

**PANNEL CROFT  
VILLAGE**

**WELCOME**  
to our vibrant  
community

**EXPLORE**  
the local  
surroundings

**ENJOY**  
the activities  
on offer

# *Better Lives*

at Pannel Croft Retirement Village

Edition 1: November 2021

**Discover more  
at Pannel Croft  
Retirement Village**

Packed full of information to give  
you a taste of village life!



The  
**ExtraCare**  
Charitable Trust



# Welcome to Pannel Croft Retirement Village

We're delighted to welcome you to Pannel Croft Retirement Village, part of the ExtraCare Charitable Trust collection.

Set near the city centre of Birmingham, located in Newtown, our village provides independent living in beautiful surroundings for over 55s. We're a registered charity and our mission is to provide homes people want, a lifestyle they can enjoy and care if it's needed. Part of our philosophy is that later life is a time for doing more, not less, that's why we encourage residents to take part in our varied activity schedule and to start new hobbies.

The village is a safe haven for all and there is a real sense of belonging among both staff and residents at Pannel Croft Retirement Village. Everyone looks out for each other, residents and staff care about each other's wellbeing – we really are like one big family.

Use your time at Pannel Croft Retirement Village to make new friends, try exciting activities and enjoy our wonderful facilities.

We look forward to welcoming you into our community!

*Village Manager*



“Moving here was the best decision I've ever made.”

*Village resident*







## Enjoy a fantastic range of facilities

- Café bar and bistro
- Lounge and bar
- Fitness centre/gym
- Hair and beauty salon
- Village shop
- Village hall
- Library/IT suite
- Arts and crafts room
- Greenhouse
- Wellbeing suite

## Dine in our village bistro

Our village bistro is open daily, serving hot and cold food, drinks, snacks and desserts. Head to the bistro and request a menu, or speak to a member of staff if you have specific dietary requirements.







“It’s great to see residents get a new lease of life after moving in!”

*Village Receptionist*



## Weekly activities

When you feel like getting active and being sociable, our superb range of weekly activities will help you make the most of each day. With so many new like-minded friends and neighbours, you’ll never be short of things to do.

Choose from a range of activities each week including:

- Tai chi
- Arts and crafts
- Yoga
- Circuit training
- Film club
- Quiz night
- Mindfulness activities
- Line dancing
- Evening entertainment

Ask one of the team for our activities schedule.





# Making an impact

Findings from an independent study into healthy ageing carried out by Aston and Lancaster Universities (2019) evaluated how our unique model of integrated homes, health and social care makes a real difference to older people's lives.

The research found that after moving in, residents felt a significant improvement to their physical and mental health.

“It's terribly important that the example ExtraCare has set is more widely known and communicated to society, particularly to people in local governments so that they can realise the benefits to the health service that these villages bring.”

*The Baroness Sally Greengross OBE*

The number of residents suffering with **clinical levels of depression fell by 64.3%** over 18 months

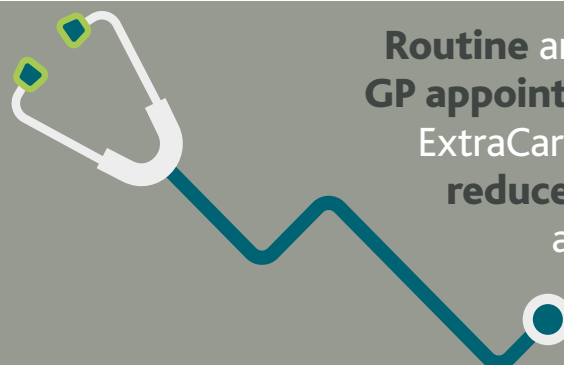


**86.5%** of residents were 'never or hardly ever' lonely

Exercise by residents **increased by 75%**



**18%** reduced risk of falling compared to older people living in the community



**Routine and regular GP appointments for ExtraCare residents reduced by 46%** after a year

**NHS costs** for ExtraCare residents were **cut by 38%** over 12 months compared with when they first arrived







Images show typical ExtraCare village apartments

## Light and spacious apartments

All homes at Pannel Croft Retirement Village provide independent living as part of a wider, bustling community.

Each home has been thoughtfully designed to enhance your life. We've thought about every last detail so you don't need to worry about a thing. All you need to do is move in and start making memories.

Get in touch with a village representative on 0121 809 3403 if you would like to find out more about our homes.





# A safe haven for our residents

In June 2020, we caught up with residents across our village network to ensure they continue to feel safe and secure. Here's what they had to say about ExtraCare villages:

“

I've made some wonderful new friends since moving here and the staff are amazing.”



**Megan (83)** lives alone but feels safe

“

There's no stress, everything you want is here. But it's the peace of mind for me and for my children – that's what's most important.”



**Myrtle (82)** keeps active with fitness classes

“

Sometimes I sing to other residents from my balcony! Nobody minds, it's brilliant. Everyone is so friendly – what more can I say?”



**Ron (93)** loves the security and companionship

“

I've got everything under one roof here. I've got to know all my neighbours – everyone speaks to everyone, it's really good.”



**David (64)** enjoys the quiz nights

“

I'm very happy, it's fantastic and the village is an amazing concept. Everything you want is here and I've made good friends along the way.”



**Sheena (66)** runs her village choir

## Did you know...

- The village opened in 2012
- Our 180 homes are made up of one and two bedroom apartments
- Affordable living options are provided through social rent or shared ownership
- Properties can also be purchased outright
- The village team provides care to residents who require it
- Dependent on individual circumstances we can support significant assessed care needs, including dementia
- We have car parking available for residents and guests





# Discover the local surroundings

Pannel Croft Retirement Village is located in Newtown near Birmingham city centre. Birmingham city centre, famously known as the 'first manufacturing town in the world', has a rich heritage in the world of food, music, literature, art, and canal networks.

You can be sure that there is always something to do in Birmingham, as this vibrant, cultural city offers a range of shopping outlets, brilliant restaurants and pubs, and lots of different attractions to suit everyone. There is nothing better than taking in the wonderful architecture of the city as you adventure down the canals, stopping off at each of the exciting establishments.



## Retail therapy

New Town Row will fulfill most of your shopping requirements. But, if you want to go further a field there are local bus services that will take you a short journey into the centre.

In Birmingham city centre, the Bullring shopping centre is perfect for meeting all your retail needs with a range of different stores.

### PANNEL CROFT VILLAGE



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