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> **Bryan Walker - Hughenden Gardens Village**

Newsroom

## Bryan Walker - Hughenden Gardens Village

Bryan Walker moved to Hughenden Gardens Village with his wife Pam in the first weekend of the village opening. Bryan explains how the care provided at Hughenden has improved the lives of him and his wife.



'We first heard about the village while living in our semi-detached house in Totteridge, where we lived for 28 years. We immediately thought the concept sounded fantastic.

It's wonderful for all sorts of reasons. For me personally, I have all the care I possibly need now and for later life, which is reassuring.

I see so many different consultants and have ongoing care needs so it sounded ideal. I know if anything happened to me, my wife would be looked after.

I live with a number of chronic conditions and receive care in the morning with showering, dressing and my breakfast, and then again at lunchtime. If I ever need more help it will be available.

Before coming here the care I received was not great. But here they are excellent; everyone I have come into contact with has been fantastic and the care I receive gives Pam the freedom to do her own things.

I was housebound during the winter months and my mobility overall is not great so it was Pam who attended the meetings before moving in. During this time she got to meet our fellow residents, so we knew people before we even moved here. The familiar faces made settling in all that more straightforward.

Since moving in I enjoy spending time downstairs occasionally having a drink in the evening or a hot chocolate during the day, and I enjoy joining in with the quiz and bingo, which I have been lucky enough to win! Pam enjoys her keep fit class and, now and then, a meal in the bistro.

I live by the motto PMA – positive mental attitude! Anyone thinking of moving here, can enjoy it and will fit in if they want too.'

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