

# The Firs Complex

Independent Living in Nottingham

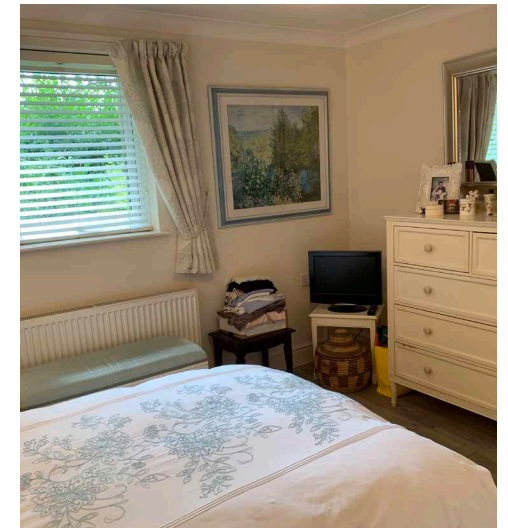
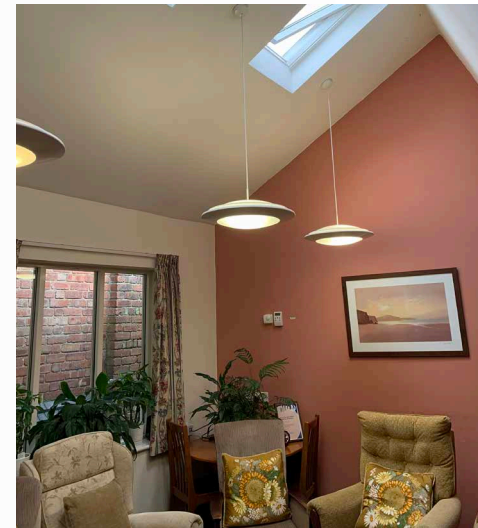




## Welcome to The Firs Complex

Situated in the vibrant city of Nottingham, our house is conveniently located just a short distance from local amenities and a bustling high street.

If you choose to live with us, you'll enjoy your own comfortable apartment, socialising in a spacious shared lounge and dining area, as well as wonderfully landscaped gardens to relax in.





## Happiness starts with you

We understand how important it is to remain active in later life and The Firs Complex has a number of resident led group and social activities including quizzes, board games, movie nights and knit and natter. Staff arrange a number of different events throughout the year.

**“I’m still part of my local community and have a whole new one at the same time.”**



## Your home from home

At The Firs Complex, we offer independent living in 42 properties, a mixture of both bungalows and flats. All of our properties are self-contained with their own kitchens and bathrooms.

While the majority of properties have one bedroom, we do have a handful of two bedroom properties, which are ideal for those who would like that extra bit of living space. The scheme is mixed tenure with 60% of the residents being leaseholders.

At The Firs Complex, we are real micro-community. Residents look after one another as much as the staff do.

## Your retirement

When you live with us you are part of our community and the wider local community too.

Our dedicated staff team will support you to make the most of your retirement by sign-posting you to the wide variety of activities The Firs Complex has to offer.





## Abbeyfield Independent Living

You can't enjoy peace of mind without trust.

This is why The Firs Complex is registered and regulated by Homes England.

But our quality control doesn't end there – the opinions of our residents matter too. This is why we have regular resident meetings, so we can get feedback on how we can improve our service at The Firs Complex..

**“The Firs Complex isn't just my home, it's a home that cares.”**



### The Abbeyfield Promise:

## We make time so you can enjoy life

Making time for our residents is at the heart of everything we do.

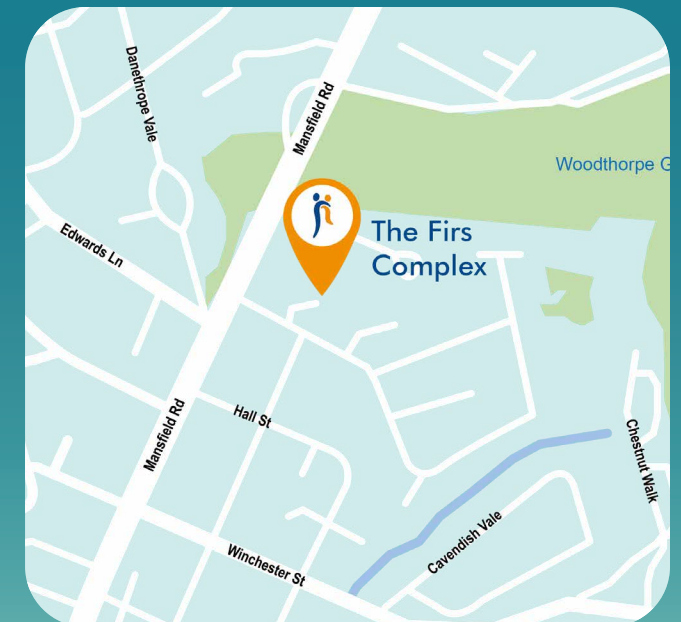
This promise means we have the time to share friendships, understand individual needs and make everyday more fulfilling, so everyone feels valued, content, cared for and safe.

## Your community

The Firs Complex is a sheltered housing complex located in Sherwood, a district and ward of the city of Nottingham.

Just a short walk down the road will bring you to the impressive Woodthorpe Grange Park, which features Wildlife and Conservation areas, formal gardens and a café.

There are many bus stops located nearby with regular access to the town centre shops, restaurants and social centre.







# Please do get in touch

Whether you're considering The Firs Complex for yourself or a family member, whether you've just started exploring options or are ready to take the next step, we are here to talk.

Call us on **0115 9607669**

Email us at **[Firs.Complex@abbeyfield.com](mailto:Firs.Complex@abbeyfield.com)**

## **The Firs Complex**

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**[www.abbeyfieldliving.org.uk](http://www.abbeyfieldliving.org.uk)**

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