



ARVIDA
St Albans

An Arvida Living Well Community

Welcome to St Albans, an Arvida Retirement Community focused on care and the quality of life for every individual.

We challenge ourselves to make our customers' lives better with everything we do.

Retain your lifestyle and independence at St Albans

St Albans is a friendly and inclusive boutique retirement community set amongst beautiful gardens with spacious outdoor living areas. Our modern and comfortable village provides residents with a secure and caring environment in which to enjoy the company of others. We're centrally located close to St Albans, Merivale and Shirley, which is also handy for relatives and friends working in the city centre.

Every day offers the opportunity to participate in a diverse range of activities, sharing good times with newly-made friends. Nestled within the wonderfully landscaped grounds you'll find serviced studios and apartments, rest home and hospital care.

Our people at St Albans love what they do

Our gardeners and ground staff are passionate about our gardens and the joy that those amenities provide everyone. We love celebrating special events and birthdays, and enjoy getting people together at organised gatherings and social activities. We naturally form strong bonds with our residents because we love being here and the difference we make in people's lives every day. We're sure you'll feel right at home here at St Albans.

Be a part of a community that values you

As an Arvida Village, we take great care and time to listen, so that we can help you to enjoy the things that you love to do. We encourage participation and being a part of things in our small community, and we'll help you to remain active and happy.

Imagine your retirement like this, doing what you love to do

Whether you're looking for independent living or you need a little more help day to day, our friendly and inclusive community provides the perfect homely environment with genuine companionship and support. The facilities and activities within St Albans are available for everyone to enjoy, and you are able to join in and participate as much as you like, while still enjoying your privacy.

You'll feel a strong sense of belonging within our friendly and supportive community. The neighbourhood around St Albans has medical professionals, churches, bowling clubs and parks all nearby. A bus stop is located only 50 meters away on Colombo Street.

Our social calendar is very popular, and family and friends from outside the village are always welcome to join us. We provide a varied activities programme for all residents including themed functions, and a focus on local events. We have musical entertainment, concerts, housie, bowls, crafts, exercise classes, library, hair and beauty salon, weekly shopping trips, Church services, picnics and more! The choice is yours.





We're well known for our personal care

St Albans is a purpose built retirement community where residents can choose their own level of independence with lifestyle options ranging from total independence to 24 hour nursing care.

You can also access care services while living independently in your own serviced apartment or studio. We can assist with meals, laundry, cleaning, access to doctors and nurses including 24 hour emergency assistance. We can also help you to

transfer from your apartment or studio to our hospital, should it be required in the future. We provide a range of care and support options and we can look after your current requirements, and adapt to changes in your health or personal circumstances, should they occur.

Ask us about how we can tailor our care plans for you, or take a look at our specialist brochure for our serviced apartments and studios.

Our rest home and care plan options:

Our care package fees have been designed so we can provide the best value care for you. We have several care packages to choose from, including basic entry level through to full rest home level care. Please ask your village manager for a full list of costs and inclusions.

Our professional staff offer real peace of mind

St Alban's village manager is supported by a clinical manager, and a team of registered and enrolled nurses who are dedicated to the people in our community. All of our care staff participate in our diverse education programmes. So rest assured, you or your loved one are in safe hands at St Albans!

Flexible care plans

We are able to look after your current needs, and can also provide more care and assistance should your personal circumstances change. This gives you, your partner and family the comfort of knowing you'll always have the support and care you need, when you need it.

Rest home and hospital care

Our rest home and hospital offer very personal attention in a thoroughly modern, friendly, family focused environment.

Our rooms all have ensuites and are spacious and warm with outlooks over our spectacular gardens and beautifully landscaped grounds.

Wonderful home-cooked meals are prepared daily on-site and we can also cater for personal dietary needs.

Hospital level care offers our residents the very best in clinical care. The rooms are modern, warm and spacious with private ensuites, and beautiful garden outlooks.

Our friendly staff will do everything they can to make you feel at home, engaged and part of things here at St Albans.



Our accommodation at St Albans

Serviced apartments/studios

Serviced studios and one-bedroom apartments are a great option for those who would like a bit of support at home. Support and care can change with your needs and you can receive care up to rest home-level in your home.

