

A large, light blue, stylized letter 'R' is positioned on the left side of the page, extending from the top to the bottom. It has a thick, rounded stroke and a curved tail that sweeps towards the bottom right.

WELLBEING

at

RANGEFORD
VILLAGES

EXCLUSIVELY FOR THE OVER 60s

A photograph of an elderly woman with short white hair, laughing heartily with her mouth wide open. She is wearing a light blue button-down shirt over a pink top. She is seated at a wooden table. To her left, the back of a man's head and shoulders are visible; he is wearing a mustard-colored shirt. The background features a decorative wall with a large circular mirror and a pattern of overlapping circles. A white semi-transparent rectangle is centered over the image, containing the text "ENJOYING YOUR best life".

ENJOYING
YOUR
best life



A lifestyle TO ENJOY

At Rangeford Villages, we have your wellbeing at heart. Our aim is to empower you and help nurture your lifestyle choices so you can live well and stay well.

Through four key wellbeing foundations, our village life is designed to fill your days with purpose and provide facilities and services to keep you physically and mentally healthy. Our expertly designed services create a sense of belonging in our communities and provide security in a safe and nurturing environment.

Our colleagues are fully engaged in the wellbeing culture of our villages, creating a warm and welcoming environment. With an extensive selection of thoughtfully curated activities and clubs, there is personalised support and something to suit every lifestyle.



DR DAWN HARPER

WELLBEING AMBASSADOR,
RANGFORD VILLAGES

We are thrilled to be working with celebrity GP Dr Dawn as our 'Health & Wellbeing Ambassador'. Rangford is committed to pioneering the way in its sector to revolutionise how people thrive beyond sixty.

"In an era where loneliness and isolation are becoming more prevalent among older adults, there are strategies we can adopt, to live well in retirement".

"A positive mental attitude and maintaining social connections are two of the most significant factors in ageing well. Physical activity, especially experienced outdoors in nature, is the most powerful and effective treatment for overcoming negativity and boosting self-esteem."

THE FOUR FOUNDATIONS OF WELLBEING

Our four wellbeing foundations have been developed to provide an all-encompassing approach to living a happy, healthy and thriving lifestyle at all of our villages.

PURPOSE

Living with purpose makes our lives more meaningful. When embarking on this new chapter in later life it is important to establish structure which gives us focus. Feeling valued, needed and fulfilled is key to ensuring we thrive. That is what village life is all about.

COMMUNITY

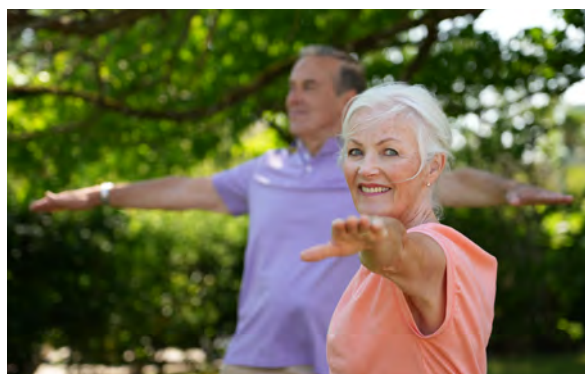
To belong to a community is a significant human need. We instinctively know that this interaction is valuable for our self-esteem, positivity and motivation. Interacting with other like-minded people and enjoying similar interests instantly builds relationships and creates a sense of belonging. Having two-way communication channels enables us to contribute our thoughts and have an input into how things are done where we live.

HEALTH

Looking after our body and mind is essential to living a healthy, happy life. Moving our bodies and maintaining core strength is necessary for our balance and physical wellbeing – supported by quality sleep, relaxation, nutrition, hydration and good healthcare. Keeping our minds stimulated and having access to clubs, groups and support is vital for our mental wellbeing.

