



yes
to independence

Oaklands

Bedford, Northamptonshire

Life-changing residential care
at the heart of the community

lifeways
yes to you



Welcome to Oaklands

Oaklands is a residential service where people with learning disabilities, autism and other complex needs are empowered to live as independently as possible, to become integral members of the community and to achieve their goals and aspirations through individual care pathways.

This seven-bedroom property has an open-plan kitchen and dining room, a living room, a laundry room and a conservatory which serves as a second dining room. There are three communal bathrooms - one with a shower cubicle, one with a bath, and the other wet room style. Three of the bedrooms have en-suite bathrooms too - one with a shower cubicle and two wet room style.

Oaklands also has an accessible garden with a patio and a BBQ for people to use when the weather is good.

Life at Oaklands is suitable for people with learning disabilities and autism.

The people we support here are aged between 29 and 60 years of age and live with autism, Down's syndrome, learning disabilities and bipolar disorder.

One of the women here likes watching *The Sound of Music*, eating out, spending time in her bedroom and going to the cinema. Another woman at Oaklands enjoys colouring, listening to rock music and having her hair, nails and make-up done. One of the men we support loves *Thomas the Tank Engine*, bowling, eating out, going to the train station and seeing his family.



At Oaklands, people choose how they spend their time. People have hobbies including listening to music, watching television, volunteering, socialising, karaoke, going to the pub, walking, gardening, shopping, cooking, watching wrestling and being in the community. Trips to the coast are also favourites.

“Oaklands is a very welcoming service with long-term staff and people – the longest resident has been here for twenty-four years. The local community offers all amenities. The staff work really hard with all of the people we support to provide person-centred care so that people can achieve the best life and experiences possible. Oaklands offers support for a variety of needs.”

Manager, Oaklands

Valued in your community

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

Oaklands is in a residential area with cafés, pubs and a post office. Bedford is within walking distance and offers the Harpur Shopping Centre, a Vue Cinema, The Higgins Art Gallery and Museum, and Bedford Central Library.

For people who like to stay active, Trinity Arts and Leisure provides year-round access to exercise classes, a gym, sports courts and a swimming pool. People also enjoy walking in the local area – Bedford Park is a popular destination.

People also like to visit nearby Northampton which has attractions including the Grosvenor Shopping Centre, theatres, museums, art galleries, Ten Pin Northampton for bowling, Northampton Marina, and Delapre Abbey.

It's good to know...



Bedford has a range of vibrant cafés, pubs, restaurants and high-street shops. There's a library, a cinema and a post office too.



We're spoilt for choice with supermarkets. Tesco, Iceland, Lidl and Sainsbury's are all close by.



The GP surgery and NHS dentist are less than half a mile away.



There's a bus stop within a short walk, with regular routes into Bedford, Abbeyfields, Brickhill and Woodside.



The nearby train station is just eight minutes away by car, and has services to Brighton, Wellingborough, Nottingham and London.



There is on-street parking available for people with cars.



yes to friendships

“Since living at a Lifeways service 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.”

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 Oaklands, make a referral or arrange a visit by contacting Lifeways:

Call **0333 202 7185**

Email referrals@lifeways.co.uk

lifeways.co.uk

**care
solutions**
part of lifeways group