



## Extra Care and Sheltered Housing Schemes

Are you in a property that's too big for your needs, or not suitable for your mobility?

Do you feel isolated, and would prefer to feel part of a community or be more socially active?

Would you benefit from care and support services?

ONE OF OUR EXTRA CARE OR  
SHELTERED HOUSING SCHEMES  
COULD BE THE ANSWER



Moving into Extra Care or a Sheltered Scheme means you could benefit from:

- Welfare checks to make sure you're ok
- Emergency telecare alarm equipment
- Care and support services on hand (on-site & available 24 hours at Extra Care)
- Rapid response service should you fall and need help to get up
- Exciting activities and events, such as exercise, bingo, quizzes and coffee mornings
- Being part of a happy community but with the independence of your own front door
- Lunches available at certain locations.



To find out more about life at one of our Extra Care or Sheltered Schemes and the services on offer, please call 0800 169 5454 or 0300 003 2292 from a mobile, or email [care24@communityhg.com](mailto:care24@communityhg.com)