

Discover a whole new lease of life

DOWNSIZING in retirement can prove particularly daunting for retirees, who sometimes fear having to trade their former home for an unfamiliar, impersonal environment. Birchgrove, the specialist developer of retirement properties, provides high quality self-contained assisted living apartments in purpose-built developments. Communities are located in Kent and Surrey.

At Birchgrove's retirement communities, residents are able to enjoy their retirement

in a homely environment supported by a friendly and caring community.

"I like the thinking that has gone into Birchgrove, because it's designed first and foremost as a community of people - not a collection of buildings," explains Elizabeth Hills, whose mother moved into Birchgrove's first development Queensgate Apartments, in Sidcup, Kent.

Residents have access to exclusive onsite amenities such as a restaurant, a club room, exercise studio, snug bar,

activity room and landscaped gardens. All communal areas are carefully designed to promote socialising between residents and provide a homely, comfortable environment in which they can feel instantly at home.

Events, hobby groups and special interest clubs are organised to promote a happier lifestyle and develop a supportive and friendly community spirit. Elizabeth adds, "Being able to develop new friendships and be part of something bigger has given mum a whole new lease of life."

Unlike most other assisted living developments, Birchgrove offers the benefits of independent living, whilst removing the complications of home ownership. All apartments are built specifically for people in later life to allow residents to live more comfortably, with large doors and corridors for wheelchair access; waist height appliances in the fully fitted kitchens. The modern bathrooms come with en-suite walk-in showers that are equipped with simple to use switches, taps and plugs.

The homes are also pet-friendly, and amenities such as car parking spaces and an onsite guest suite for friends



and family allow residents to retain their independence.

For those needing a little extra assistance, tailored care support is offered through its homecare partners, who have been carefully selected due for their commitment to providing high quality care and support.

There is a Birchgrove retirement community at:

■ Queensgate Apartments, Sidcup

Built on the former maternity ward of the Queen Mary's Hospital, Queensgate

Apartments is home to a spirited community of like-minded individuals who tell us they are living their best life yet. This popular community has limited availability for those looking for generous sized apartments for their next move.

■ Woodbank Apartments in Hook Heath, Woking

Offering 51, one and two-bed apartments, each individually designed to maximise space and light. Woodbank Apartments has been finished to a high standard and the apartments are distinctively elegant. Limited one-beds available.

■ Lower Mill Apartments in Ewell Village, Ewell

Due to open in spring 2022, Lower Mill Apartments provides 53 self-contained apartments that are unique, both inside and out. Early-bird reservations are already taking place and there's more choice for those quick off their toes.

If you would like to find out more about living at a Birchgrove community contact the team who will happily talk through the options. Call 020 3929 5599 or visit www.birchgrove.life



Just Go!
Holidays

UK BREAKS

By Coach from Bromley & Lewisham

Reader travel

News Shopper

LIVERPOOL

& the Lovely Lake District



Departing Fri 1 Apr '22

The city of Liverpool's dockyard heritage forms a unique backdrop for our visit as we explore some of the cities notable sights while the Lake District with its abundance of natural beauty is a postcard-perfect environment to complete this charming getaway.

Your break includes

- ✓ Return coach travel from Bromley & Lewisham
- ✓ 3 nights at a selected hotel in Bolton with dinner & breakfast
- ✓ 2 for 1 bar (6pm-9pm) on selected drinks
- ✓ Excursions to Liverpool, Bowness, Ambleside & Keswick

4 Days by Coach *only* £149.⁹⁹

Single Supplement £45

DELIGHTFUL DEVON

Weekend



Departing Fri 8 Apr '22

Beloved for its mild climate and miles of golden sands, Exmouth in South Devon provides us with the perfect base for our short break away. From here we explore this picturesque corner of the West Country, including a visit to Exeter, the capital of Devon.

Your break includes

- ✓ Return coach travel from Bromley & Lewisham
- ✓ 3 nights at the Ashton Court Hotel, Exmouth with dinner & breakfast
- ✓ Entertainment some evenings
- ✓ Excursion to Exeter

Optional excursion to Sidmouth (£9pp)

4 Days by Coach *only* £129.⁹⁹

Single Supplement £45

LLANDUDNO

& the Snowdon Mountain Railway



Departing Fri 29 Apr '22

Experience the rugged landscapes of North Wales on this brilliant three-day break where we enjoy a wonderful rack railway journey to the top of Mount Snowdon for a scenic journey like no other, taking in spectacular views across the valleys along the way.

Your break includes

- ✓ Return coach travel from Bromley & Lewisham
- ✓ 2 nights at the Risboro Hotel, Llandudno with dinner & breakfast
- ✓ Entertainment every evening
- ✓ Train journey on the Snowdon Mountain Railway
- ✓ Free time in Llandudno
- ✓ Excursion to Betws-y-Coed

3 Days by Coach *only* £139

Single Supplement £30

For more information, or to book, please call

03332 342 523 Quote NQC

033 numbers are free within inclusive minutes packages otherwise standard rates apply.

or visit us online at

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