

Adlington House

Portishead



**Retirement like
you *mean it***



A warm welcome to *Adlington House*

It gives me great pleasure to introduce you to Adlington House, Portishead.

However you came to be reading this brochure, we are delighted to introduce our retirement living community in Portishead.

I could easily go straight into talking you through every feature and facility we're proud of here, but they're best seen in person over a coffee and perhaps a slice of cake.

What I'd really like to do instead is tell you why I feel so fortunate to be manager of Adlington House.

We're lucky to enjoy such a wonderful location, tucked behind the high street and in the heart of Portishead. Residents enjoy easy access to local cafés, shops and the marina, where restaurants, waterside walks and passing boats create a lovely atmosphere throughout the year. But the truly special thing about Adlington House is the people.

There's a genuine warmth and friendliness here that people often notice from the moment they arrive. Residents gather

each morning for coffee and conversation, friendships grow naturally through activities and events, and there's always something happening for those who wish to join in.

Whether it's getting your hands mucky in the gardening group, enjoying an interesting talk or spending an evening watching a film, listening to music or even raising a glass beneath the summer marquee, there's always an opportunity to do more of what you love.

For many people, moving here marks the beginning of a new chapter filled with companionship, reassurance and independence. And it's a privilege for us to be part of that journey.



Tanya

Manager
MHA Adlington House



Properties

Stylish one-, two- and three-bedroom apartments available to buy.



Events

Activities and social events throughout the year.



Community

Shops, cafés, healthcare services and the marina all 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

Hairdressing appointments are available twice a week.



Gardens

Landscaped gardens, patio seating and outdoor social spaces surround the building.



Access-friendly

Lift access, wheelchair accessibility and emergency support systems throughout.



Wellbeing

Facilities are designed to make retired life easy and enjoyable.



Why make the move?

Reasons to choose Adlington House.

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 discreetly 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.
- Our gardeners take care of the day-to-day upkeep, while residents are always welcome to contribute, share their gardening know-how, and help the gardens flourish.



Coastal charm and *community spirit*

Set just behind the high street in the thriving town of Portishead, Adlington House offers a peaceful place to call home with plenty to enjoy right on your doorstep.

Residents enjoy the convenience of having cafés, shops and everyday essentials all within easy walking distance, while the marina, with its waterside restaurants, cafés and scenic walks, is a pleasant place to spend an afternoon.

Portishead itself has grown from a traditional coastal village into a vibrant and welcoming town, with everything from independent shops and supermarkets to annual community events like the flower show and Victorian evening celebrations.

For quieter days, there are beautiful local spots to enjoy too. Millennium Gardens sits just a short walk away, while the nearby lakeside walking area offers a peaceful setting for fresh air and gentle exercise.

The wider Somerset coastline, charming country pubs and Clevedon's historic pier are ideal for days out with family and friends.

We hope you're beginning to picture a home that can be whatever you want it to be. Peaceful and relaxing. Social and active. Independent and reassuring. Or perhaps all of those things together.





Your home *your way*

Each of the 50 one-, two- and three-bedroom apartments at Adlington House is designed to support your independence and wellbeing in later life.

You'll often find it's the smallest details that make the biggest difference. Lift access to every floor, wheelchair-friendly design features, integrated kitchen appliances, accessible layouts, and private balconies or patios in every apartment all help make everyday living easier.

There's convenient on-site parking, a guest suite* for visiting loved ones, welcoming communal spaces throughout the building, and practical support whenever it's needed – including a 24/7 call system with Duty Officers always on hand.

Most importantly, you'll discover a place where independence is respected, reassurance is always close by, and everyone is valued as an individual.



It's also a place where genuine connections flourish. Residents enjoy shared support, companionship, and a welcoming atmosphere – creating a community where every person is recognised, respected, and appreciated for who they are.

*Additional charges apply.

Good food brings people together

There's something wonderfully comforting about a busy restaurant filled with conversation, familiar faces and the sound of people enjoying themselves together.



At Adlington House, food plays an important part in daily life. Residents can enjoy lunches every day*, with plenty of choice and a welcoming atmosphere that makes mealtimes something to look forward to.

