

AUGUST ISSUE 2026

Adlington Life

Discover why the best things about summer can be enjoyed all year round.



**Why does summer
make us feel
happier?**

**The happiest
winters often begin
in the summer**

**The joy of
outdoor living**



Welcome

Every year we look forward to summer but perhaps the best things about it have less to do with the weather.

This month we explore why the season makes us feel happier, consider why friendships are so important to our well-being, and celebrate the role that great food, beautiful outdoor spaces and shared experiences play in creating communities where people genuinely enjoy spending time together.

I hope this issue encourages that the 'warm weather feeling' doesn't have to disappear when the nights begin to draw in. After all, perhaps summer isn't just a season, maybe it's a way of living.

Ed

Dr Ed Gladman
Chief Executive Officer



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August



01 Yorkshire Day (UK)

04 Anniversary of the outbreak of World War I (Britain declared war on Germany in 1914)

08 International Cat Day

19 World Photography Day

23 International Day for the Remembrance of the Slave Trade and its Abolition

26 International Dog Day

31 Summer Bank Holiday (England, Wales and Northern Ireland)

QUIZ!

Join us for an event near you

Turn to the back page to discover the events we are hosting.

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Summer naturally brightens our mood, making daily life feel lighter.

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There's something special about spending time outside.

01 Which famous English king signed the Magna Carta in 1215?

02 What is the only planet in our Solar System that rotates on its side?

03 Who wrote Far from the Madding Crowd?

04 What is the scientific name for the study of fungi?

05 What birthstone is associated with August?

06 Which flower is traditionally associated with the month of August?

07 Which element has the chemical symbol Ag?

08 Which herb gives pesto its distinctive flavour?

09 Which artist painted The Hay Wain?

10 Which mountain range separates Europe from Asia in Russia?

ANSWERS ON PAGE 11



Why does summer make us feel happier?

We all notice how life seems just a little brighter in summer.

The alarm clock feels less unwelcome, gardens are filled with colour, neighbours stop for a chat, and somehow even everyday tasks feel a little lighter. While we might put it down to good weather, scientists have discovered there's rather more to it than that.

One of the biggest influences is daylight. During the summer months, longer days mean our bodies are exposed to more natural light, helping to regulate our internal body clock and encouraging the production of serotonin, often referred to as our "feel-good" chemical. At the same time, spending time outdoors helps us produce vitamin D, which plays an important role in supporting mood, bone health and our immune system.

Then there's the simple fact that we're more inclined to get outside. Whether it's tending the garden, strolling through a local park, meeting friends for lunch or simply

enjoying a cup of tea on the patio, we naturally become more active during the warmer months. Even gentle movement has been shown to reduce stress, improve sleep and boost overall well-being.

Summer also encourages us to connect with one another. Family gatherings, village fêtes, barbecues, sporting events and holidays all create opportunities to laugh, share stories and spend time with people we enjoy. Research consistently shows that strong social connections are one of the biggest contributors to happiness and healthy ageing, often having just as much impact on our well-being as regular exercise or a balanced diet.

Perhaps that's why so many of us associate summer with feeling happier. It isn't simply the sunshine. It's the conversations over coffee, the shared meals, discovering somewhere new, hearing birdsong through an open window, and having the freedom

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to spend time doing things that make us smile.

The lovely thing is that many of these experiences don't actually depend on the season.

Friendship doesn't disappear when autumn arrives. Good food tastes just as good in January as it does in July. A warm conversation over coffee can brighten the darkest winter afternoon, while trying a new hobby or sharing a laugh with friends is something to enjoy all year round.

For many homeowners, that's one of the unexpected pleasures of retirement community living. The things we often love most about summer, companionship, activity, delicious food and a sense of belonging, become part of everyday life rather than something to be enjoyed for just a few short months each year.

Because perhaps summer isn't really about the weather at all. Perhaps it's about how life feels.



THE BEAUTY OF BEING OUT AND ABOUT

There's something wonderfully restorative about going for a walk. It doesn't have to be a long hike across the countryside or a brisk march with a fitness tracker in hand. Sometimes, the greatest pleasure comes from simply stepping outside, taking a slower pace and noticing the changing world around us.

EACH SEASON HAS ITS OWN CHARACTER.

