



## Time to mind how you go...

**A**s we mature, we know that to keep our bodies healthy we must exercise and to keep our insides healthy, we must eat well. But, as retirement approaches, how do we ensure our brain stays healthy?

The simple answer is use it – or face losing it, says Dr Thomas Stuttaford, medical correspondent for The Times. “Brains, like muscles and joints, need exercise and care,” he explains.

Research cited by Dr Stuttaford shows the single most important measure for keeping the brain in good order is an active social life. It is even better if this involves activities using the intellect, whether bridge, chess, or a crossword.

Residents of Audley Court, who have two developments in Kent, have cottoned on to this. In a survey, the developer of luxury retirement developments found over 80 per cent of its residents would like the chance to attend serious academic lectures.

Other suggestions for events included theatre and concert outings, visits to National Trust and English Heritage properties, chess

lessons, computer tuition and art classes.

Nick Sanderson, managing director of Audley Court, said: “It seems that our grey generation are embracing their grey matter – after all, you’re never too old to learn!

“At Audley Court we recognise that, just because our residents are retired, they still require intellectual stimulation and the option of a busy social life. At all of our developments we have a busy schedule of events which residents can choose to participate in.”

The homeowner’s questionnaire was introduced by Audley Court to ensure the everyday needs of its residents are being met. As a result of the latest findings, the developer intends to introduce frequent academic lectures.

Audley Court currently has three active developments, Hollins Hall in Harrogate, Flete House in Devon and Willicombe House in Tunbridge Wells. It has also recently acquired sites in Ilkley, Yorkshire, Inglewood in Kintbury, Berkshire, Langlebury in Kings Langley, St Mary’s School in Wantage, St Elphin’s School in Matlock and Mote House in Maidstone.

For further information on current or forthcoming developments contact Audley Court on 01784 457615 or visit [www.audleycourt.co.uk](http://www.audleycourt.co.uk)



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**Media**  
**Thanet Extra**

**Date:** 07/04/2006  
**Type:** General Consumer  
**Frequency:** 52/Per year  
**Circulation:** 55873 (VFD)  
**MediaDisk Ref:** U72B-1763.190  
**Page:** H46

**Order**  
203850001  
**Swan Hill/27/28**

**JBA3 14 4012**

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**125 29-5**

