

# Norah Bellot Court, Barnstaple

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Independent Living with Care



Comfortable one-bedroom apartments designed for later life

# Norah Bellot Court

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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 restaurant 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 Norah Bellot Court offers.



## About Norah Bellot Court

Norah Bellot Court is a purpose-built development of modern apartments situated in the conservation area in the centre of Barnstaple. The scheme is within easy reach of all the local community facilities as well as the beautiful surrounding countryside.

The development offers 45 self-contained apartments. These include two larger flats with adaptations to assist wheelchair users. The apartments are arranged on three levels with a lift and wheelchair access throughout.

## The Location

Norah Bellot Court is situated on Vicarage Street in Barnstaple within easy walking distance of local shops and amenities.

Local places of interest include the stunning RHS Gardens at Rosemoor, Watermouth Castle and Arlington Court – owned by The National Trust, this is a picturesque 19th-century court with gardens containing an ancient heronry.

Norah Bellot Court is also only ten miles away from the coast and the seaside towns of Ilfracombe and Woolacombe are well worth a visit.

## Apartments

As a resident of Norah Bellot Court you will have a private apartment that is bright and airy with quality fixtures and fittings. Each apartment has a lounge, kitchen, bathroom and one bedroom.

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TV aerial points are provided in the lounge and bedroom, along with a telephone point in the lounge. Each kitchen has a range of fitted wall and base units and spaces for a cooker and fridge.

Bathroom facilities include non-slip flooring, a walk-in level access shower with grab rails and a shaver point. Each apartment is double glazed and has central heating.

### General Facilities

The scheme offers communal facilities for socialising and making friends. On the ground floor there is a comfortable lounge with excellent views of the garden, a feature fireplace and easy chairs, a dining room and a kitchen. Our hairdressing salon is close to the main foyer which is open regularly for your convenience (this is also where the chiropodist holds a clinic).

Outside, there is a garden courtyard with lawns, wide paths and raised flower beds. There is a central water feature and plenty of places to sit and enjoy the open air.

### Meals

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



### Cleaning & Laundry

To enable our residents to retain their independence, everyone is given the option of undertaking their own cleaning and laundry. The communal laundry is available throughout the day at no extra charge to the individual.

### 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 are organised by staff and volunteers at Norah Bellot Court 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 Norah Bellot Court. 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.

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## Care Services

Support services are provided by an experienced staff team, which ensures a 24-hour service is available to 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.

## Security & Peace of Mind

Entry to the building is through a main front door, which is always kept locked. A door-entry system enables you to speak to visitors before opening the front door, all from the comfort of your own apartment.

Help is always at hand with our emergency call system. A pull cord is located in all the apartments and communal areas. We will respond immediately to calls for help 24 hours a day, 365 days a year.

Assistive technology is available for added security and monitoring your health when needed.

## 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 M5.

Leave the M5 at junction 27 and proceed north on the A361 to Barnstaple. On reaching the town centre, follow the signs for the Green Lanes shopping centre; at the roundabout go right into Alexandra Road and continue straight on.

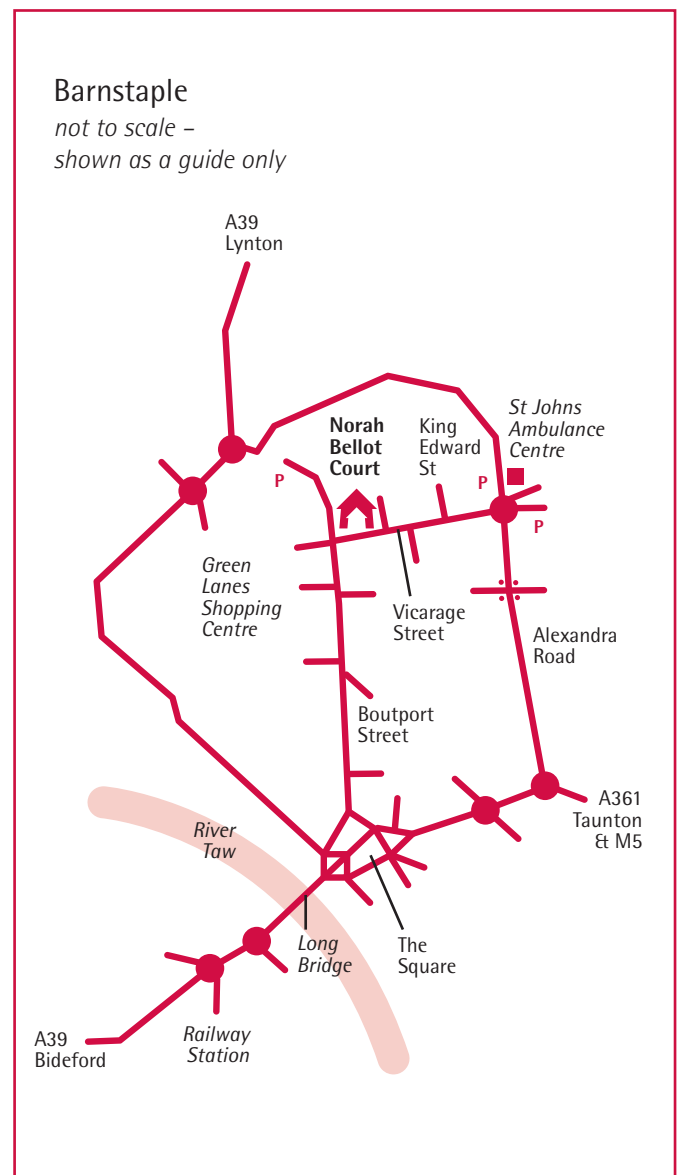
Continue straight on at the lights and then take left at the roundabout into Vicarage Street.

Drive past the second right, King Edward Street, and turn immediately right into the scheme's car park.

#### From Bideford, A39.

Approach on the A39 and enter the town over the Long Bridge. At The Square proceed straight on into Belle Meadow Road, signposted A361, South Molton.

At the first roundabout go straight on and at the second roundabout, turn left into Alexandra Road.







### Interested in finding out more?

Please give us a call on:

**01271 379787**

We will be delighted to talk to you.

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housing and care for older people

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Registered Social Landlord with the Housing Corporation - No. LH4300