ENVIRONMENT

Living in a safe and nurturing, environmentally sustainable setting is valuable for our health and wellbeing. Our home is our sanctuary and knowing that it is located in a secure and stable environment gives us peace of mind. Comfortable, clean, well-maintained, and stimulating surroundings enable us to flourish and enjoy living in the place we call home.



AT THE HEART OF ALL WE DO

Your wellbeing is integrated into the very fabric of our village culture, and our four wellbeing foundations influence everything we do. Here is how:

WELLBEING CONSULTATION

Our Wellbeing Team will be on hand to help you seamlessly transition into your new life at Rangeford Villages. Every owner is offered the option of having a Wellbeing Consultation to establish a lifestyle plan incorporating elements of our four foundations of wellbeing – Purpose, Health, Community, and Environment.

This consultation is our opportunity to learn more about you, how involved you would like to be in the village, what activities and hobbies you would like to take up, and what support you require for your health and happiness. This enables us to formulate a tailored bespoke plan to get you established into village life.



WELLBEING EXPERTS

To support your physical and mental health, we can provide access to the best local practitioners in their field, such as sleep therapists, nutritionists, chiropodists, osteopaths and physiotherapists. Our villages regularly hold wellbeing talks, featuring expert guest speakers and professionals who deliver informative presentations to enrich our wellbeing proposition.

EVENTS AND ACTIVITIES

Our Wellbeing Newsletter will keep you informed on all that's on offer – including the services available in our beauty rooms and hairdressers, what talks are taking place each month, news on hobbies and social activities, health and wellness information, classes, news and top tips. Each village holds owner led activities, including everything from bridge, book and art clubs through to musical get togethers, and more.

Facilities and activities vary across our different villages, please ask a Sales Advisor for further information.



GYM AND FITNESS CLASSES

An array of classes conducted by friendly, qualified instructors await you, such as Tai Chi, Pilates, Yoga and, for the more energetic, Aerobics and Zumba. Our gyms and activity studios are fully equipped with the latest age-appropriate equipment and a member of the team will be on hand to help guide and inspire your workouts if required.



POOL AND SPA

At the heart of each village you will find the main social hub and setting for most of the communal facilities. Central to this is the wellbeing hub. Each village offers different facilities, such as a swimming pool, sauna, steam room and other spa facilities - a place to stay healthy and relax in our Revive wellbeing clubs.



COMMUNITY LINKS

We know how important it is to be part of the local community as well as the village. Sharing common interests with others and feeling part of something bigger than our own lives increases our motivation, happiness and health. Our links with local groups, clubs and voluntary organisations will provide you with an opportunity to maintain and extend your network beyond the village boundaries.



OUTDOOR SPACE

Green spaces are the life force of any community. Our beautifully landscaped gardens are a treat for all the senses. Revel in the smells, sounds, colours, movements and structures of nature. Spend time enjoying the beauty and wildlife through walks in our grounds and venture further afield on walks in the local or wider area. For the more hands-on owners, there are allotments and raised beds to be tended and gardening clubs to join.

Our villages also offer thoughtfully designed outdoor activity areas, with amenities such as a putting green, boules court, croquet lawns and shuffleboard courts.



NUTRITION

Our restaurant menus include healthy choices made with fresh, homegrown, seasonal and locally sourced ingredients. We always try to have something to meet a variety of tastes and try our best to ensure specific dietary requirements are catered for.



Our restaurants not only partner with local, sustainable suppliers, but also draw on fresh, seasonal ingredients grown in our own village gardens - bringing exceptional flavour from garden to table.





STAFF CULTURE

Our Rangeford colleagues understand the importance of an integrated approach to wellbeing throughout the village and they make it their mission to immerse themselves within the wellbeing culture.

We provide our team with appropriate, regular training and offer support and guidance with their own wellbeing journeys. We believe that if our staff are thriving, they will be best placed to support every one of you.

HERE FOR YOU, WHEN YOU NEED IT

We recognise that living a long, happy, independent life in your own home is important to your wellbeing.

