



**Independent
Living**

Wellbeing
Security
Community



Independent Living in the North East

*"I like that I'm safe and secure,
and still independent.
I'm really happy here."*

Independent living resident



At Castles & Coasts Housing Association (CCHA) we put wellbeing, community and security at the heart of our independent living (IL) schemes.

We create safe, happy environments where residents have the best of both worlds; the privacy of their own home coupled with the option of socialising with others, knowing that there's support available if needed.

Is independent living different to residential care?

Yes! People living in residential care homes will generally need help with their personal care. Our IL schemes are all about choice. They're for individuals or couples over 55 that are still independent, living in their own apartments with the option to join in a range of social activities in communal spaces. You're living **at home**, not 'in a home'!

Of course, there's still the reassurance of an emergency alarm system in each apartment, and residents can organise extra support in their homes if they need to, so they can retain their independence for as long as possible.





Can I live in a CCHA scheme?

If you're over 55 and looking for a new home that will meet your needs both now and in the future, our IL schemes may be the perfect option.

We have a range of lovely apartments to rent for people over 55 in locations across the North East, giving you a safe, secure environment where you can lead an independent life.

"I've got a gorgeous flat, friends all around me and access to help when I need it."

Independent living resident

What are CCHA's schemes like?

Each of our IL buildings are unique, but at the heart of all of them is a commitment to the safety and wellbeing of our residents.

You'll live in your own self-contained one or two-bedroomed apartment with its own lounge, fitted kitchen and bathroom. A space you can truly make your own.

You also have the comfort of knowing there is a friendly community and accessible facilities on your doorstep. Social activities vary from scheme to scheme and can be anything from crafts to coffee mornings or gardening to seated exercises.

How much does it cost to live in an IL scheme?

Your rent and service charge - which covers things like heating, cleaning and grounds maintenance in your communal areas - varies depending on which scheme you live in, and on the size of your apartment. These charges are listed on our website for each vacancy.

What are the benefits of living in a CCHA scheme?

All of our IL schemes offer:

- An emergency alarm in each property for support and extra peace of mind.
- Access to a range of communal facilities to socialise, join in a range of activities or even just for a spot of reading.
- A full repairs and maintenance service, with the reassurance of an emergency repairs response service too.
- Grounds maintenance, communal cleaning and window cleaning services to keep the building looking its best.
- The option of wellbeing calls five days a week from our experienced team of Independent Living Wellbeing and Compliance Assistants, to make sure you're safe and well.

Most schemes also offer:

- A secure door entry system with an intercom in your apartment.
- Car parking for you and your visitors.

Some schemes include scooter stores and hair salons too.

Where are your IL schemes?

We have IL schemes in:

- Gateshead
- Hetton-le-Hole
- Houghton le Spring
- Sunderland

How do I secure my place in a CCHA scheme?

To take your first step towards an independent future, in a home that suits your needs, pop to our website to view our current vacancies and start your application. You can either type the following into a web browser: **castlesandcoasts.co.uk/independent**

Or click on this QR code using your mobile phone:



Alternatively, you can call **0800 085 1171** during office hours and ask for a member of the IL team, or email the team at **independentliving@castlesandcoasts.co.uk**



Each independent living scheme is different.
The photos in this leaflet show residents in
some of our schemes for illustrative purposes.

☎ **0800 085 1171**

✉ **independentliving@castlesandcoasts.co.uk**

🔗 **www.castlesandcoasts.co.uk/independent**

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