Our serviced apartments are equipped with kitchenette, ensuite, under-floor heating, double glazing, carpets, drapes, emergency call bells, fire protection system, phone, tv and internet connections. Doors onto private balconies or courtyards allow residents to enjoy the tranquil gardens. On the first floor, a lounge, dining

room and kitchen are provided for serviced apartment residents, their friends and family to enjoy. Our Café on Caledonian is also a great place to meet visitors enjoy a coffee and bite to eat.

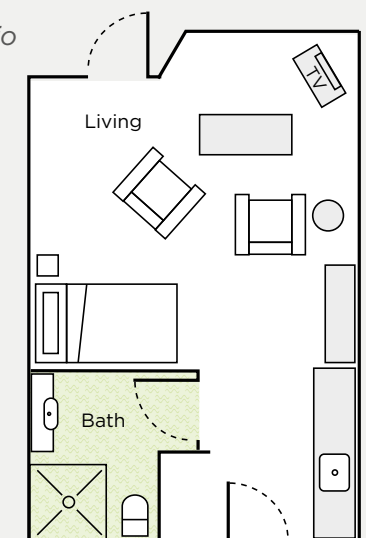
Each serviced apartment offers:

- 24 hour care (if required)
- Monitored emergency call system
- Registered nurse on-call 24/7
- Individual care plan monitored daily (if required).

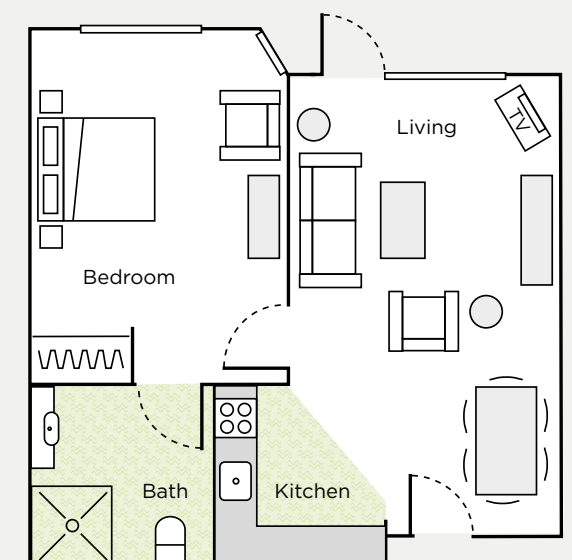
Totara Living Well two-bedroom apartments

Our community has grown with 21 new independent living apartments complete and ready to move into. These two-bedroom apartments have a spacious open plan kitchen/living area and outdoor balcony or patio. The master bedroom has a walk-in wardrobe and ensuite bathroom. An extra toilet and laundry make life easy. Residents have a choice of three meals per week - either dinner or lunch - included in the weekly fee along with a range of activities and events to be involved in.

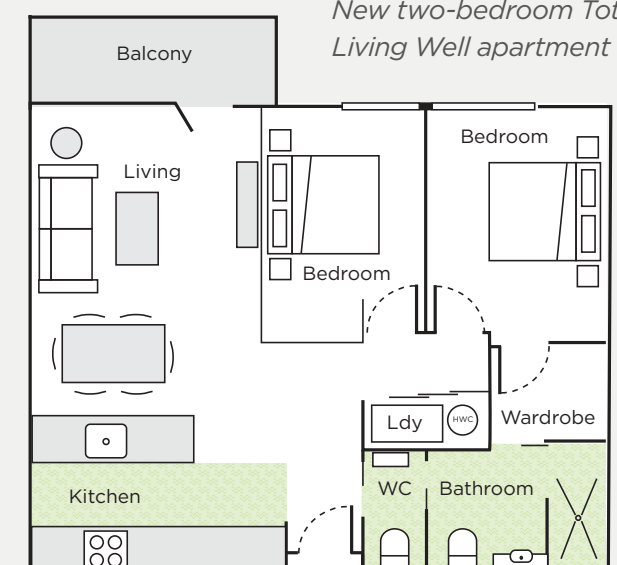
Typical studio



Typical one-brm serviced apartment



New two-bedroom Totara Living Well apartment





Our commitment to you

St Albans is an Arvida community so we all enjoy the down to earth values that drive everything we do. We're always looking for new ways to make life in our community as fun and enjoyable as possible.

