



Former Glasgow Rangers footballer, Alex, has been a resident at Housing 21's Bob Carter Court in Mattishall for more than 20 years.

"While my wife was receiving palliative care, she put my name on the waiting list at the open day. Once I received the call from the Local Housing Manager, that was when I made the decision to come and spend my life at Bob Carter Court, and I have never looked back."

Alex, who at the time, did not know about Housing 21, received a call from the Local Housing Manager who asked if he wanted to come and live at the Retirement Living scheme. Recalling the moment, Alex said he jumped at the chance.

Alex enjoys the flexibility and freedom that is on offer at Bob Carter Court: "I spend my days doing things that I like; I have a great group of friends and I especially enjoy the company.

"I'm 88 now, I'm not getting any younger which is why it is important that I love where I live"

As someone who has spent a considerable amount of time living with Housing 21, Alex thinks it is a great place to live, and he would encourage others to consider making the move to Retirement Living, just as he did over two decades ago.

"I recommend living at Bob Carter Court, for anyone who is of the age. There is a good sense of community spirit, and everyone is welcoming. I love it here and I'm sure you will too."

To find out more about Retirement Living, and to register your interest in a local scheme, visit the website: [Housing 21 - Housing 21 - Retirement Living](#)



Denise moved into Housing 21's Retirement Living scheme, [Handley Court](#) in Sandy in 2023. After a hip operation, Denise struggled to climb stairs and her search for a safe, secure, and accessible place to live, led her to Housing 21.

"I chose to live with Housing 21 after visiting several schemes with different organisations, and it was the friendliness at Housing 21 that swayed my decision," said Denise.

"The manager was lovely; she really welcomed me, and I loved the accommodation."

Whilst Denise is happily settled in her scheme, she was challenged about her reasons for choosing to move into Retirement Living by her friends who had misconceptions about what Retirement Living is.

"My friends said that I would be living with lots of old people and felt that I wasn't making the best decision," she said.

"However, this is not the case. I find it quite refreshing to have people from a range of age spans. We learn so much from each other and we have created our own community."

Not everyone may initially feel ready to make the decision to live with Housing 21 as easily as Denise may have, here is what she advises to anyone who is unsure about taking the leap to Retirement Living:

"If people are thinking about moving into Retirement Living and are unsure if it is for them, I would tell them to go for it," she said.

"Not only is it a supportive environment, but there is also the element of feeling safe and within a local community. You will be living among people who can help you, particularly if your family do not live locally.

"My favourite thing about living with Housing 21 is getting to know different people with a range of interests; this has expanded my understanding and I don't feel alone, it is great."

Find out more about Retirement Living and search for available properties in your area: [Housing 21 - Retirement Living](#)



Sash is originally from Kent and that was where he lived until 10 years ago.

A recovering alcoholic, Sash was moved to sheltered accommodation.

This was when he realised that to improve his life and create some distance between some of the choices he had made, he needed to move away from the area he currently lived in.

At this point Sash had nowhere to call home and he felt he had this negative stigma linked to his addiction and the environment he lived in, hanging over him. His support worker helped him move to Harmony House in Birmingham, which was owned and operated by Optivo at the time. He had an interview straight away and two weeks later he moved in and never looked back.

Sash has continued living at Harmony House through two acquisitions during this time. Before Housing 21 took over the Retirement Living scheme, he was looking to move to another housing association. Sash didn't feel that the support was in place and that he could be himself living there. The scheme has recently received a refurb which he thinks is amazing and he loves to use the kitchen. "I've lived here for 10 years and been through two acquisitions; this is the best management and communication yet," he said.

Sash feels that the support from his Local Housing Manager, Sarah has helped him to stay on the right track, and now, with the support from Housing 21, he has been sober for three years. Having the reassurance of speaking to Sarah about any issues has helped Sash tremendously and he said, "I am the happiest living with Housing 21."

Sash gets involved with resident activities and often helps Sarah cook samosas and curries in the communal kitchen.

Harmony House is somewhere that Sash feels he can be himself.

"Everything is at your doorstep, the scheme has a supermarket, doctors' surgery and other shops within walking distance which is great," he said.

Sash wants to share his story for other people who may be struggling and to know that there is support available.



Susan moved to [Gavin Astor Court](#), a Retirement Living scheme in Bexhill in January 2019, after relocating to the South to be closer to family.

“I originally come from the North which is where I raised my family. Sadly, I lost my husband in 2016 and after three years of living alone in a two-bed house, I decided to move down South to be closer to my son.

“I hadn’t heard of Housing 21 before, I just happened to be at the nearby community centre one day and spotted Gavin Astor Court – I asked my son if he know what that was, and when he said he didn’t know, I decided to investigate for myself. I had a look around and viewed the flat I live in now. As soon as I walked in, I could see the potential – it felt homely and exactly what I was looking for. I applied and a couple of months down the line, I was all moved in.

“The scheme is in the perfect location – it’s close to the doctors, chemist, a Co-op and a park, which is great for when the grandchildren visit. It’s also close to the beach and in the evening when all is quiet, you can hear the waves hitting the beach. I love sitting outside, listening to it.”

Despite being completely new to the area, Susan quickly made friends and has even set up several social activities at the scheme.

“I run Bingo three times a week and host regular breakfasts and fish and chip supper evenings in the communal lounge. I really enjoy cooking and for me, it’s important to stay active and social. I’ve also arranged for one of my friends, who used to be a hairdresser, to pop in on a Wednesday and offer haircuts to residents.”

Building a new life in a new place - whether that’s in a new area or home - can be daunting, but Susan doesn’t have any regrets.

“Moving to this part of the country is the best decision I’ve made. I’m close to my son and my grandchildren, and if I hadn’t moved to Gavin Astor Court, I also wouldn’t have met my partner, John. He has been a resident at the scheme for around sixteen years and frequently stopped by for a cuppa and a chat in my first year; our relationship grew from there and we are still together today.

“Daniel, our Local Housing Manager is brilliant. If I ever have a problem, I can go to him and within a day he has usually resolved the issue.”

Find out more about Retirement Living and search for available properties in your area: [Housing 21 - Retirement Living](#)