



Retirement like
you *mean it*



A warm welcome to *Woodlands*

First and foremost, I'd like to offer a warm welcome to Woodlands.

Whichever way this brochure found its way into your hands, we're very grateful for your interest in our Penrith retirement community.

It would be easy for me to describe all the features and facilities we enjoy at Woodlands, but you can of course see those for yourself either by flicking through this brochure, visiting our website, or popping in for a coffee and tour.

So instead, I'll attempt to explain why I feel so fortunate to be manager of Woodlands.

It isn't just the fact we're located in the gateway to the lakes, just 10 minutes from the Lake District National Park, and a short walk to the historic market town of Penrith.

The truly special thing about Woodlands is the people. We're very privileged to be part of a warm and vibrant community, filled with the most amazing characters.

Like one resident who continues to embrace life by attending a local park run at the tender age of 91. Or another who still lives happily and independently at the age of 101. There are so many more people and stories that prove what's possible when later life is lived in the best possible surroundings.

And I couldn't possibly forget to mention our Friends of Woodlands – the local volunteer group that's become so central to the warmth and personality of our community. You're sure to meet them if you choose to join us for an event or visit – and you'd of course be welcome any time.



Suzanne
Manager
MHA Woodlands



Properties

One- and two-bedroom apartments.



Events

Activities and outings throughout the year.



Community

Several local shops and a community centre close by.



Restaurant

Our on-site bistro makes for a social place to meet.



Lounges

You can relax in the residents' lounge with your neighbours.



Hair & Beauty

Appointments can be made with our visiting hairdresser.



Gardens

Our landscaped gardens are a great place to soak up the sun.



Access-friendly

Lift and wheelchair access with easy access to facilities and 24/7 call system.



Wellbeing

Facilities are designed to make retired life easy and enjoyable.



There are many reasons people choose Woodlands.

Here are some of the most common:

- You'll continue to live independently, with support on-hand if you ever need it.*
- Your home is discretely designed to support your changing needs in later life.
- You'll be part of a true community, surrounded by like-minded neighbours and friends.
- You're free to enjoy any of the communal gardens and facilities around your home.
- Garden upkeep is taken care of year-round, and our on-site maintenance team is always happy to help or offer advice.*
- You can choose to buy or rent, depending on availability at Woodlands.

*Additional charges apply. Please see Key Facts for details.



On top of the unmissable market-town charm of Penrith itself, residents enjoy quaint cafés and local pubs, a leisure centre just a stone's throw away, bus stops right outside, a choice of local supermarkets, and the reassurance of Penrith Hospital and two GP surgeries directly across the road.

We hope you're beginning to paint a picture of a home that can be whatever you want it to be. Offering peace and quiet. Or nature and beauty. Or friendship and community. Or perhaps all of these things and more.

It's your home after all.





Your home *your way*

Each of the 57 one- and two-bedroom homes available to buy or rent at Woodlands is designed to support your independence and wellbeing in later life.

You'll find it's the smallest details that can make our apartments feel made to support you through life's changing needs. Consider it your blank canvas, waiting for you to make your mark in a way that no one else can.

There's convenient on-site parking, a guest suite* available to visiting friends and family, and residents can also take advantage of our laundry service.*

You'll also feel the difference in the warm and welcoming community, the shared support and camaraderie, our foundations in the Methodist faith, and the fact that every single person is admired and valued as a true one-off.

And now, with our newly established residents' gardening initiative, that spirit is blossoming further – green-fingered residents coming together to plan and nurture areas of the garden, creating something beautiful they can truly call their own.



*Additional charges apply. Please see Key Facts for details.

Sticky toffee or sizzling sausages?

It's difficult not to become a 'foodie' when you're surrounded by the wealth of local ingredients and delicacies of the Lakes.

And it's no different here at Woodlands, thanks to the culinary talents of our chefs.



You'll find a strong connection to Cumbrian culture in our ever-changing menus. From the Cumberland sausage to our locally-bred lamb, and the famed sticky toffee pudding inspired by our nearby neighbours at Sharrow Bay Hotel.



Fish and chips on a Friday and our ever-popular mixed grill remain firm favourites amongst our residents, and for special occasions, we're always happy to raise a glass of something fizzy, or a Pimm's in the summer months. And these treats should never detract from the nutritional focus placed on every carefully designed meal and menu, where health and wellbeing are perfectly balanced.

Whether you prefer to dine in the comfort of your own property or enjoy a freshly cooked meal in our lovely restaurant, the choice is entirely yours. Available at an extra cost, our meals are always very reasonably priced – meaning you can choose to dine amongst friends as often as you like, save it for a treat, or for when you have guests.



"I wish I'd done it sooner"

Well, we've heard those words before.

In fact, if you ask any MHA retirement living resident about life in their new home, they'll usually answer along these lines.

Of course, it's easy to understand why people would want to be completely and utterly certain before making their move into an MHA retirement living community like Woodlands. After all, deciding that your old family home is no longer the home of your future can be difficult for anyone to accept.

But once your mind has been made and your new roots have been planted, people rarely look back with regret, as they instead look forward to a retirement that they can truly relish.

By choosing to move to Woodlands, you'll be choosing to support a charity that's been helping people to live later life well for more than 80 years.



My favourite thing about my retirement living home is... that I have a spacious flat with all I need to be independent, combined with opportunities to have meals in the dining room and the opportunity to socialise when I want.

MHA Resident



Well,
that's just
lovely



MHA's wellbeing service is designed to support people to live later life well and independently in their own homes by supporting physical, emotional, and social wellbeing.

Reassurance at the ready.

Although most people see Woodlands as a place that can empower their continued wellbeing and independence, it's reassuring to know there's a range of support options available to every individual. They're always unique to your needs. Always delivered with discretion and respect. And always for one reason and one reason only: to help you live later life well.*



*Additional charges apply. Please see Key Facts for details.

Friendship at the *heart*

At Woodlands, friends gather, songs are sung, knowledge is tested and tastebuds are tantalised. Whatever the day of the week, there's likely to be something happening.

Although each resident is unique, there is always an event or activity to pique interest. From Monday's peaceful Knit and Knatter and the weekly prayer service with Chaplain Ian, to Friday's fish, chip and movie night, many events are resident-led and organised, often with the support of Friends of Woodlands.



Interested to find out more?

Visit mha.org.uk/retirement to see properties currently available, view our Key Facts and Service Charge details.

Proud to be part of MHA

Contact our retirement living team to find out more about available properties, or book a tour and see our facilities in person.



mha.org.uk/woodlands



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Bridge Lane, Penrith, CA11 8GW

For more than 80 years, families have been choosing MHA to support the needs and aspirations of their loved ones in later life.



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