

**SOLIHULL
VILLAGE**

WELCOME
to our vibrant
community

EXPLORE
the local
surroundings

ENJOY
the activities
on offer

Better Lives

at Solihull Village

Edition 1

**Discover more at
Solihull Village**

Packed full of information to give
you a taste of village life!



The
ExtraCare
Charitable Trust

Welcome to Solihull Village

We're delighted to welcome you to Solihull Village, an ExtraCare Charitable Trust retirement village.

Set on the outskirts of Birmingham city centre, located in Shirley, our unique village provides a fulfilling lifestyle with everything under one roof. Pick up old hobbies and discover new ones with our weekly activities or make the most of our wonderful facilities.

We believe that later life is a time for doing more rather than less, staying independent and active – and we've got plenty to choose from.

"I was motivated to come to Solihull Village because it had everything I need ... I have plenty of friends here, all the staff and volunteers are lovely – you aren't lonely anymore. Anyone would be happy here!"

Solihull Village resident



Making an impact

Independent research demonstrates the difference our villages make to our residents' lives.

Findings from an independent study into healthy ageing carried out by Aston and Lancaster Universities in 2019.

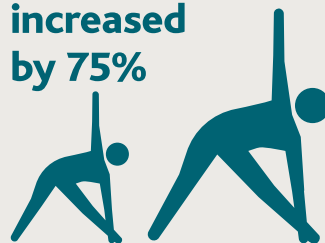
The latest study showed:

23% decrease in anxiety symptoms



86.5% of residents were 'never or hardly ever' lonely

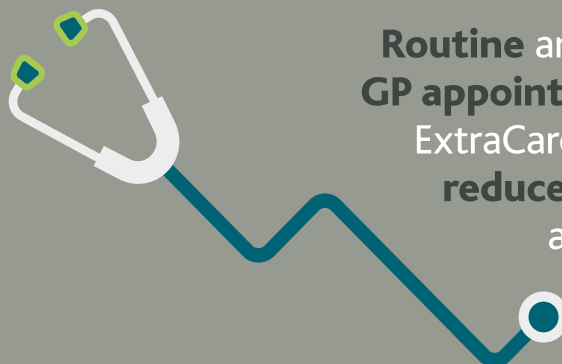
Exercise by residents has **increased by 75%**



18% reduced risk of falling compared to older people living in the community



Routine and regular GP appointments for ExtraCare residents reduced by 46% after a year





Enjoy a fantastic range of facilities

- Cafe bar and bistro
- Village hall
- Hair and beauty salon
- Hobby and crafts room
- Games room
- Gym/fitness suite
- Wellbeing services
- Greenhouse and rooftop garden
- Library



Get involved in our activities

When you feel like getting active and being sociable, our superb range of weekly activities will help you make the most of each day. With so many new like-minded friends and neighbours, you'll never be short of things to do. Ask one of the team for our activities schedule.

Just a taste of the activities we have on offer

Monday

10.30 Pilates
14.00 Card making
19.00 Games night

Tuesday

10.30 Crossword group
15.00 Family history group
19.30 Dance and movement

Wednesday

10.30 Chair yoga
12.00 Greenhouse gardening
17.00 Reading group

Thursday

10.00 Outdoor bowls
17.00 Bridge
18.00 Cabaret

Friday

10.00 Shopping
14.00 Knit and natter
17.00 Bistro for fish night

Saturday and Sunday

Catching up with family and friends. Much needed rest days!



Facility focus: Our village bistro

Open daily, serving hot and cold food, drinks, snacks and desserts. Head to the bistro for a copy of the current menu, special offers and details of the daily breakfast and Sunday carvery menus.

“There’s always plenty to do. I love the bistro, I have hardly cooked since I moved in here, it is so reasonable.”

Solihull Village resident





Light and spacious apartments

All homes at Solihull Village provide quality living in stylish, unique apartments as part of a wider, bustling community.

Each home has been thoughtfully designed to enhance your life. We've thought about every last detail so you don't need to worry about a thing. All you need to do is move in and start making memories.

Get in touch with a village representative on 0121 803 8577 if you would like to find out more about our homes.



Key facts

- The village opened in 2021
- Our 261 homes are made up of one and two bedroom apartments
- Affordable living options are provided through social rent or shared ownership
- Properties can also be purchased outright
- The village team provides care to residents who require it
- Dependent on individual circumstances we can support significant assessed care needs, including dementia
- We have car parking available for residents and guests

Here's what our residents say about our villages

Here's what some of our residents across the village network have to say about their ExtraCare homes:

“

I'm glad I came, there are always things to do and people to talk to – it's been a good move.



Nadine (71)
volunteers
on reception

“

Sometimes I sing to other residents from my balcony! Nobody minds, it's brilliant. Everyone is so friendly – what more can I say?



Ron (93) loves
the security and
companionship

“

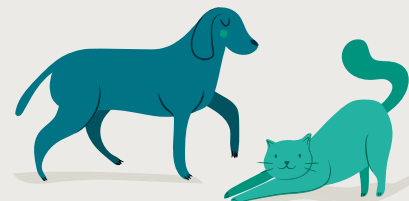
I'm very happy, it's fantastic and the village is an amazing concept. Everything you want is here and I've made good friends along the way.



Sheena (66)
runs her
village choir

Did you know...

- ExtraCare is a Registered Charity
- We have a gold award from Investors in People
- We have 21 locations across the UK
- Over 80% of our residents have no care needs
- Those with a limited income find it very affordable to live in our locations
- Pets are welcome to live here too



Discover the local surroundings

Situated on the former Powergen site, Solihull Village is on the corner of Stratford Road and Haslucks Green Road. It is surrounded by great amenities – restaurants, bars, shops, and leisure facilities. Also, nearby is the NEC, Resorts World and the National Motorbike Museum.

If you prefer the great outdoors, then Solihull has an astounding 1,500 acres of green space, including 15 Green Flag Award parks. The village is around 10 minutes from the M42 and an easy bus ride away from central Birmingham.

There is nothing better than taking in the wonderful architecture of the city as you adventure down the canals, stopping off at each of the exciting establishments.



Recommend your friend

If a village resident recommends this village to you, we will reward each of you with £500 when you move in.

Ask our friendly team for the 'Recommend your friend' leaflet which includes full terms and conditions.

SOLIHULL VILLAGE



For more information contact us on:

☎ 0121 803 8577

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If you need a copy of this document in large format, in braille or on audio tape, please contact 02476 506011.

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