We're a family of friends in a supportive and caring community. The most important things in life to us are the people we live together with every day.

Social life at St Albans is a wonderful experience!

At St Albans, every resident is encouraged to enjoy the in-house activities on offer, or take part in our many excursions and shopping trips around Christchurch.

It is a social and inclusive community and there is always so much to do here. Whether it is reading a book in a quiet nook in the garden, playing cards in the

sunny social rooms, or catching up with a neighbourhood mate for a yarn, the choice is yours.

Tapping into the social calendar is a great way to make new friends, or you can invite family and friends from outside St Albans to come along for a visit, or to attend one of our many social outings and picnics.

The best decision you'll ever make!

It is always a big decision to move away from your family home, but when the time is right to scale down, you really need to do your homework.

We can help you with this decision by showing you what St Albans already offers the residents who live here. We welcome you to visit any time, and have a first hand chat with members of our community to find out for yourself what

makes our community so special. Enjoy independence and privacy with no maintenance worries and socialise with your new friends. There's always so much to do here – there's no chance of getting bored!

We're happy to show you around St Albans any time. Why not give us a call to have a chat about your personal needs.

A few of the common questions...

Why do people love living at St Albans?

We listen to our residents and what we consistently hear is:

- St Albans has an especially friendly inclusive community
- Our carers are very attentive and helpful
- Our modern rooms and facilities are lovely and warm
- We love being close to the city and local transport.

What levels of care are there?

We offer a full continuum of care, which means you'll have real peace of mind. The care packages range from in home support right through to rest home level care and we also provide hospital level care in our care facility.

Can I move into the care facilities of the St Albans later on?

Yes, as part of our community, you will have priority access to the care services offered by St Albans. If your needs change in the future, you can choose to move within our community to more suitable accommodation.

What happens if I'm ill or if I require more care while living in my serviced apartment?

If your health needs change, we're here to provide you with personalised care and support. In many cases, care packages can be tailored so that you can receive

added support in your home. If you require respite or full time care we can talk through the options with you.

Can my family and friends stay with me in my home?

Yes of course, you can have family and friends come to stay in your apartment any time while they are visiting. There is also parking available for visitors.

Can I have my pets with me?

Yes, we know that pets are important and are often a much loved part of the family. Our manager will need to confirm that your pet is suitable.

Is there space for my car?

Some of our villas and serviced apartments have parking options – please ask our village manager for more info.

Is there security at night?

We are fully fenced with swipe card access after hours. Our staff are on site 24 hours a day, should you need them. There are also emergency call buttons in serviced apartments and care rooms.

What other costs will I have?

In addition to the Deferred Management Fee, you will be responsible for:

- Your telephone bill
- Your contents insurance
- Your car insurance
- Your power bill.



Café Caledonian is also open to the public

There is also a weekly fee which in the case of serviced apartments includes power. There may also be costs for any extra services should you require them. e.g. laundry and house cleaning. See our serviced apartment brochure for details and current prices.

Can I arrange for any other fittings to be added to my home?

At St Albans, we do everything we can to ensure you have your home the way you want it. You can choose to add items to make life a little easier like additional heating and security door or fly screens. We can help you with these extras but they will be at your cost.

What happens when I leave?

