

# Abbeyfield Monmouth

Abbeyfield Monmouth, a retirement home offering independent housing is situated on the outskirts of historic town centre

# Fulfilled. Independent. Abbeyfield Monmouth

Love your independence, but looking for a little extra support? Abbeyfield Monmouth is for you.

Our warm, friendly home environment is the perfect place to live. It offers you the ideal blend of your own space, and the sociable companionship of living with others.

Moving to Abbeyfield Monmouth is a new stage of your busy, fulfilled life, where we support you to live life the way you want.

Life at Abbeyfield Monmouth helps you with cooking, cleaning and maintaining a home and garden. We take care of you, while you spend your days just how you like, living a life that's as active, independent and worry-free as possible.

## Your own space

When you live with us, your room belongs to you. It's unfurnished so you're free to style it to your own personal taste.

Make your room your own – bring your furnishings and personal belongings so Abbeyfield Monmouth feels like home from the very first day.

Are you an early bird, or do you like a lie in? Start your day at your own pace when you live with us: each of our rooms has an ensuite bathroom with shower so you can be up with the lark or take your time over a leisurely breakfast.

Our in house chef will ensure that you an array of menu choices to choose from for Lunch and a light homemade dinner is always offered daily.



# Make yourself at home

#### New friends

Abbeyfield Monmouth is a warm, friendly place where you become part of the Abbeyfield family – enjoy as much social interaction as you'd like and avoid the isolation and loneliness that living alone can bring.

#### Hearty and happy

Join your fellow tenants and our staff around the family-style table in our dining room. We know that both nutrition and companionship are key to good health. Our friendly staff arrange meals freshly cooked from an array of menus every day using local produce, so you'll enjoy a varied menu of delicious, balanced, freshly prepared home-made lunches and light dinners every day.

#### A breath of fresh air

Spend time in our peaceful garden – you can get involved in the tending the plants, If you're looking to relax, spend some time on the beautiful raised decking area in the garden where you can enjoy a refreshing drink in the sunshine, catch up with loved ones or immerse yourself in a good book. For those looking for companionship, get to know other neighbours over a cup of coffee in our beautiful lounge.

#### Relax and rejuvenate

Our welcoming lounge is the place for a cosy chat, or to join in with activities. You're welcome to invite guests during our social hours, too, because we love to see new faces at Abbeyfield Monmouth.

### Come and go as you please

Abbeyfield Monmouth was built in 1993 and is situated just a short distance from the picturesque town of Monmouth where you'll find an abundance of shops, post office, supermarket and a wide range of local cafes and restaurants. There is also a good regular bus link to the local community and Newport City Centre and Abergavenny and Usk.

We have ten en-suite studio rooms, all of a high standard. All bedrooms all with en-suite shower rooms, which are also suitable for couples. All of our rooms come unfurnished allowing you to bring your favourite pieces of furniture, trinkets and cherished photographs, to make it feel like home.

Abbeyfield Monmouth has a guest room where your visiting family and friends can stay for the night for a small fee, with lunch and dinner included, this can be discussed with the House Manager.

Being situated in the centre of Monmouth means you can easily get about to visit friends and enjoy the local town.

# Let us take care of you

Come and spend time in the communal lounge where our tenants like to meet and catch up. We love to come together to share meals in the dining room, it's a great way to find out more about our Abbeyfield family, whilst eating delicious home cooked meals together and enjoying great company. Our conservatory and garden is the ideal place to spend some time relaxing, reading a good book or meeting up with family and friends.

Our house manager and the team are on hand 24 hours a day 7 days a week throughout the year to ensure our tenant's safety. It is our number one priority.

We work with professional contractors to ensure Abbeyfield Monmouth is always well-maintained, safe and compliant with health and safety legislation. We have a community alarm system, monitored 24 hours a day, and our fire alarm is tested regularly and remotely monitored, too.



## Simple monthly fees

We make life as worry-free as possible, tenants pay one convenient, all-inclusive monthly direct debit that covers rent, service charges, food, utilities and maintenance. We also take care of the council tax, TV licence fee and alarm charge.

Payments are reviewed annually, and – since we're a not-for-profit housing association – we keep our fees fair and affordable. If we make a surplus, it's reinvested into the organisation to improve the services we bring you.

## **Extra support?**

Autonomy and privacy are important for your independence, so we let you take care of your own laundry and keep your room clean and tidy. You'll also look after your personal care and any medications. But if you'd like support in any of these areas, we can help you make arrangements for third party providers to help out.

#### **Book a visit**

If you're considering living at Abbeyfield Monmouth, come and meet us.

Whether it's for yourself or a friend or relative, moving home can be a big decision, so it's important to get it right. Pop in for an informal chat with our House Manager, or stay for a cup of tea to meet your future neighbours.

We even offer short stays of up to 21 days as a trial period, or for respite, before you make the decision to become a permanent resident.

Call us to find out more on 01633 674460

