



# Abbeyfield Abergele

Live independently:  
supported housing for older people

# Fulfilled. Independent. Supported.

## Abbeyfield Abergele

Love your independence, but looking for a little extra support? Abbeyfield Abergele 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 Abergele is a new stage of your busy, fulfilled life, where we support you to live life the way you want.

Life at Abbeyfield Abergele releases you from the burdens of cooking, cleaning and maintaining a home or garden. We take care of everything, while you spend your days just how you like, living a life that's as active, independent and worry-free as possible.

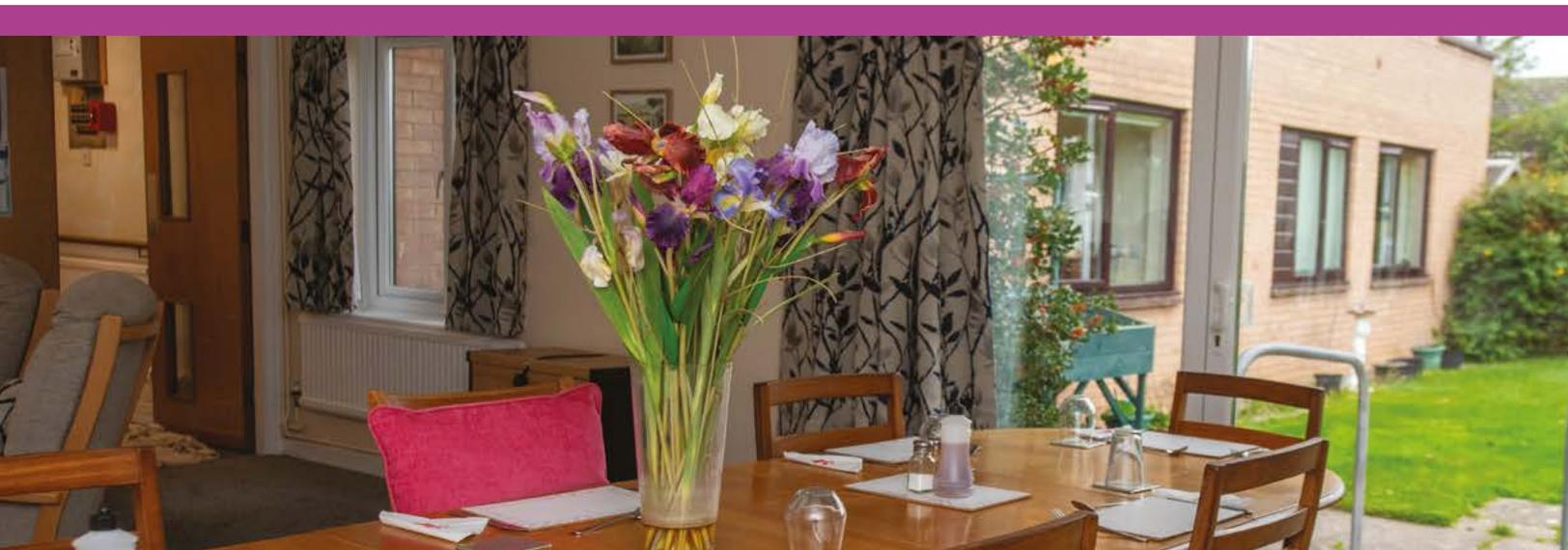
## Your own space

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 Abergele 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 and its own kitchenette, so you can be up with the lark or take your time over a leisurely breakfast.

Your kitchenette will have a worksurface, sink, and space for a fridge, kettle, microwave so you can prepare a light breakfast - and there's enough space to invite a friend to share a cup of tea and a snack, too.



## Make yourself at home

### New friends

Abbeyfield Abergele 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 residents and our staff around the family-style table in our dining room. We know that both nutrition and companionship are key to good health, so you'll enjoy a varied menu of delicious, balanced, freshly prepared home-made lunches and Tea every day – and there's great conversation, too!

### A breath of fresh air

Spend time in our peaceful garden – you can get involved in the tending the plants, or simply enjoy the peaceful patio.

### 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 Abergele.

### Come and go as you please

With Abergele town centre nearby, it's easy to get out and about for shopping, socialising, worship or simply a change of scene. The town is surrounded by woodland to the south, and we're just a mile from the beach at Traeth Pensarn to the north, so you can enjoy the countryside or the sea air whenever it takes your fancy.

A nearby railway station and bus stop mean you can easily get about North Wales to visit friends and family, or take a day trip to the surrounding area.

## Let us take care of you

Abbeyfield Abergele is a purpose-built 10-bedroom bungalow that's been carefully designed to support you.

Our House Manager and the team are on-hand between 9am and 6pm on weekdays and Sunday 9am and 3pm on Saturday. They make sure everything runs smoothly, and help you settle in when you first arrive.



We work with professional contractors to ensure Abbeyfield Abergele 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

To make life as worry-free as possible, residents 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.

If you find you need financial help to meet rental charges, Age Cymru may be able to help. You can contact them on **0300 303 44 98**, or visit [www.ageuk.org.uk/cymru](http://www.ageuk.org.uk/cymru) to find out more.

## 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 Abergele, 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 lunch to meet our residents.

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  
**01745 833668**