

Tabor Court

– independent living,
with added peace of mind...

Your own flat, with care and support available as and when needed



A friendly, safe place to live

Tabor Court is located at Beech Hill, Letchworth Garden City. It is owned and managed by Howard Cottage Housing Association, which has been providing affordable housing to local people since the creation of the world's first garden city, more than 100 years ago.

The 37 flats at Tabor Court are designed to allow residents to live independently and securely in their own home. Each flat is warm and comfortable, with a front door, a living room, kitchen, bathroom (with either a wet room or a bath) and bedroom. The flats are also spacious enough to accommodate couples.

Most of our flats are equipped with a wet room. If you prefer baths to showers, but struggle with getting in and out of the bath, our ground-floor bathing suite is equipped to help you – you'll be able to lie back, relax and enjoy a relaxing, bubbly bath in a lovely environment, in complete safety.

The health and wellbeing of all our residents is of the utmost importance to us, which is why we make sure that all our staff are trained first-aiders.



Home... but not alone

One of the great things about Tabor Court is that you can socialise as much as you want to.

There's no pressure to take an active part in the Tabor Court community, but if you do, you'll be spoilt for choice. Regular activities on offer include film afternoons, singalongs, craft sessions and chair yoga, as well as coffee mornings and afternoon teas. There's also a daily lunch club run by our volunteer chef who prepares delicious, nutritious meals from scratch - a lighter 'soft option' is also available.

If you're after some company, the communal lounge on the ground floor is a fantastic place to meet up with other residents and grab a barista-style coffee. There is also a lovely conservatory where you can sit down and relax, while looking out onto our beautiful gardens.

If you have green fingers and fancy doing a spot of gardening, you'll be pleased to know that Tabor Court has a well-stocked garden with a number of raised beds that residents use to grow flowers and vegetables.



Support when you need it

Tabor Court offers access to more care and support than you would get in a sheltered housing scheme, and far more independence than you would have in a residential care home.

Our friendly, experienced and professional team aims to help you maintain your independence for as long as is safely possible, to avoid you having to move to a residential care setting.

Our scheme manager is on site from Monday to Friday between 8.30am and 5pm. During the week you will be contacted every morning, to check that you are okay – we know that this daily procedure provides great peace of mind to residents and their loved ones.

You'll get to know the scheme manager really well while you're here. If your health needs start to change, our scheme manager will be happy to speak to you about increasing the practical support you may need, to help you continue living safely and independently in your own home.



A resident's view:

"The Scheme Manager is always very helpful, I must give her full marks! The big advantage of living here is that I know she pops in every day, to see if I'm alright."

"And if ever something goes wrong, she gets someone in to fix it. Those are the sort of things that were worrying me at home."

Flexible care designed for you

Care is available 24 hours a day, seven days a week – having a care team on site means that you can always get help quickly and easily, rather than delaying matters until you reach a crisis point.

By addressing health issues early and getting care at the right times, we have enabled a number of residents to avoid being admitted to hospital. We recognise that your care needs will evolve over time, so we make sure that the care provided ('flexicare') can ramp up or down accordingly.

We pride ourselves on tailoring our support to match your individual requirements. For example, if you're finding that your morning routine is becoming more difficult, we can arrange for a carer to attend to your needs, by helping you to get up, bathe or wash and get dressed, ready for the day ahead.

We can also help you in other areas of your life, if you need us to, perhaps by managing your prescription medicines, or getting you some help with your shopping or laundry chores. If you are a couple and wish to stay living together, this is usually possible at Tabor Court, even if you both have different care needs.



A resident's view:

"The carers get my cereal out of the cupboard and milk out of the fridge for me so that once I'm dressed, I can sort out my own breakfast.

"I'm still managing to do that – at the moment, at least. That's important to me because it means I'm still able to be as independent as possible."

Eligibility and costs

Let's clear up some misconceptions about eligibility.

You are eligible for Tabor Court, even if you are a home owner – your financial circumstances will be looked at individually. You don't have to be on benefits, either. Flexicare housing is means tested, so you will have an assessment to see what level of financial support you are entitled to receive, to help with your care costs.

The amount you pay for care depends on both the level of care you receive and your financial situation. We have three bands of care and we aim to have roughly one-third of residents in each:

- **Low band** – zero to three hours' care a week, on average
- **Medium band** – between three and 10 hours' care a week
- **High band** – more than 10 hours' care a week.

Don't worry, you won't be asked to pay more than you can afford. And emergency care will always be available to everyone.



How do I apply?

Give us a call to arrange a personal visit, on a day and at a time that suits you best. We will give you a tour of the property, incorporating the communal areas and gardens, and usually a resident's home.

As well as showing you round and answering any questions you may have, we'll be delighted to explain the application process in detail. We can also give you a rough idea of how much it will cost for you to live at Tabor Court.

The Tabor Court experience

We thought we'd let our residents have the last word...

- *"I'm so happy since I moved to Tabor Court. I love it here and everyone is very kind to me. All my friends want to come and live here."*
- *"What I like about living here is that I can be a little bit independent and do what I want to, when I want to – I can have my telly on when I want to, and I can get up and use the bathroom when I want to. And I can have my lunch in the dining room if I want."*
- *"The flats are a good size – you've got your bathroom or shower room, and your bedroom, living room and kitchen. It has everything you need really."*
- *"If I'm all hemmed in, I'm like a caged animal, but I don't feel like that here – it's lovely. When people come to see me, they all say they like my flat. Having a ground-floor flat with a garden is a bonus, and it's always nice and quiet here."*



A daughter's view:

"My mum speaks very highly of the care staff at Tabor Court. She now has limited mobility, compared to when she first arrived, and the care she receives has been adjusted to meet her needs."

"The staff often spend time talking to her and encouraging her to join the other residents for lunch or events. My mum is very happy at Tabor Court and is confident that with appropriate adjustments to her health needs under flexicare, she will remain in the place she now regards as home."

A little bit of history...

Tabor Court is named after Miles Tabor who, after many years as a member of Howard Cottage Society's Management Committee, was Chairman from 1980 until he died in 1983.



Miles Tabor

On a beautiful sunny day at the end of July 1993, crowds lined the streets when Her Majesty The Queen came to Letchworth Garden City for the official opening of Tabor Court. More than 200 people were invited to the opening ceremony, including Tabor Court residents – many of whom were able to watch the proceedings from their own patio.

The Queen toured the new building and popped in for a cuppa with Mrs Mildred Payne, who had moved from her previous home in Monklands to flat number 11 at Tabor Court. As the flat was actually Howard Cottage's 1,000th home, Her Majesty presented Mrs Payne with a commemorative key.



Contact details

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