

Neighbourhood *news*

Our latest news and favourite moments



Charingfield
AGED CARE COMMUNITY

April 2026

From the
Manager



Laxmi Bhandari

*Welcome to this edition
of Neighbourhood News.*

Here at Charingfield, it's our privilege to care for residents who call our community home and to support them to find happiness, meaning and fulfilment.

We strive to enable residents to feel at home, maintain ties to their local community and continue to enjoy the interests that are important to them. Our meaningful Lifestyle program includes individual and group activities that support purpose, preserve independence and encourage social interaction.

We also encourage residents to continue to contribute to their household with light activities like setting the table, if they choose.

In this edition, you can read more on our Lifestyle program and our wonderful team who creates it.

As we continue with the upgrades to our driveway, I'd like to thank you all for your patience and understanding.

Enjoy!



Reflecting, remembering and *reconnecting*

Residents recently enjoyed a memorable outing to the ANZAC Memorial in Hyde Park where they spent the morning reconnecting with each other and the past.

Supported by Conrad, a guide whose deep knowledge brought the history behind the memorial to life, residents explored the striking architecture and displays. They visited the *Flame of Remembrance*, the sculpture *Sacrifice*, and the peaceful *Pool of Reflection* while learning more about the service and sacrifice of men and women who served our country.

For some, the visit stirred personal memories. "It was a great experience coming back to the Memorial," said Dawn. "It brought back so many memories from when I was a Major in the Women's Royal Australian Army Corps".

The outing wrapped up with a relaxing afternoon tea and a shared sense of connection as the group reflected on what they'd seen.

Manager, Laxmi, says Charingfield's location is ideal for exploring some of Sydney's famous landmarks. "We've no shortage of interesting places to visit and are always planning outings that help maintain connection to the people and places the residents love," she says.

Annual Leadership Retreat *building a stronger future*

Managers from Apollo Care's alliance of communities came together for two days to reflect on our journey so far, and plan for the future.

With the new Aged Care Act now in place, it was an opportune time to share learnings and insights on how we are continuing to meet and exceed the Strengthened Aged Care Quality Standards. Key topics of the retreat focussed on how each community is improving resident care and wellbeing services, as well as building staff engagement through a positive culture.

Apollo Care CEO, Stephen Becsi, said the event "was a special time to celebrate the past six years and discuss how we are working hard to support residents and clients to live their best lives".

Laxmi Bhandari, Charingfield's Manager, said attending the retreat was immensely positive. "It was a great opportunity to connect with, and learn from, other leaders across our alliance. I'm excited to introduce some learnings and practical strategies with my team to enable us to further improve the way we care for residents."



A hands-on learning experience



There is always something fascinating to learn in Hayden's gardening sessions and his recent talk on bromeliads was no exception.

We explored the interesting world of bromeliads, their vast geographical range and the diverse conditions they grow in. Hayden is passionate about plants and loves nothing more than sharing his knowledge.

Inspired by the talk, soon the residents were crafting their own special plant stands for the smallest of the bromeliads, the Tillandsia (air plant). These special plants require no soil or watering, absorbing all their moisture from the air.

The day was a hit, with many residents now proudly displaying their creations in their rooms or the lounge. "That was fascinating!" said one resident. "I didn't realise there were so many varieties," agreed another.

Feedback



Feedback from residents and families is important to us so we can make positive changes.

We also love hearing when we are doing something well.

To provide feedback, you can:

1. Tell us in person
2. Fill out a feedback form (located in each lounge room), and place in the mailbox outside the Manager's office, or hand it to a staff member
3. Email Apollo Care's Chief Governance Officer at feedback@apollocare.com.au

"Thank you for the caring and compassionate way you're supporting our loved ones. We're so appreciative of the comfort, reassurance and kindness, not only shown to them, but also to family members."

Family of resident



A colourful, cultural journey through Asia

Charingfield residents love an opportunity to explore and our recent visit to the Art Gallery of NSW did not disappoint.

The *Asian Lantern – Elemental Exhibition* was an explosion of colour and culture with the stunning artworks from Indonesia, Mongolia, Japan and Iran investigating the natural elements of earth, water and fire and the connections between them.

Residents loved the opportunity to visit the exhibition, particularly enjoying the chance to interact and discuss the artworks with the gallery staff, learning about the diverse cultures featured.

Resident, Beverley, enjoyed the day immensely. “I enjoyed talking to the staff and sharing opinions on some of the artworks,” she said. “It was a wonderful cultural outing and very interesting.”



Three things I love

The three things Margaret loves about living at Charingfield and the variety of activities on offer:

1. Cycling with the Cycling Without Age volunteers – I love the outdoors and feeling the wind in my hair.
2. Music and the sing-along sessions – I know most of the songs; they remind me of when I was younger.
3. The concerts we go to, especially the ones at Bondi Pavilion - I love going to places that are familiar.



Family always welcome

We love helping residents stay connected to their loved ones.

Resident Ruth was delighted to enjoy Happy Hour with her daughter Sarah. “Spending time with my family makes me feel so happy,” she said.



Staff profile



Meet the team bringing purpose and possibility to every day

Our Lifestyle team is dedicated to ensuring residents continue to live with meaning and connection.

“The Lifestyle Program is thoughtfully designed with lots of input from residents,” says Bianca, Lifestyle Co-ordinator. “We try to incorporate meaningful activities that enhance the physical, mental, emotional and spiritual wellbeing of residents in a way that is inclusive.”

Nadia, Lifestyle Officer, adds, “Our balanced program considers the wide range of interests, backgrounds and requests from residents or families. We’re always receptive to exploring new opportunities too.”

Marianne, Apollo Care’s National Lifestyle Co-ordinator, says the approach is deeply personal.

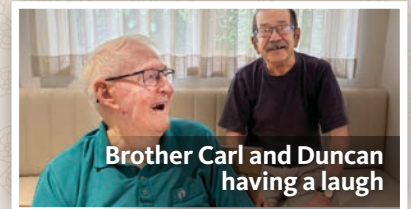
“Every person has a story that deserves to be known and honoured. It’s about understanding their journey and helping them continue to shape it. Our teams intentionally design programs that support reablement, wellbeing and meaningful engagement. Each experience is carefully planned to maintain skills, build confidence and encourage independence. Through thoughtful adaptations and inclusive practices, we ensure residents can participate in activities that feel empowering and meaningful so they can thrive!”

Marianne runs a forum that brings together Lifestyle Leads from all 14 Apollo Care communities to share fresh ideas and explore solutions. This teamwork ensures programs remain innovative and aligned with best practice in aged care engagement.

Favourite moments



A stroll along Coogee Beach



Brother Carl and Duncan having a laugh



Enjoying the fresh air and a cycle through the park



Fun for St Patrick’s Day



Great seats for the Bondi Pavilion concert



Macarons and coffee at the beach



Meeting some friendly police officers at NSW Seniors Week

