



# Retired Living at **MANOR 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

Manor Court is located near the Lowestoft High Street and close to all amenities. There are a range of shops near by including a Post Office, Chemist and a Bakers all within walking distance. The Court contains 30 self contained flats with a lounge, bedroom, kitchen and shower room. We have a mix of both men and women living here all of which are extremely welcoming.

## Your Scheme Manager

Hello-My name is Amanda and I am the Scheme Manager for Manor Court. I work between two courts ,five days a week and my hours are nine to five every week day. It's my job to help you remain as independent as possible but I'm more



## Security in and around your scheme

At Manor Court we have a CCTV system; with all of our entrances covered by cameras to monitor the safety in the court. All of our flats have a intercom system which is manned 24 hours daily to help if a resident is having an emergency. Each individual flat has a pendant to enable residents to summon help in an emergency situation.

There's an intercom system to every flat from the front entrance. This provides a way for the tenants to speak to callers before they are admitted to the court, to ensure the safety of the residents.



## Fire Alarms

Fire alarms are tested at Manor Court every Thursday at 10.30 am and recorded. There are smoke detectors in every flat wired into the fire system. There is also an information sheet on the inside of each flat with information of the courts fire procedures and the assembly point.





## Making the most of sheltered accommodation

### Communal Areas

There is a communal lounge and kitchen in Manor Court that can be used by all residents at any time. In our laundry room there is 2 washing machines and 2 tumble dryers that can be used at any time between 07:00am until 21:00 pm. There are 3 whirly gigs in the back garden for summer days when the machines aren't needed. A hair saloon is situated on the first floor for tenants to use at their leisure.

Wi-fi access has been provided to enable residents to access the internet free of charge.



### Social Events

- There are two sessions per week of Bingo in the lounge
- Regular Scrabble games
- Fish and chips nights
- Christmas Events
- Musical Evenings
- Family Events

### Other Information

Manor Court is situated in north Lowestoft quite near to the town centre. It is in a desirable location. It has pleasant landscaped gardens and plenty of seating areas.

Residents have their own independence in their own flats. The Scheme Manager is there to advise and support the residents if needed.

### **Doctors**

#### **Alexandra Road Surgery**

Alexandra Road

Lowestoft

Suffolk, NR32 1PL

**01502 526062**

#### **High Street Surgery**

High Street

Lowestoft

Suffolk , NR32 1JE

**01502 589151**

#### **Housing Officer**

**Gary Mortishire**

**01502 523166**

### **Useful Numbers**

#### **Hospitals**

#### **James Paget Hospital**

Lowestoft Road

Gorleston-on-Sea

Norfolk, NR32 1JE

**01493 452452**

#### **Housing**

#### **Rent Officer**

**Jo Barber**

**01502 523516**

#### **Dentist**

#### **John Plummer**

1 Corton Road

Lowestoft

Suffolk, NR32 4PH

**01502 567519**

#### **Williams**

7 Regent Road

Lowestoft

Suffolk

**01502 572467**

#### **Housing Repairs**

**The Depot**

**Rotterdam Road**

**Lowestoft**

**Suffolk**

**NR32 2EF**

**01502 523593**