small area, so that residents can make use of their own kettle and microwave.

Most rooms have views of the beautiful gardens, yet each one feels different, personalised with the resident's own belongings creating a homely environment.

Our residents make their own breakfast in their rooms but sit down together in the dining room for 2 fresh, home cooked meals every day but are free to come and go as they please. Morning coffee is served daily in the conservatory.

The house has a warm and homely atmosphere, the rooms and communal areas are spacious enough so that you have company when you want it or peace and quiet when you don't.

Home cooked meals and some welcome company seem to keep our residents fit and well.

I look forward to speaking to you soon.

*Jan Carne*

House Manager



- ✓ **1 bedroom studios available from £1,350 per calendar month inclusive of accommodation, all meals and services.**
- ✓ **7 individual private rooms with wet rooms and small kitchens that can be personalised with your own furniture and belongings.**
- ✓ **Your own front door bell and key.**
- ✓ **2 delicious home cooked meals each day.**
- ✓ **Breakfast is taken in the resident's own room at their leisure.**
- ✓ **Careline in all rooms.**
- ✓ **No additional bills to pay.**
- ✓ **Holiday and respite stays available.**



***"It was the best move I've ever made.  
I wish I had done it years ago."***

***Betty (resident)***

**Abbeyfield House, 37 St Luke's Road, Cheltenham, GL53 7JF**



# Welcome to Abbeyfield House

## Prestbury

Our warm and welcoming house is stylishly decorated and provides accommodation for 8 residents. Each has their own en suite room, which they can decorate and furnish as they wish to ensure it feels like home.

The house has a spacious, light, airy lounge and dining room, which is shared by all residents, giving them the opportunity to socialise and build friendships with one another.

The well maintained gardens are lovely and enjoyed all year round by the residents and a variety of activities and events take place at the house.

Two home cooked meals are served in the dining room daily providing the right balance of support to enable the residents to maintain their independence and continue living their lives to the full.

Abbeyfield House is an ideal location, close to the lovely village of Prestbury where you will find a, hairdresser, chemist and convenience shop. There is also a bus stop opposite the house.

Our residents vary in age – with people from 70 to well into the 90s enjoying life at Abbeyfield House.

*Sue Efthymiou*

Interim House Manager

*“ I moved to Abbeyfield for peace of mind and security for myself and daughter. I am very happy with the change and enjoy being with the other residents. Having people here and my meals cooked have really helped me and taken the pressure off my family. ”*

*Jenny (resident)*



- ✓ **1 bedroom studios from £1,385 per calendar month inclusive of accommodation, all meals and services.**
- ✓ **8 individual private rooms with en-suites and small kitchens that can be personalised with your own furniture and belongings.**
- ✓ **Your own front door bell and key.**
- ✓ **2 home cooked meals provided each day.**
- ✓ **Breakfast is taken in the resident's own room at their leisure.**
- ✓ **Careline in all rooms.**
- ✓ **No additional bills to pay.**
- ✓ **Holiday and respite stays available.**



**Abbeyfield House, 326 Prestbury Road, Cheltenham, GL52 3DD**



# Welcome to Abbeyfield House

## Cirencester

Abbeyfield House is situated in the peaceful, residential area of Chesterton, just a mile from Cirencester town centre.

Our welcoming home provides accommodation for up to 7 residents, each has their own en suite room, which they can decorate and furnish as they wish to ensure it feels like home.

The home has a spacious, light and airy dining room, lounge and conservatory, which is shared by all residents.

Delicious and nutritious home cooked meals are served 7 days a week to ensure you enjoy the food you are eating and are benefitting from a varied and balanced diet.

Our residents are free to go and come as they please. Some head off to the town to make the most of the shops and coffee shops that are on our doorstep, others enjoy the peace and quiet of their rooms, or make the most of the beautiful conservatory; the majority opting to relax with a book or a friendly chat.

The well maintained gardens are lovely and enjoyed all year round by our residents and a variety of activities and events take place throughout the year.

For us, the key thing is to recognise that everybody's needs and interests differ, which is why we have tailored our home to respect and respond to your privacy and individual requirements to ensure it is very much your home.

I look forward to speaking to you soon.

*Elaine King*

House Manager

**Abbeyfield House, 45 Chesterton Lane, Cirencester, GL7 1XJ**



- ✓ **1 bedroom studios available from £1,200 per calendar month inclusive of accommodation, all meals and services.**
- ✓ **7 individual private rooms with en-suites and small kitchens that can be personalised with your own furniture and belongings.**
- ✓ **Your own front door bell and key.**
- ✓ **2 delicious home cooked meals each day.**
- ✓ **Breakfast is taken in the resident's own room at their leisure.**
- ✓ **Careline in all rooms.**
- ✓ **No additional bills to pay.**
- ✓ **Holiday and respite stays available.**



***"Abbeyfield is a home from home – good food, good company filling your days with peace and happiness."***

***Liz (resident)***





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Abbeyfield Gloucestershire Society Ltd

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[www.abbeyfield.com/gloucestershire](http://www.abbeyfield.com/gloucestershire)