So, if you find you need a little extra support to make the most of life, our village-based CQC registered Rangeford Care Team, plus Village Services and Housekeeping support teams, are available to help. Whether that is with laundry and ironing, arranging appointments and transport, or if you need support with personal care, we can tailor a plan just for you and your individual needs.

It is all part of our belief that life with Rangeford Villages should be exactly how you want it and need it to be. Ask for our Rangeford Care brochure for more information.



PET FRIENDLY

Pets offer significant emotional, mental, and physical benefits for seniors, such as reducing loneliness, stress, and anxiety, and encouraging physical activity.

All our villages are pet friendly, having dedicated pet safe areas including 'Bark Parks' for secure dog walking at a number of our villages.

EMOTIONAL AND MENTAL HEALTH

Pets provide companionship that combats loneliness, they give a sense of purpose and unconditional love, which can lead to reduced stress, lower blood pressure, and a more positive mood.

PHYSICAL HEALTH

Caring for a pet, including walking and playing, can encourage physical activity. Interacting with pets can also have a calming effect and may help lower cortisol levels.

SOCIAL INTERACTION

Pets can act as a catalyst for social interaction, helping seniors connect with neighbours and other owners through conversations about their pets.





DR SCOTT MILLER

PET OWNERS AMBASSADOR,
RANGEFORD VILLAGES

We are proud to have partnered with Dr Scott Miller as an Ambassador for Rangeford Villages. Dr Scott will support our pet owners with day-to-day advice on seasonal care, awareness and safety with their animals. Formerly the Vet on the Hill, he is best known for his TV appearances on The Bondi Vet and This Morning.

"Pets play such an important role in keeping us vital, active and present. Their unconditional love is joyful, and their companionship a true comfort for their humans, especially to those in later life. I am proud to be the Ambassador for Rangeford who have always been pro-pet, helping their owners to enjoy their furry friends and benefit from the many positive rewards that the relationship brings."

WHAT OUR OWNERS SAY

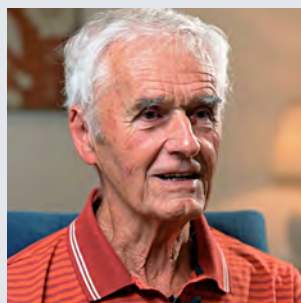


“I’m overwhelmed with all the village facilities and provisions. I felt very secure that I was making the right step from the very beginning. My apartment is absolutely perfect, spacious, well appointed with the most marvellous balcony.”

Patricia Maude
Owner at Strawberry Fields

“Living in a community with like-minded people is really essential. We also looked at other retirement places in the past, but somehow they did not have the facilities that Rangeford were able to offer us.”

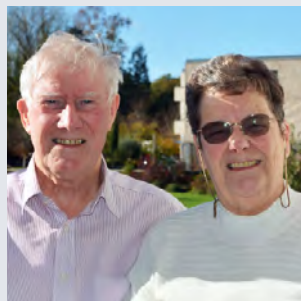
Arno Friedl
Owner at Siddington Park





“We wanted to find a property in a community that is vibrant and offers plenty of lifestyle choices. From the restaurant, the beautifully kept grounds and gardens, to the hair salon and spa, the development really won us over. There’s never a dull moment!”

Robin and Jo Dolman
Owners and Wadswick Green



“I moved to Siddington Park in 2024 and have not looked back. I enjoy aqua aerobics with friends made at the village and have found a passion for dancing! We have owner and teacher led ballroom dancing in the studio. Friday night meet the neighbours drinks and dinner is a highlight every week.”

Carol Brookhouse
Owner at Siddington Park

“The activities have been very good for us. We never thought we would be doing aqua aerobics and Tai Chi at our age, but we feel much healthier for it. Our family said they’d noticed a remarkable difference in five weeks, since moving to Homewood Grove.”

Mr & Mrs Porter
Owners at Homewood Grove





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0800 135 7443 | info@rangeford.co.uk | www.rangefordvillages.co.uk

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