



# HEALTHY BODY, HEALTHY MIND

There's rarely a dull moment at Middleton Hall Retirement Village, where the fabulous facilities help keep residents in the independently owned retirement properties, the village's supported apartments and the luxury residential care services active and engaged

Overall health, fitness, improved memory function and better life expectancy – there's strong evidence that residents of retirement villages can look forward to all of these. Research conducted by independent health and social care research organisation The Kings Fund and the York University found that older people living in retirement communities are healthier and more independent, requiring reduced levels of health and care support.

Research published in 2024 by the My Home Life England initiative at City St George's, University of London has also found that living in care can help people to thrive.

And no wonder, with the wonderful facilities now available to keep residents engaged and active. Middleton Hall Retirement Village has extensive grounds with allotments, a swimming pool and jacuzzi, a gym and fitness studio, and a wide range of regular activities, from pottery to table tennis.

The village's Health & Wellbeing Manager Michael Hodgson says that living in a retirement village means that a greater range of facilities are available for people living in the retirement housing as well as the supported apartments and care services.

'People living here really embrace the range of opportunities that we offer to be active and get involved,' he adds.

'The social benefits are as important as maintaining fitness and flexibility. Our calendars of activities are also important for supporting mental wellbeing, with something included to suit everyone.'



In a recent feedback survey one of the property owners in the village's Waterside properties responded that the best thing about living at Middleton Hall Retirement Village is that 'it's a lovely place to live, the grounds are kept well. I love my house it's warm cosy and I feel very safe living here. Also, it's nice to be able to attend functions, have a glass of vino and walk home instead of a taxi!'

One of the owners of a Middleton Woods retirement apartment added they enjoyed 'the sense of peace we regain every time we enter the estate's driveway'.

In a recent review a family member of a care services resident commented: 'If there were 100 stars on the review I would give it 100 stars. The staff are the most amazing people. There are regular activities for every person there. The gym and the people who worked with my dad were fantastic.'

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