Spring arrives almost quietly, with snowdrops giving way to daffodils, blossom appearing on trees and birds filling the morning air with song. It's a season of optimism, where gardens seem to awaken almost overnight and every walk brings something new to discover.

Summer encourages us to linger a little longer. Roses reach their peak, bees hum between flowerbeds and shady benches become the perfect place to stop for a conversation or simply enjoy the warmth of the sun. Longer evenings invite unhurried strolls, while the scent of freshly cut grass or lavender drifting on the breeze has a remarkable way of lifting the spirits.

Autumn Then comes autumn, perhaps nature's greatest display. Trees transform into rich shades of amber, copper and crimson, while crisp mornings and golden sunshine create some of the most beautiful walking days of the year. Even the simple pleasure of hearing leaves crunch beneath your feet has a way of bringing back fond memories.

Winter has its own quiet magic. Frost sparkles on lawns, bare branches reveal shapes hidden during summer and the low winter sun casts long shadows across the landscape. Wrapped up warmly, a gentle morning walk can feel wonderfully invigorating before returning home to a comforting cup of tea.

Scientists have long recognised that spending time outdoors benefits both body and mind. Regular walking supports heart health, helps maintain balance and mobility, improves sleep and can even reduce stress and anxiety. Simply being surrounded by greenery has been shown to lower blood pressure and encourage a greater sense of calm.

Perhaps that's why many of us feel happier after spending time outside, even if it's only for a few minutes.

JOY WAITING TO BE DISCOVERED

One of the unexpected pleasures of retirement living is being able to enjoy these seasonal moments without the responsibility of maintaining them yourself.



"When we walk the dogs around the gardens, we like to sit in the corner area in the sunshine, where the raised beds are. It's a little suntrap down there and they just lie down and go to sleep." Ann & Harry, homeowners

Beautifully landscaped gardens, well-kept pathways and peaceful outdoor spaces provide the perfect setting for a leisurely stroll, meeting neighbours or simply finding a quiet bench to enjoy the changing seasons. There are flower borders to admire, trees that transform throughout the year and safe, accessible paths that can be enjoyed whatever the weather.

It's all the pleasure of being outdoors, without worrying about mowing lawns, sweeping leaves, repairing fences or tending large flowerbeds. Instead of spending weekends maintaining a garden, you can simply enjoy it.

Maybe the greatest luxury isn't always having more to look after, perhaps, it's having more time to stop, take a deep breath and appreciate the beauty that's already around you.



A Taste of SUMMER

THAT LASTS ALL YEAR

Summer has a way of awakening our appetite.

Perhaps it's the arrival of juicy strawberries, freshly picked tomatoes still warm from the sun, fragrant basil growing in pots or the unmistakable aroma of sizzling on the barbecue. Food somehow feels lighter, brighter and more sociable during the warmer months.

But while the ingredients may change with the seasons, the pleasure of sharing good food with good company never goes out of fashion.

Across Britain, every season brings its own culinary highlights. Summer offers asparagus, raspberries and sweet peas, while autumn welcomes apples, squash and game. Winter brings hearty casseroles and comforting soups before spring returns with tender lamb, rhubarb and the first fresh greens of the year. Every month offers something to savour.

At Adlington, our chef-hosted restaurants embrace that seasonal rhythm. Menus change daily, making the most of fresh ingredients while offering homeowners plenty of variety throughout the week. Familiar favourites sit comfortably alongside dishes inspired by flavours from around the world, providing opportunities to try something new while always ensuring there's something to suit every taste.

AS ONE OF OUR CHEFS, LINDA, EXPLAINS:

"Planning a menu is about far more than choosing individual dishes. We think about balance, variety and seasonality, creating meals that people genuinely look forward to enjoying. Great food brings people together, and that's just as important as the ingredients themselves."

The restaurants are often described as the heart of the community. It's where neighbours become friends over lunch, families gather to celebrate birthdays, themed dining evenings transport diners to different parts of the world, and conversations continue long after dessert has been served.

Because while summer may inspire us to enjoy wonderful food, laughter and long conversations around the table, those moments don't have to end when the nights begin to draw in.

After all, the best meals are rarely remembered simply for what was on the plate. They're remembered for the people we shared them with.



