

Neighbourhood *news*

Our latest news and favourite moments



VINCENT COURT
AGED CARE COMMUNITY

APRIL 2026

Welcome to this edition of *Neighbourhood News*

From all of us at Vincent Court, we would like to thank Alan Pretty for his three years' dedicated service as Residential Service Manager. We wish Alan all the best for his next chapter.

We are actively recruiting for Alan's replacement, and we look forward to introducing the successful candidate to everyone soon. In the meantime, Care Manager Sheridan Atkin is Acting Residential Services Manager. Sheridan's skills and previous experience at Vincent Court will ensure strong continuity across care and resident wellbeing.

At Vincent Court, we strive to support residents to continue their interests and maintain ties to their community. Our meaningful Lifestyle program includes activities that support purpose, preserve independence and encourage social interaction. In this edition, you can read more on the program and the team who creates it.

Enjoy!



We're ready for adventures in *our bigger bus*

Our upgraded 16-seater bus has arrived and we can't wait to get out and about doing the things we love!

Excitement is building as residents prepare to head out on some new adventures in this upsized bus. The bus will be custom wrapped in our branding to ensure we stand out, and will enable more residents to join in our community visits and sightseeing trips.

Lifestyle Lead, Michelle, says the bus is far more than transport for Vincent Care residents. "It's an important link to the people, places and experiences that keep them connected to the Kempsey community and the beautiful Mid North Coast. We're just under an hour's drive from Port Macquarie and Coffs Harbour and the bus opens up more opportunities to get more residents out and exploring further," she says.

Resident Maureen, summed up the mood perfectly. "It's so nice to be able to get out and about in our lovely region. I want to go to beaches and places I've never been before. And, of course, get back to Burger Urge!"

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”.

Shared stories bridge generations

Stories have become an important connector in a growing friendship between residents and year 11 students from St Paul's College.

Last term, the students spent time with residents, asking them questions with the intention of writing their biographies. But the conversations developed further. The lounge filled with lively chatter as residents shared snippets of their life, and the two generations compared stories of growing up in different times.

During their final visit, the students served tea and coffee while they enjoyed a last chat and a card game. Sister Cabrini, who led the group with a few songs, said it was so nice getting to know the students and building such special friendships.

The exchanges have sparked connections in town too, with residents loving having the students recognise them while out and about. We're all looking forward to the students returning to present their biographies this term!



Feedback



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

We also love hearing when we're 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





A big *day out*

A recent day trip to Port Macquarie delivered a delicious bonus and an extra surprise for residents who love an opportunity to explore.

The residents wandered around the local shops, stocking up on clothing and beauty essentials. Right on lunchtime, resident Des' cravings led the group across the road to Burger Urge where they enjoyed burgers and milkshakes, just like the old days.

After lunch, the group boarded the bus and the adventure continued with a scenic drive home along the beach fronts, with residents taking in the beautiful coastal views.

Resident Warwick remarked that the drive along the coast was a highlight. Jane agreed, "It was a big day, but the best day!"



The three things Jane loves to do in the community:

- 1. Being supported to keep connections with my loved ones** – I'm so grateful I'm able to spend time going out to dinner with them or watching the football at my son's house.
- 2. The bus outings to the shops** – I love browsing, especially the knick-knack shops.
- 3. The opportunity to stay active** – I enjoy going swimming in the local pool.



Family always *welcome*

At Vincent Court, we love helping residents stay connected to their loved ones.

Resident George loves being around his family and treasures their regular visits, particularly when all the grandchildren come in. "I love playing games with the family or spending time with my son in the garden," he says. "My son also helps me by reaching the plants I can't get to!"



Embracing community spirit and *country entertainment*

The annual Kempsey show is a time-honoured tradition and residents were keen, as always, to join in the fun.

It was a beautiful day as we boarded the bus and headed to the showgrounds. Some residents watched the arena events, while others explored the displays, tasted some delicious fare or browsed the Vincent Court exhibit and the market stalls. We also tried on very stylish Akubra hats.



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.

“Lifestyle activities are so important to resident wellbeing,” says Michelle, Lifestyle Team Leader. “The team works hard to build connections with the residents and get to know their interests. Then the Lifestyle Program is designed with lots of input from residents and relatives. We make sure we include their requests and look for opportunities for them to continue pastimes they enjoy or to try something new. Above all, we always try to keep it inclusive, engaging and fun.”

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.

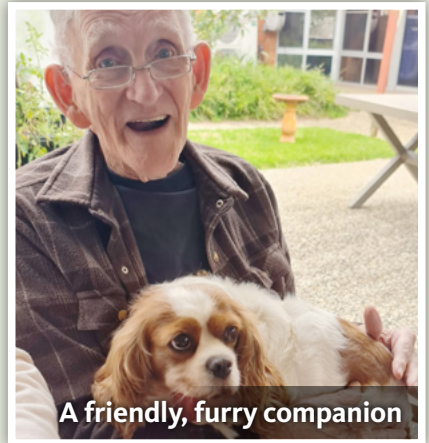
Favourite moments



A busy morning in the garden



On our way to Ash Wednesday service



A friendly, furry companion



Birthday celebrations



Fun with Kempsey High students

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