

## Be part of a homely community



DOWNSIZING in retirement can prove particularly daunting for retirees who sometimes fear having to trade their former home for an unfamiliar, impersonal environment. At Birchgrove, a newly opened property development for the over 65s in Sidcup, residents can enjoy their retirement in a homely environment, supported by a friendly and caring community.

Elizabeth Hills, whose mother Rosemary, 90, recently moved into her new home in Birchgrove said: "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."

Residents can enjoy exclusive access to onsite amenities such as a restaurant and bar, club room, library, wellbeing and fitness centre, hairdressing and beauty salon. All communal areas were carefully designed to promote socialising between residents and provide a homely, comfortable environment in which they can feel instantly at home.

Regular events, hobby groups and trip outs are also regularly organised to promote a happier lifestyle and develop a supportive and friendly community spirit.

All apartments at Birchgrove are fully wheelchair accessible, with waist height appliances in the fully fitted kitchens for easy access. The modern bathrooms come with en-suite walk-in showers that are equipped with simple to use switches and taps.

Residents are entitled to one hour's domestic support per week, meaning a member of the team will help with chores such as cleaning, cooking, shopping or doing the ironing. A free onsite chauffeur service is also included to help them retain their independence.

Birchgrove's Queensgate Apartments in Sidcup offers 74 modern apartments with one, two and three-bedrooms. For more information and to arrange a viewing please visit [www.birchgrove.life](http://www.birchgrove.life) or contact the team on 020 3929 5599. Those interested in moving to Birchgrove are also invited to visit the show suites to get a first-hand feel of the quality of the homes.