Chef Linda

Example menu at Radford House

LUNCH

LASAGNE AL FORNO

Traditional Italian favourite with garlic bread and a dressed mixed salad

DEVON FISH PIE

Salmon and smoked haddock in a mornay sauce with cheese and a mashed potato top served with buttered greens

PLOUGHMAN'S LUNCH (GF AVAILABLE)

Cheddar, homemade sausage roll, crunchy baguette, pickles, ham and coleslaw

TRADITIONAL GREEK SALAD

Cos lettuce with feta, tomatoes and cucumber, mint leaves, red onion and green peppers

HOISIN ROAST DUCK

With cucumber, spring onion, rice paper wraps and soy and ginger noodles

SWEETS

Please ask for our selection of daily desserts

The happiest winters often begin in the summer

There's something about summer that naturally brings people together.

Longer days encourage us to linger outdoors and diaries quickly fill with barbecues, holidays and afternoons spent enjoying each other's company. Being sociable almost happens without thinking.

Then, almost unnoticed, the seasons begin to change.

The evenings draw in, the weather becomes less inviting and opportunities to meet friends can become fewer. It's no surprise that many people find winter the loneliest time of the year.

In fact, research consistently shows that staying socially connected plays an important

role in supporting both physical and mental well-being. Regular conversations, shared meals and meaningful friendships have all been linked to greater confidence, improved happiness and even better long-term health.

The good news is that staying connected doesn't have to depend on the weather.

One of the greatest benefits homeowners often tell us about is knowing that company is never far away. Whether it's meeting friends for coffee, enjoying lunch in the restaurant, joining an activity, attending a talk or simply stopping for a conversation on the way home, opportunities to connect become part of everyday life throughout every season.

"You walk out of your private apartment, and you'll find within seconds, somebody to chat to and there's nothing better than that is there? Just having a good old gossip!"

Joan, homeowner

Many homeowners tell us that one of the biggest surprises wasn't simply moving to a beautiful apartment, but discovering a stronger sense of belonging.

Of course, making a move doesn't happen overnight, and nor should it.

The best moves are usually well planned, giving you time to explore your options, ask questions and make decisions at your own pace. That's why many people begin thinking about retirement living during the summer, knowing they'll be settled and enjoying their new lifestyle before winter arrives.

The simple steps to getting started

01

Book a tour to visit a community

Experience retirement living first-hand over coffee or lunch.



02

Ask any questions

There's no such thing as a silly question. We're here to help explore whether retirement living is right for you.



03

Explore your moving options

Think about the type of apartment that would best suit you and how much you think you will need to sell your current home for.



04

Look forward to your next chapter

With a welcoming community, beautiful surroundings and a dedicated team on hand, you'll be ready to enjoy everything every season has to offer.

After all, summer may be a season, but friendship, belonging and feeling at home can be enjoyed all year round.





Meet the team: Elvira

When Duty Manager Elvira decided to share a taste of Ukrainian culture with homeowners at Riverside Gardens, she brought together traditional food, clothing, embroidery, music and stories from her home country.

For Elvira, it was also the latest chapter in a story that has taken her from a successful career in law in Ukraine to building a new life in Yorkshire with her teenage son, Serhii.

Building a new life

Elvira was born in the Lviv region of western Ukraine, close to the Polish border, before moving to the south of the country when she was ten. She grew up near Odesa, on the Black Sea, where she later studied at a law academy and went on to build a career spanning more than 15 years.

Her work took her into different areas of law and over the years, she progressed through her career and took on increasing levels of responsibility.

In May 2022, Elvira and Serhii moved to the UK through the Homes for

Ukraine scheme, joining a host family in Bingley, West Yorkshire.

"They were very, very nice people," Elvira says. "They wanted to help other people and they invited us to live with them. They helped us, but they also said that we made their lives different because we showed them another way of living."

It was also the first time Elvira found herself sharing Ukrainian culture with people in the UK.

"Their families would visit and they would ask us questions about Ukraine, our traditions, our food, our language and our history. We would talk and talk about all the different things."

Starting again

Arriving in a new country meant rebuilding a career that Elvira had spent more than 15 years developing.

"The only problem was the language," she says. "I still had all my other skills, but because of the language I couldn't find the same kind of job."

Elvira says working with people was one of the best ways to improve her English.

"The homeowners wanted to help me," she says. "They would speak slowly and repeat things if I didn't understand. That really helped."

