



Welcome to our first issue of **Thrive**

We're excited to share this launch issue of *Thrive* with you. In this issue, some of our residents talk about their experiences of making the move to retirement living and what it's like living in our thriving communities they now call home; we introduce you to our villages, and give you some tips on looking after your wellbeing.

The team at Wesley Retirement Living believe that a thriving life begins with community. After all, there's nothing quite like being around caring, friendly people who enjoy having a chat, and are always looking out for each other.

If you want to enjoy the benefits of living in a supported community, now is a great time to consider making the move to connect with others in a similar season of life... people like Dorothy.

Dorothy is an incredibly vibrant woman who moved into Frank Vickery Village Sylvania three years ago. Every time I see Dorothy, she has the biggest smile on her face. In fact, Dorothy has loved being part of the community so much, she's recommended her best friend to also make the move in to a Wesley Retirement Village.

If you haven't already had the chance, we'd welcome the opportunity for you to visit one of our thriving communities so you can take a look for yourself. Choosing the community that's right for you is an important decision, and we're here to provide you with all the information you need as you consider your next move and chapter in life.

We hope you enjoying reading your copy of *Thrive*, and we look forward to welcoming you soon at one of our three villages located across Sydney!

Best regards

Chris Wilson

Sales and Guest Relations Manager



Sharing the joy of a new home

Happily married for 59 years, Warwick and Robin felt it was the perfect time to move into retirement living as the best option for their health and wellbeing.

Since Robin's accident, they both worried they wouldn't have the care they needed if they lived on their own.

"It makes you realise that, physically, you can't do all the things you did before, and you've got to be a bit sensible," Warwick says.

Close to family, a retirement village in their area was an excellent choice for the Carlingford-based couple. They looked at a few options to see which would suit them best – but it wasn't until they found Alan Walker Village Carlingford that they finally felt at home.

The moment they moved in, Warwick and Robin fell in love with their new place. They found everything they were looking for – from the leafy landscapes, wide-open spaces and modern amenities.

"It's a two-bedroom unit and it is really very spacious, but I haven't got the

housework to do that I had before, and that's made a big difference," Warwick shares.

The couple says they can rest easy knowing there's always help on hand, should they need it.

"We've only got to press the call button and help will come," Warwick adds.

They're happy they found a home that suits their retirement lifestyle where they can stay connected and make new friends.

Warwick says, "We feel secure, and our family realises that we're also well-cared for."

For many people, home isn't just a place where we live. It can also mean warmth and security. And Warwick and Robin are so grateful they found that in Alan Walker Village.

[Contact us](#)

wesleymission.org.au

1800 931 107

Units available now

Across our three Sydney villages in Carlingford, Sylvania and Narrabeen, you'll find safe and supportive communities of like-minded retirees. Our contemporary one-, two- and three-bedroom low-rise units are set within a beautifully landscaped village environment close to public transport and shops.

With onsite support available should you or your loved one need it, and a variety of activities and amenities, you'll discover a sense of belonging in a supportive and vibrant community at Wesley Retirement Living.



Alan Walker Village

Carlingford

units from \$374,000



Nestled in five acres of beautifully maintained gardens, Alan Walker Village is a tranquil oasis in the heart of bustling Carlingford, in Sydney's north-west. A supportive and connected community, our village features 215 one-, two- and three-bedroom low-rise, modern units, all tastefully appointed and each with its own private balcony or alfresco area. Conveniently located next door to Wesley Rayward Carlingford residential aged care home, you have the peace of mind knowing care and support is available should you or your loved one need it.

Contact us to book your private tour today. **1800 931 107**

Frank Vickery Village

Sylvania

units from \$460,000



Situated on over 14 acres of picturesque gardens in the Sutherland Shire, Frank Vickery Village is just a short distance to Westfield Miranda, local restaurants and Cronulla Beach. Featuring 200 recently renovated one- and two-bedroom low-rise units, each includes a modern kitchen, bathroom and laundry space. Conveniently located next door to Wesley Vickery Sylvania residential aged care home, you can have the peace of mind knowing care and support is available if needed.

Please note residents may need to pay a departure fee when they leave the village. Entry into our residential aged care homes are subject to availability and government requirements.

Wesley Taylor Village

Narrabeen

units from \$520,000



With Narrabeen Beach and Lagoon on your doorstep, Wesley Taylor Village epitomises Sydney Northern Beaches living. This boutique complex features 24 one- and two-bedroom low-rise units, each with a modern kitchen, bathroom, laundry and courtyard or balcony, plus with Wesley Taylor Narrabeen residential aged care home next door, you can have the peace of mind knowing care and support is available should you or your loved one need it.

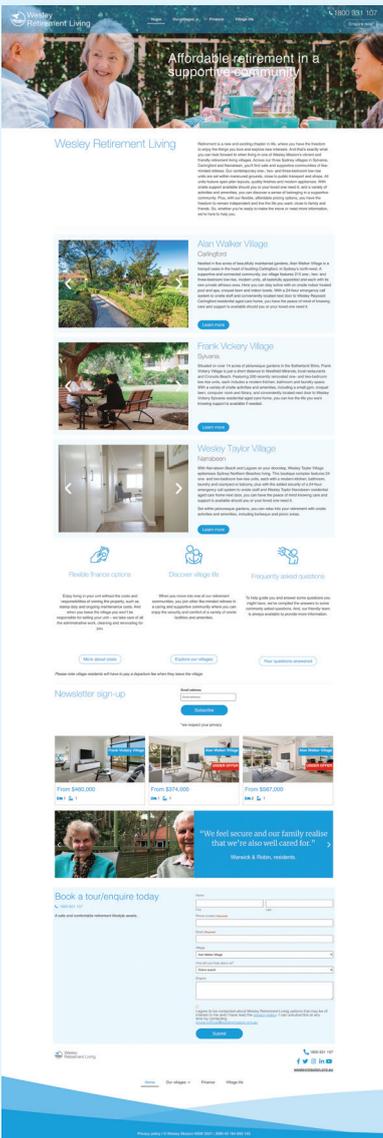
Our new website is now live

We've launched our new Wesley Retirement Living website, and we'd love for you to take a look.

