

Never too old for London



AS Samuel Johnson famously said: "When a man is tired of London, he is tired of life." The city continues to thrive with a diversity of cultural and educational lifestyle experiences, making it a popular destination across all age groups; even retirees. Most recent research from Visit Britain shows that 27 per cent of London visitors are aged 55 and over, with theatres and concerts being the biggest pull factor.

Whilst London continues to attract the ageing visitor, many of them actually prefer living on the outskirts. Figures released by Strutt & Parker, in association with Octopus Healthcare, suggest 17 per cent of retirees favour a property in the suburbs as it provides a good quality of life and keeps all the big city excitement on one's doorstep. Offering exactly this is Birchgrove, the developer of 74 modern retirement properties in Sidcup. Due for completion in spring 2019, residents benefit from regular direct trains to London which gets them to the city within 30 minutes.

Irene Tomlinson, who will be moving into one of the new Birchgrove apartments, said: "We love the communal feel of Sidcup and Birchgrove will also be a bit of a social hub with regular events and daytrips on offer. We can't wait to be part of it."

Adding to the social aspect of everyday life are Birchgrove's exclusive onsite facilities which include a restaurant, club room, library, wellbeing and fitness centre, hairdressing and beauty salon as well as the communal gardens with plots to grow vegetables. All residents are entitled to one hour's domestic support per week, meaning a member of staff will help with chores such as cleaning, cooking, shopping or doing the ironing. Each apartment is linked to a 24-hour emergency call service for immediate assistance.

If a resident needs extra care or support, Birchgrove has teamed up with homecare specialist Alina, which was rated Outstanding by the Care Quality Commission. Alina Homecare offers tailored care solutions, giving residents peace of mind that their new home can easily adapt, should their support requirements change.

To find out more, please visit www.birchgrove.life, call 020 3929 5599 or pop into Queensgate Apartments, 1 Frognal Avenue, Sidcup DA14 6LF.





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