



# CRICK COURT



## What is Retired Living?

Retired Living Schemes are aimed at people who're over 60 years of age. They are self contained, purpose built flats with their own front doors, kitchens and bathrooms. They are available for both couples or single people and offer independence with support if and when needed. They provide good quality accommodation that has comfort and security, and provides 24 hour support for residents with the provision of an alarm in every room in case the resident has a fall or becomes ill.





## Your Retired Living Scheme

Crick Court is in the beautiful and friendly town of Southwold with some of the flats overlooking the common/golf course. There are 12 one bedroom flats and 9 two bedroom flats these are very light and spacious. There is a good friendly community feel to the court with beautiful well tended gardens and benches situated around the court. The beach is only a 15 minute walk away.

Sadly no pets are permitted.

## Your Scheme Manager

Hi I would like to welcome you to Crick Court. I'm Lisa Ford your Scheme Manager( previously know as a warden.) after 15 years in care I wanted a slight change so in 2001 I applied and got a job as a warden which I thoroughly enjoy. It's my job to help residents remain as independent as possible whilst getting support if/when needed.



## Security in and around your scheme

Crick Court has C.C.T.V. at all entrances. The outer doors are operated by either a Fob or a door entry system allowing you to choose your visitors. The accommodation is good quality that provides comfort and security and 24 hour support for residents with the provision of a pendant in case the resident has a fall or becomes ill.



## Fire Protection

The fire alarms are tested every Friday morning at 10.30 (give or take 5 minutes) by either myself or a colleague in my absence. Any other time please treat this as a real fire and follow the procedure which will be on the back of your front door.

## Make the most out of your sheltered accommodation

### Communal Areas

We have a communal lounge and kitchen which is well used by the residents. There is also a scooter



### Other Information

Basic computer lessons, visiting hairdressers and chiropodists and beautician.

Wi-fi is installed in the Communal Lounge providing residents free of charge access to connect to the internet.

### Social Events

- Bingo
- Hoy
- Crib
- board games
- music afternoon/evening
- lunch club
- monthly outings
- whist drives
- Meals
- film night
- ladies night
- Chinese evening.

Please let me know if there is anything else you would enjoy doing.



## Useful Numbers

### Doctors

Dr C.R.Castle and Partners  
Reydon Healthy Living Centre  
Off Wangford Road, Reydon  
TEL 01502 722326

### Out of hours

08447 369530

### Repeat prescription

01502 725230

### Hospitals

Southwold and District  
Hospital  
Fieldstile Road,  
Southwold.  
Tel 01502 723333

### Dentists

#### Nation health

High Street, Southwold.  
01502 723379

#### Private

34 Wangford Road, Reydon.  
01502 722373

## Housing

Housing Officer:

Angela Bruce

Direct Number: 01502 523125

Rent Officer:

Myles O'Connor

Direct Number: 01502 523126

Housing Repairs:

Rotterdam Road Depot  
Rotterdam Road  
Lowestoft  
NR32 2EF  
01502 523593