It comes with many new features to make it easier to find the right home for you. Located in three stunning locations across greater Sydney, our retirement villages have everything you need to enjoy affordable retirement in a supportive community.

If you're considering retirement living, you've come to the right place for information. Feel free to share your thoughts or feedback on our new website.

Visit wesleyretirementliving.org.au



Serving from the heart

Village Manager, Adam Alan Walker Village

Adam loves nothing more than engaging with people and helping them feel right at home.

As Village Manager at Alan Walker Village Carlingford, Adam can be seen checking in on residents, training staff and getting people involved in activities around the village.

“We’re here to make sure we can do the best for the residents. I’m here to make sure their home is as good as it can be,” Adam says.

At the village for four years now, before making the move to Alan Walker Village, Adam previously worked in different roles at Wesley Mission for the past 15 years including quality risk and compliance positions. These experiences have taught him the importance of providing a safe environment for the residents.

“The comments that I get from family members is that they’re glad their parents are at the village,” he shares. “They know that they’re safe because there’s someone here 24 hours to help.”

Adam brings a wealth of experience working in the retirement living sector, but he hasn’t seen anything quite like Wesley Mission villages.

“It’s got a real community [feel] to it. The residents really look out for each other. And that allows the residents

to feel part of a community and just enjoy being [at the village].”

Throughout the COVID-19 pandemic, Adam’s team also made sure they were able to meet all the residents’ needs and manage the situation that balanced their safety and wellbeing.

“We had to adapt really quickly around COVID-19 and our staff [would] call around 20 residents each night just to check in and say hello.”

Relishing his job at Alan Walker Village, Adam’s excited to have their doors open again so residents can keep active and connected with their loved ones.

“I love to see the village open again and see residents having barbecues with their grandkids coming in to use the pool. Things like that bring joy back to the village.”

With units, each with their own private balcony or alfresco area, enjoying sweeping views of beautiful landscapes, the exciting village life and the supportive community, Adam believes residents at Alan Walker Village are in the perfect spot to enjoy their retirement.

“We’re a nice, open, low-rise village. When I speak to the residents, they love just walking around the gardens here and talking to their fellow residents.”



'tis the season to be uplifted

Christmas can be a difficult time for anyone feeling alone or isolated. If you or someone you know need someone to talk to, our chaplains are available to offer support and prayer. Connect with us online at wesleymission.org.au to speak to one of our chaplains.

As Christmas draws near, we're reminded of the true meaning of hope. Subscribe to our daily Christmas devotional series and be encouraged this season. Sign up today at wesleymission.org.au

Supporting mind and body

As we age, maintaining good mental health is just as important as taking care of our physical health. That's why we offer the support of mental health clinicians like Jason at our villages.

Jason says one of the most important parts of his job is making connections with village residents.

"I like to get out and walk through the village and see people," he says.

"Those connections are really important in letting people know that they're not alone. And asking people how their day is... actually stopping and listening and allowing people to just talk."

Jason found that many older people don't want to be 'a burden', or assume that clinicians 'have more important people to see'. But he tells residents, "Right now, you are the most important person. I'm talking to you."

Our clinicians offer a range of group classes for residents on topics such as physical wellbeing, sleep, effective communication and mindfulness.

Here are some of Jason's top tips for good mental health as we age:

1. Connect with others It's important to maintain social supports through all of life. Whether that's giving your family or friends a call, arranging visits, or getting out to speak with Wesley Mission staff in your village, this all helps lift our mood.

2. Sleep hygiene Going to bed and getting up at the same time each day supports a healthy body clock. Taking small naps during the day can also help, but not for hours at a time.

3. Maintain a healthy diet What we eat affects our minds as well as our bodies, so make sure you opt for nourishing foods. That means plenty of fruit, vegetables and water.

4. Exercise daily It doesn't need to be intense. Just getting out for a walk and some sunlight each day should do the trick.

5. Flexibility Trying to be more flexible in our mental outlook means challenging rigid, black-and-white thinking patterns, and being kind to ourselves rather than self-critical.

Improving your mental health can help with conditions such as stress, anxiety, pain, depression, sleep issues and high blood pressure.

If you're worried about your own or someone else's mental health, speak to your GP.

We'd love to hear from you

If you have questions or feedback about anything included in this issue of *Thrive* or if you'd like to make a suggestion for an upcoming issue, reach out to our Wesley Retirement Living team on **1800 931 107** or email retirementliving@wesleymission.org.au



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Wesley Mission
PO Box A5555
Sydney South NSW 1235
PrivacyOfficer@wesleymission.org.au
(02) 9263 5421

CEO and Superintendent: Rev Stu Cameron
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Do all the good you can
because every life matters