As her confidence grew, Elvira progressed into supervisory work in hospitality. Then, several years after they had

first worked together, her path crossed with Gillian's again when she applied for the role of Duty Manager at Riverside Gardens.

Service with a smile

Elvira has now been part of the Riverside Gardens team for around eight months and says the variety of her role is one of the things she enjoys most.

"When Gillian isn't here, I have to manage everything," she explains. "I work with the sales team, the restaurant and the homeowners. This is their home, so it is important that there is somebody who can help with anything they need."

"Everyone in the team has different skills," she says. "Somebody might be good with technology and help with laptops or phones. Somebody else might run a book club."

One of Elvira's most personal contributions to life at Riverside Gardens came when she organised a special event to introduce homeowners to Ukrainian culture.

June is an important month in Ukraine, including celebrations linked to the country's constitution and independence, and Elvira felt it was the perfect time to share some of her heritage.

The result was a colourful celebration featuring Ukrainian food, traditional clothing and embroidery, music and stories.

Food played a central role.

"We have very similar vegetables and ingredients in the UK and Ukraine, but very different ways of cooking them. I wanted to show how the same vegetables or meat can become a completely different dish."

Among the foods she shared was traditional Ukrainian honey cake, which proved particularly popular.

She also introduced homeowners to salo, a traditional Ukrainian food made from cured pork fat, and to the custom of welcoming important guests with bread and salt.

Traditional Ukrainian clothing and embroidery provided another opportunity to explore the country's rich cultural heritage.

"Every region has different patterns and different meanings," Elvira says. "There might be flowers, but they are special flowers with a meaning, or there might be different colours. Ukraine has many different neighbouring countries, and every region has its own history and its own traditions."

The event sparked plenty of questions and conversations, with some homeowners surprised to discover that traditions they had associated with other countries were Ukrainian.

For Elvira, their curiosity made the event particularly rewarding.



Keeping traditions alive

Ukrainian traditions remain an important part of family life for Elvira and Serhii.

Her favourite celebrations are the ones that bring people together.

During their first year in the UK, finding all the ingredients they needed wasn't always easy, but Elvira was determined to continue the traditions that mattered to them.

She remembers proudly making varenyky, traditional Ukrainian dumplings, for their host family and showing them how they were prepared and served.

Elvira has also built strong connections with other Ukrainians living in the UK. She recently joined five other Ukrainian women to organise a large cultural celebration in Bradford, bringing together around 200 people from different parts of the country for Ukrainian food, music and dancing.

Looking to the future

Elvira's mother and two older sisters remain in Ukraine, and staying connected with family is hugely important to her. Her mother has been able to visit the UK twice, for longer stays with Elvira and Serhii.

For now, Elvira is focused on the life she and her son are continuing to build in Yorkshire.

"I am deeply grateful to the British people I have met, to my host family and to my employers, who have helped me build a life here and welcomed me with understanding."

Four years after arriving in Yorkshire, Elvira has built a new career, new friendships and a community around herself and her son, while keeping the traditions and culture of Ukraine firmly at the heart of family life.

Now, as part of the team at Riverside Gardens, she is bringing her experience, ideas and trademark smile to a role she genuinely enjoys.

THE JOY OF OUTDOOR LIVING

One of the pleasures of summer is having more time to enjoy the outdoors. Whether it's watering a favourite planter, sitting down with a good book or simply watching the world go by, there's something special about spending time outside.

At Riverside Gardens in Knaresborough, homeowners have each found their own way to make the most of their outdoor spaces. From colourful balcony displays to flourishing shared raised beds, every space reflects the personality and interests of the people who use it.



MADELEINE AND ALLAN

When Madeleine and Allan were choosing their apartment, the view was a big attraction to them.

They have a comfortable bench on their balcony surrounded by colourful pots that Madeleine refreshes as the seasons change.

Earlier in the year the display was filled with

tulips and grape hyacinths while plants from the couple's previous garden have found a new home in one of the Riverside Gardens shared raised beds.

Their balcony has become a favourite place for the couple to spend time together having a cup of tea and listening to the birds singing in the early evening. "The cup of tea may well change to a glass of wine as the evenings get warmer and we stay out longer", Madeliene says with a smile, "we'll feel as though we are on holiday".

