



EXETER HOMES TRUST BULLETIN

JUNE 2023

Compassion, Companionship and Community

Almshouse residents may live up to two and a half years longer, study finds. 'Affordable and stress free' - how almshouses are the unsung heroes of UK social housing

Source: The Guardian, 22nd May 2023

Older people living in almshouses enjoy longer lives than wealthier people living elsewhere, a study has found.

The secret to longer life has been sought after for centuries. But research using data from almshouses going back 100 years has found that the solution devised in early medieval times is still relevant today.

The report from the Bayes Business School says the longevity of those who move into one of the UK's 30,000 almshouses – the oldest form of social housing – is boosted by as much as two and a half years.

Given that residents typically move into almshouses in their early 70s, this is equivalent to an extra 15% of future life.

Almshouses, a charitable form of self-sufficient, low-cost community housing held in trust for local people in housing need. They are managed and run by almshouse charities made up of local volunteers.



Residents pay rent, usually called a maintenance contribution, which is often less than the average rent in local properties rented from a council, housing association or private landlord.

It was a remarkable outcome, said Rickayzen, equating to a 73-year-old man receiving a longevity boost of 2.4 years – an extra 15% of future



Exeter Homes Trust is a member of the Almshouse Association, which is a support charity representing over 1,600 independent Almshouse Charities across the UK

www.almshouses.org



“

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lifetime – compared with his peers from the same socioeconomic group, and 0.7 years when compared with an average 73-year-old from the general population.

“It is well known that the lower a person’s socioeconomic status, the lower their life expectancy. But our research has found that this doesn’t have to be the case,” he said. “We found that residents can expect to live as long as wealthier members of the general population despite coming from the most deprived quintile.”

Rickayzen said the study, which was sponsored by the Dunhill Medical Trust and the Justham Trust, and supported by the Almshouse Association, proved that this ancient form of housing still addressed the evolving needs of older people living in modern-day society.

Almshouses usually encourage residents to take part in social activities and have responsibilities for fellow residents, increasing their sense of belonging,

giving them a greater sense of purpose and reducing isolation.

“This is an opportunity to improve the government’s levelling up agenda by incorporating the best features of communal living into their social housing policy,” she said. “It is important that levelling up should aim to combat health inequalities experienced by people from lower socioeconomic groups across the country.”

Nick Phillips, the chief executive of the Almshouse Association, said the findings could be replicated across all sections of society currently experiencing housing crises.

“The almshouse model is perfect not just for poorer, older people but young families, young people struggling to afford their first home and refugees,” he said. “It’s the housing model of the past but perfectly adaptable to the housing crises of not just today but the future too. We just need philanthropists to set up more of them.”

Complete an online fire safety check

DSFR's website have shared a simple online check of your home to help you be safer from the risk of fire. The check will take around 15 minutes:
www.dsfire.gov.uk/safety/home/online-home-safety-check

To get the best advice from completing this online home fire safety check we recommend that you answer all the questions as honestly as possible.

If you don't have internet access or you'd prefer to phone us, you can call us on **0800 05 02 999**.

If you're vulnerable or need more help, we can come and visit your home to have a look around – this online check will start this process.

Did you know?

There are around 35,000 house fires and over 300 fire related deaths in Great Britain each year. By following our tips and advice you can reduce the risk of a fire in your home.

GRENDON ROAD ALMSHOUSES

Provided by Exeter Homes Trust

Compassion, Companionship and Community



MAY 2023: The remodelling works at Grendon Road are progressing on schedule



Annual Residents Meeting

We have booked the Exeter Guildhall from **14:00 hours to 15:30 hours** on **Thursday 14th September 2023** for the Annual Residents Meeting (ARM). This is your opportunity to let Exeter Homes Trust know what you would wish to see on the Agenda at the ARM.

Residents are always afforded plentiful and timeous notice of the ARM. Giving people the chance to shape decisions affecting their Almshouses is a great idea. But can you have too much of a good thing?

Exeter Homes Trust's residents consult / interface as part of an ongoing process, by phone, letter, email, personal visits to 6SW and 24-hour emergency service, as well personal contact with colleagues visiting the estates and in the City. In fact, the case

can be made that non-attendance of the ARM is good, signifying contentment, satisfaction. Coupled with residents working and having other outside pursuits to occupy their time.

Some suggestions:

- The Architect for Grendon Road Remodelling to speak about this investment in Almshouses for the 21st Century
- A speaker on the history of Exeter
- Representative from KS Engineering Ltd who provide 24/7/365 out of hours phone cover and mechanical & electrical services
- Trevor Perkins, Emeritus Chaplain, giving a talk

IMPORTANT NOTE

As a Resident of Exeter Homes Trust, if you encounter an emergency situation or what you perceive to be an unlawful incident in or around your home or Almshouse estate, please phone 999 in the first instance.

The Exeter Homes Trust phone number 01392 421162 is switched through automatically to KS Engineering Ltd (EHT's mechanical & electrical services contractor) between 17:00 hours and 09:00 hours and weekends and bank holidays. This arrangement has been in place since Autumn 2014. This service was available throughout the COVID-19 Emergency and is a valuable resource for residents.

Exeter Homes Trust does not provide support or extra care services.



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