Whether it's neighbours catching up over lunch, families gathering to celebrate a birthday, or friends lingering over coffee, the restaurant often becomes the social heart of the building.



And perhaps the quickest way to bring everybody together? Just mention cake. Residents here clearly enjoy good food, good company and plenty of opportunities to catch up.

Residents at Adlington House never need much encouragement to organise a cheese and wine evening. A couple of times a year, the Supper Club hosts a relaxed evening of good food and great company, often with a guest speaker – including residents keen to share their own stories, interests or expertise.

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



"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 Adlington House. After all, deciding that your old family home is no longer the home of your future can be difficult for anyone to accept.

But moving doesn't mean leaving behind the life you know. It can mean having more freedom to enjoy it. Less to worry about at home. More opportunities for friendship and company. And the reassurance of a home designed with the future in mind, with support nearby should you ever need it.

We find people rarely look back with regret. Instead they plant new roots, and look forward to a retirement that they can truly relish.

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



I am so glad I moved here... my flat is wonderful and spacious and my neighbours are friendly, the gardens are maintained to a high standard and when my friends come to visit they are impressed by my surroundings.

MHA Resident



Well,
that's just
lovely

**The people who know
Adlington House best
are the people who call
it home.**

They'll tell you it's the reassurance of knowing friendly staff are always on hand, day and night.

The conversations that begin over lunch in the bistro and continue long after the plates are cleared, and the wide-ranging activities that bring neighbours together.

It's the immaculate surroundings – some even say they're hotel-like – that make welcoming friends and family such a pleasure.

It's these everyday moments, shared with good people in a place that feels safe, welcoming and truly yours, that make life here so special.

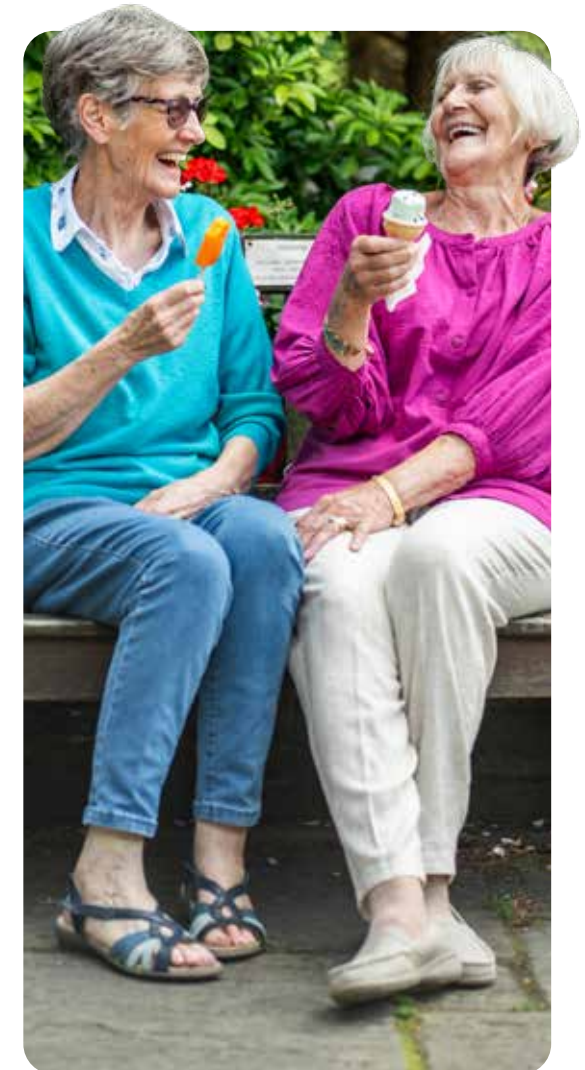


Friendship at the *heart*

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

Although every resident is unique, there is always an activity or event to pique interest. From knit-and-natter sessions and gardening clubs to quizzes, classical music evenings and seated exercise classes with Candy, many activities are resident-led and supported by the wonderfully active residents' association.

Everyone is *warmly welcomed* at Adlington House.



Interested to find out more?

Visit mha.org.uk/portishead 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/portishead



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



Scan to visit the website.



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