For homeowners who enjoy gardening, the shared raised beds provide another opportunity to spend time outdoors. Cared for by several homeowners, they're filled with flowers, fruit and vegetables, with neighbours often stopping for a chat, exchanging gardening tips and admiring what's growing.

Wendy and her husband John have each put their own stamp on one area of the shared raised beds. Wendy's section is filled with flowers, including sweet peas and cosmos, while John's is devoted to vegetables, with tomatoes, cucumbers, courgettes and beans all growing through the summer.

Her love of gardening is clear, whether she's tending flowers in the raised beds or sharing simple tips she's picked up over the years, from propagating strawberry plants to growing marigolds alongside vegetables to help

attract insects away from crops.

For Colin and Di, their balcony reflects the life they've built together. Alongside colourful planting, they've displayed sculptures and decorative birds collected during the years they spent living in South Africa, creating a space that's full of memories as well as flowers.



COLIN AND DI'S BALCONY

"We brought a few plants with us from our previous garden," says Colin. "The rest we've gradually added since we've been here."

Several of the decorative birds have even been given the names of family and friends, adding another personal touch to a balcony that's unmistakably their own.

Just along the corridor, Vanda and Ken have created a peaceful retreat overlooking the river. Filled with petunias, lavender, roses, geraniums and a favourite shrub they brought with them when they



VANDA AND KEN

moved, it's somewhere they enjoy sitting with a good book and taking in the view. Their daughter helped create the colourful display, making the balcony feel even more personal.

No two balconies or raised beds at Riverside Gardens are quite the same. Some are filled with flowers, others with treasured keepsakes collected over many years. Some provide the opportunity to continue a much-loved hobby, while others offer a peaceful place to relax and enjoy the sunshine.

Whether it's growing vegetables, filling pots with favourite flowers or simply taking a few quiet moments outdoors, everyone enjoys these spaces in their own way. It's a picture that's reflected across Adlington Retirement Living communities, where thoughtfully designed outdoor spaces give homeowners the opportunity to relax, enjoy favourite hobbies and make the most of every season.



PLANT NOW, ENJOY LATER

August is an excellent month to keep your garden productive, even as summer begins to wind down. While the weather is often warm and dry, it's still the perfect time to sow a variety of vegetables, flowers and shrubs that will provide colour and harvests well into autumn and beyond.

Fast-growing crops such as spinach, lettuce, chard and oriental leaves can be sown now for fresh autumn salads, while hardy vegetables like winter cabbage and garlic can be planted to establish before colder weather arrives. Keep newly sown seeds well watered during dry spells to encourage successful germination.

For flower beds, August is the ideal time to sow hardy annuals and biennials that will reward you with early blooms next spring and summer. Calendula, cornflowers and forget-me-nots are reliable choices that also attract pollinators and add vibrant colour to borders. Autumn-flowering bulbs can also be planted to extend seasonal interest.

If you're looking to refresh your garden instantly, consider planting shrubs such as hibiscus, caryopteris or abelia, which provide long-lasting flowers and valuable nectar for bees. Water newly planted shrubs regularly until established, particularly during hot weather.

With a little planning and consistent watering, August planting helps ensure your garden remains colourful, productive and full of life well into the seasons ahead.



QUIZ ANSWERS - 01 King John | **02** Uranus | **03** Thomas Hardy
04 Mycology | **05** Peridot | **06** Gladiolus (or Poppy, depending on the tradition) | **07** Silver | **08** Basil
09 John Constable | **10** The Ural Mountains



Join us for Coffee and Cake

Drop by for our monthly coffee and cake events, or call to arrange a private visit at any of our locations.

Call us to find out more



Find a home

One, two and three-bedroom retirement living apartments for sale from £199,950 to £894,950*. Plus, we can make your move even more rewarding if you choose to part exchange your current home^.



The Sidings, Lytham

Final few remaining

01524 917888



The Spindles, Menston, near Ilkley

60% sold

01943 660530



The Newells, Kempston

Full tours available

01234 988200



Broadleaf House, Wyld Green

Full tours available

0121 817 8680



Brookfields House, Newcastle-under-Lyme

Full tours available

01782 958850



Radford House, Exeter

Full tours available

01392 341515



Artist's impression

Riverside Gardens, Knaresborough

Full tours available

01423 222478



Get in touch

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†One Gift Card per household, for first time tours only. Gift Card will be sent to home address within 14 days of tour.

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