



yes
to independence

Vale Road

Mansfield Woodhouse, Nottinghamshire

Life-changing supported living
at the heart of the community

lifeways
yes to you



Welcome to Vale Road

At Vale Road apartments people can benefit from a vibrant network of staff and friends nearby, while enjoying the independence of their own space.

Vale Road has four apartments, each with a kitchen and lounge area. The apartments are a mix of open-plan and separate rooms. Some have wet room style bathrooms, while others have a bath and shower.

There is a communal room with a TV and sofa for people to socialise too. Vale Road also has an accessible garden with a patio for people to relax in when the weather is good.

Assistive technology includes a Tunstall nurse call system in every apartment, and one apartment has a door sensor.

When you choose supported living, you're choosing to live independently, safe and secure behind your own front door. There's peace of mind in knowing the Lifeways team is on-hand, providing tailored support that helps people to lead more fulfilling lives, surrounded by like-minded people.

“At Vale Road, the staff work hard to enable independence in the people we support. It’s great for people to learn how to become independent - it’s a stepping stone to help people progress to living on their own. Staff offer a lot of activities and work hard to build strong relationships of trust. The 24-hour support creates a happy and safe environment.”

Manager, Vale Road



Life at Vale Road is suitable for people with learning disabilities and autistic spectrum disorders.

Vale Road is ready to welcome a woman of any age. The current residents enjoy volunteering, socialising, listening to music, watching television, walking, cooking and baking, shopping, swimming, sewing, and being in the community.



People choose how they spend their time – there are movie nights once a week, news nights to discuss politics, bingo nights, and parties. Visiting the coast, going bowling and to the cinema, and day trips to London are favourites.

Valued in your community

There is nothing more valuable than being an active part of the local community.

At Vale Road, we are fortunate to be located in a vibrant residential area close to Mansfield. The local area has cafés, pubs and restaurants, high-street banks, a post office and a library. There's an Odeon cinema, the Four Seasons Shopping Centre and Mansfield Superbowl for tenpin bowling too.

For people who like to stay active, The Manor Sport and Recreation Centre provides year-round access to a gym and swimming pool, or there's Sherwood Pines Forest Park for walking when the weather is good.

It's good to know...



We're in Mansfield Woodhouse, which has vibrant shops, cafés, pubs and restaurants. There's a library, a post office and high-street banks too.



We're spoilt for choice with supermarkets. There's a Morrisons close by, while Aldi, Sainsbury's, Tesco and Asda are in nearby Mansfield.



The GP surgery and NHS dentist is within half a mile from the property.



There's a bus stop outside the property, with regular routes into Mansfield, Huthwaite and Alfreton.



The nearby train station is just half a mile away and has regular services into Worksop and Nottingham. There, you can connect to Cardiff, Liverpool, Skegness, Leeds and London.



There's on-site parking for people with cars.



yes to friendships

“Since living here I have become more confident and independent. I am able to make everyday decisions with the help from my team, who support me in a consistent way; this is very important to me. My self-esteem has grown with the support I receive and I couldn't be happier at this time.”

Person supported by Lifeways

Five reasons to choose Lifeways

yes to stability.

Our stability speaks for itself. Since 1995 we've grown to become the UK's largest provider of supported living for adults. So when you're comparing providers, it's good to know that our steadfast support is founded on over 25 years of proven outcomes.

yes to reassurance.

Our size brings reassurance. It allows us to invest in our people and services. And it's the reason we've been able to open 900 new apartments in 65 communities since 2015. Everyone deserves unique support in a home they'll feel proud of – and that's exactly what we provide.

yes to local.

Our hearts are in our local communities. We're proud to support people in more than 1,000 locations across the UK. But we're even more proud that every service is run by trusted local teams, each providing neighbourly support that feels close to home.

yes to relationships.

Our people make all the difference. So we make sure everyone is valued and all of our support workers achieve the Care Certificate qualification. Over a quarter of our team have been with us for over five years and some have even been with us from the very beginning, helping to create rewarding relationships, improved outcomes and excellent continuity of care.

yes to quality.

Our purpose is to improve lives. It's as simple as that. We help almost 5,000 people to live with hope and independence, with every member of our team sharing the same commitment to quality in everything we do. We hire the best in the sector into our highly skilled and dedicated Quality team, who work to ensure our CQC ratings are something we can be proud of.



yes
to ambition

So what happens next?

It all starts with an informal chat with one of our specialist assessors. Together with each individual, they will build a clear understanding of their needs and preferences, making sure that they make the choice that is right for them.

They'll then be on hand to guide individuals, families and professionals through the referral and assessment processes, and won't stop until the kettle's on, and the move is complete.

Supporting people to live the life they choose.

At Lifeways, our focus is *you*. We want to become a trusted partner on your personal journey. Learning from the challenges you've already overcome, before tailoring our support to help you achieve more.

Why Lifeways?

We believe that anyone can achieve the extraordinary. And that's why Lifeways exists. To understand every individual and support each different dream. Creating homes to feel proud of and places where lives feel fulfilled.

Make a referral or arrange a visit

Learn more about independent living at Vale Road, make a referral or arrange a visit by contacting Lifeways:

Call **0333 202 7185**

Email referrals@lifeways.co.uk

[lifeways.co.uk](https://www.lifeways.co.uk)

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