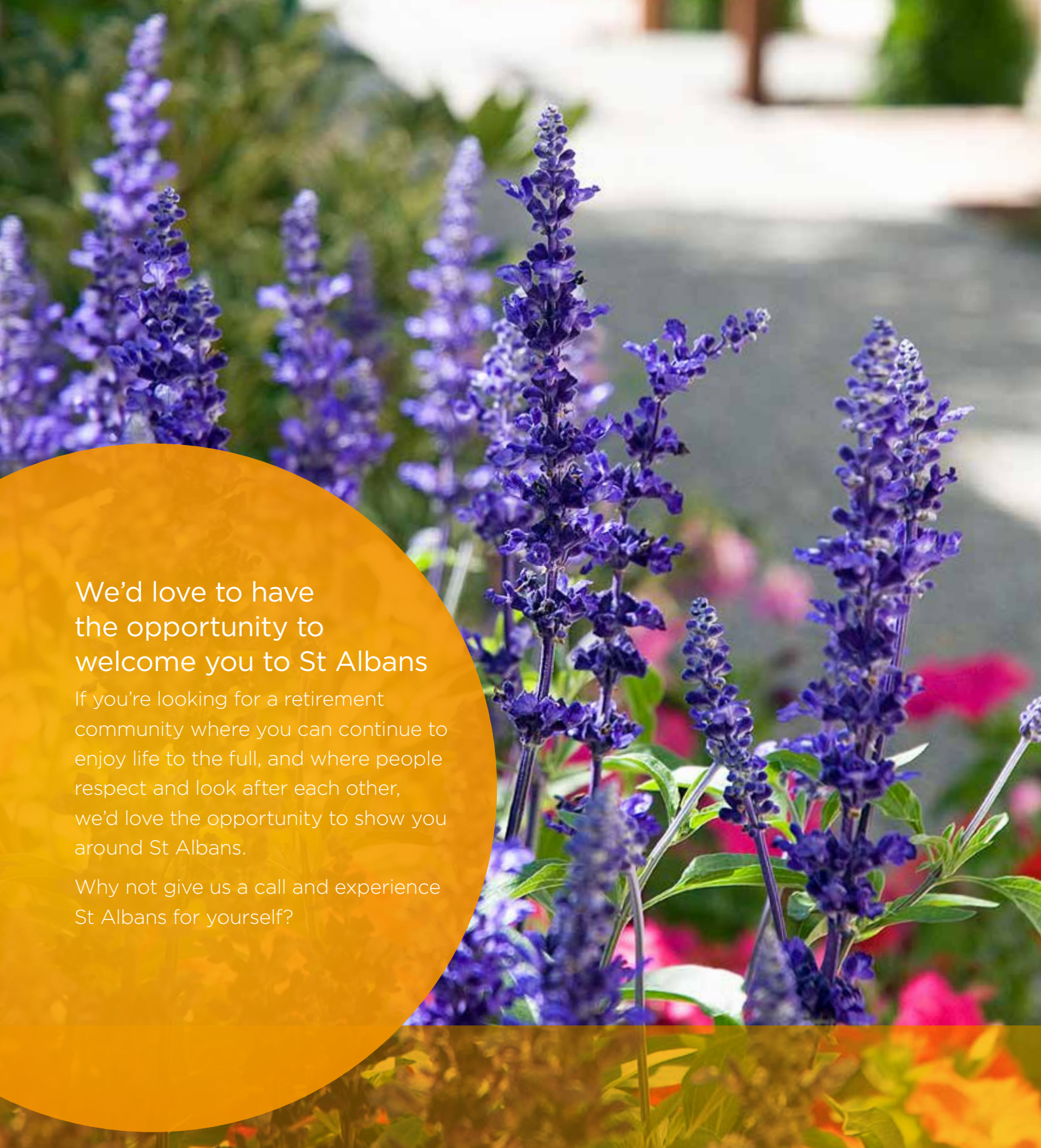
We do our best to support you and your family in every way we can. The village fees stop immediately after you leave, and we begin the marketing and sale of your ORA.

Who is our village manager?

Symone Bruhns, enjoys a very close connection with our residents. Symone has immense pride in St Albans and loves the opportunity to show new prospective residents around the village.



Symone Bruhns
Village manager

A photograph of several tall lavender flower spikes in a garden. The flowers are a vibrant purple color. In the background, there are other plants, including some with bright pink flowers, and a blurred view of a building and a paved area. A large, semi-transparent orange circle is overlaid on the left side of the image, containing white text.

We'd love to have the opportunity to welcome you to St Albans

If you're looking for a retirement community where you can continue to enjoy life to the full, and where people respect and look after each other, we'd love the opportunity to show you around St Albans.

Why not give us a call and experience St Albans for yourself?

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www.stalbansretirement.co.nz



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