



# Adlington House – Portishead



Retirement Community

# Welcome to Adlington House

helping you stay independent for longer



## A new option in later life

**The Wellbeing Service** provides 24 hour staffing on-site, help in an emergency, co-ordination of activities, emotional support, referral to other specialist agencies and advocacy services.

**Adlington House Portishead**, on Slade Road, is within walking distance of the picturesque town centre, shops, restaurants and Port Marine, the stylish new marina.

Portishead enjoys sweeping views of the Welsh coastline, the Severn Estuary and the picturesque Gordano Valley.

**Here you will find attractive** one, two and three bedroom retirement apartments providing independent living with a 24 hour Wellbeing service

**At Adlington House you can enjoy** the privacy of your own home whilst sharing access to communal facilities including:

- Restaurant, lounge and private dining room
- Activities and craft room
- Spa, assisted bath and therapy suite
- Two lifts to all floors
- Family guest suite with en-suite
- Landscaped gardens
- Hair salon
- Car park
- Buggy store



## Your home –

more than just a room with a view

Apartments at Adlington House are available to purchase.

All offer generous living space with a range of features offering peace of mind, comfort and security.

You can rest assured, knowing staff are on site 24 hours a day, 365 days a year, as part of our Wellbeing service.

MHA's approach is to nurture the whole person – body, mind and spirit. Every resident can access the MHA chaplain, who can provide spiritual and emotional support.

## Care and support –

as individual as you are

MHA can provide a personalised care service tailored to your needs. This could be extra help around your apartment, or assistance with more personal tasks such as bathing or dressing, or more intensive levels of care.

If you choose our friendly dedicated care team, they can deliver the care you need, with dignity and respect in the privacy of your own home.



### Apartment Features:

- Beautifully appointed kitchens with fully integrated appliances
- Electric energy efficient water and heating system
- Walk-on balconies or patios to most apartments
- Fully tiled bathrooms and en-suite to many apartments
- Fully tiled and level-access shower rooms with slip resistant floors
- Quality fitted carpets throughout
- Fitted wardrobe with mirrored doors in master bedroom
- Utility cupboards with space for a washer/dryer and, in most cases, separate storage rooms
- 24-hour emergency call system linked directly to the dedicated MHA on site care team
- Audio and visual entry system to main entrance
- Fire and smoke detectors to every apartment
- Wider doorways and spacious rooms for ease of wheelchair access



## About MHA

MHA is an award-winning charity providing care, accommodation and support services for older people throughout Britain. We are one of the most well-respected care providers in the sector and amongst the largest charities in Britain, providing services to older people for almost 75 years.

Our aim is to eliminate isolation and loneliness among older people by connecting them in communities that care.

MHA provides a range of high quality services to more than 17,800 older people:

- 10,330 older people supported through 61 Live at Home services in the community
- 2,820 older people living independently in 70 retirement living communities with flexible support and personalised care, with a further seven sites in development
- 4,680 older people living in 88 care homes – residential, nursing and specialist dementia care – with two more in development

Our services are provided thanks to 7,000 dedicated staff and enhanced by the commitment of 5,500 volunteers.

## Find out more

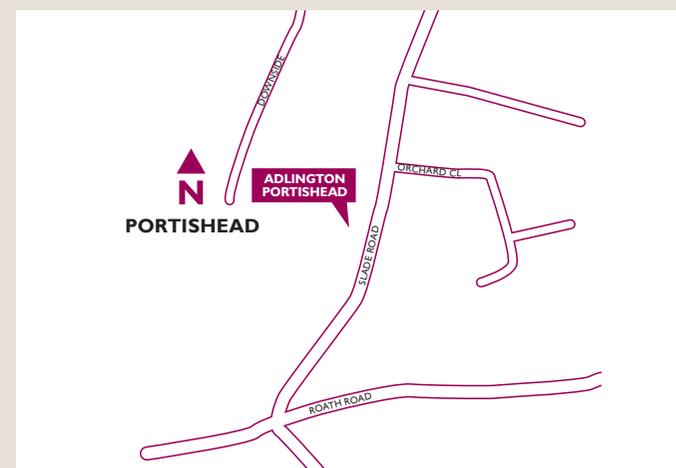
We would be delighted to welcome you and your family or friends to see Adlington House for yourselves.

### Adlington House

132a Slade Road, Portishead BS20 6BB

Contact **01275 397730**

or visit **[www.mha.org.uk](http://www.mha.org.uk)**



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These particulars are set out as a general outline for guidance only. The information in this brochure does not in any way form part of a contract or warranty. Photographs may be indicative of the apartments available across MHA's retirement living schemes.