



# Brighton-Le-Sands

Hospitals | Home Care | Virtual Care | Retirement Living | **Residential Aged Care**



## Easy breezy coastal living set close to the beach in beautiful Brighton-Le-Sands.

Here, you'll find much-loved modern living with every detail taken care of.

Courtyards and gardens provide restful outlooks and recreational areas. Rooms are spacious and well-appointed. Inviting shared spaces are for all to enjoy.

Living here, your health, wellbeing and independence will be our top priority every day. Because at Calvary, caring for others is what we care about most.

Start a new chapter by joining us at Calvary Brighton-Le-Sands.



# welcome





Enjoying the best of beachside living, this resort-style home is light-filled and spacious with every modern comfort.

With rooftop terrace, courtyards, cafe, bar and more—there are so many places to socialise.



Combining hotel-style quality with home-like comfort, you'll feel well cared for in a spacious private suite with pleasing finishes and calming colours.



# lifestyle





**Favourite foods  
and fresh flavours**



**On-site bar and cafe**



**Sweet treats**



## Delicious food at your service.

Enjoy a taste-filled  
menu prepared  
by our on-site chef.

Whether it's a home-made beef pie or a roast chicken served with fresh vegetables, you'll never get bored with our ever-evolving seasonal menu.

Our chefs take great pride in designing a menu that caters for varied tastes, and great care in preparing all meals, ensuring all dietary requirements are followed.

Dine with your fellow residents in our communal dining area or in the comfort of your own room with meals delivered to your door. During the day you'll find sweet treats and savouries, hot drinks and refreshments in our own cafe.



### *breakfast*

- Continental breakfast spread
- Cereals and porridge
- Fresh fruits with yoghurt

### *lunch*

- Apricot and herb stuffed chicken
- Home-made beef pie
- Ginger pears with custard

### *dinner*

- Hearty Scotch broth
- Roast chicken and vegetables
- Queens pudding with cream





From art and crafts  
and walking groups  
to bingo and bus  
trips, there's always  
something to keep  
you busy.

Look good and feel  
fabulous after a visit to  
the on-site salon.



**body mind**



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*"With our own lovely  
salon, I always walk  
out with a smile  
on my face."  
- Calvary Resident*

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**self-care**





## Do what you love or discover something new.

Our personalised lifestyle options support your health and wellbeing.

You'll always find a fulfilling way to brighten your day at Calvary Brighton-Le-Sands. With the many amenities and recreational options on offer, life here can often feel like you're enjoying a stay at a resort-style hotel—yet it is also a friendly community that feels like home.



Enjoy the company of your fellow residents at movie nights, musical performances, trivia nights and more. Have fun and keep your mind sharp with cards or board games—or keep your body active with a dip in the pool or activities in the gym. When it's time to relax, head to the cafe, bar or rooftop terrace, or book in a pamper session at the on-site salon.

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*“Music sessions and art therapy can have powerful benefits. Residents with very different abilities can still think and act creatively.”*  
– Calvary  
Diversional Therapist

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# keeping you safe



## Providing a lifetime of care is our life's work.

At Calvary Brighton-Le-Sands, we deliver the highest levels of clinical and residential care in a comforting and modern environment.

We have a stringent Covid-19 Outbreak Strategy and are committed to keeping our residents and staff safe. Each of our residents has access to a 24-hour emergency call system, so you can rest assured that someone is always on hand should you need support in your new home.

We offer a level of care that is personalised for each resident, including access to preferred GP and therapy plans tailored to meet everyday needs.

We are always seeking new ways to learn and to improve our services, quality standards and safety of care. We know well that working in partnership with our patients, residents and clients will help to ensure the best possible experience for all.





you  
matter  
to us

## Compassion is at the heart of all we do.

Our goal?

To deliver excellent care, every day.

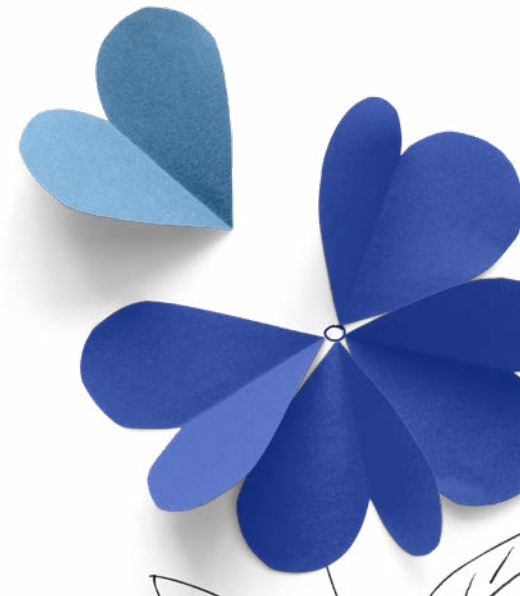
We are proud that the majority of the staff who work at Calvary Brington-Le-Sands are Calvary employees. This allows us to build strong teams and provide a consistent standard of care.

All staff undergo a rigorous Calvary-led recruitment process and continue to be trained and educated on the job.

We follow the principle that happy staff means happy residents and we are united by our common goal to deliver exceptional care to our residents.

We are also united in our motivation for care—which is beautifully summed up in these heartfelt comments by one of our Clinical Coordinators:

“Trying to make a difference in our residents’ lives is my biggest motivation. It’s a great feeling to provide care with dignity and respect. It gives me peace of mind, and it gives that also to their families, knowing that their loved one is in good hands.”





# love where you live



Wild about Whiteflowers  
This early, beautiful, and wonderful  
wildflower is a little bit of luck  
to have and other gardeners' friends.

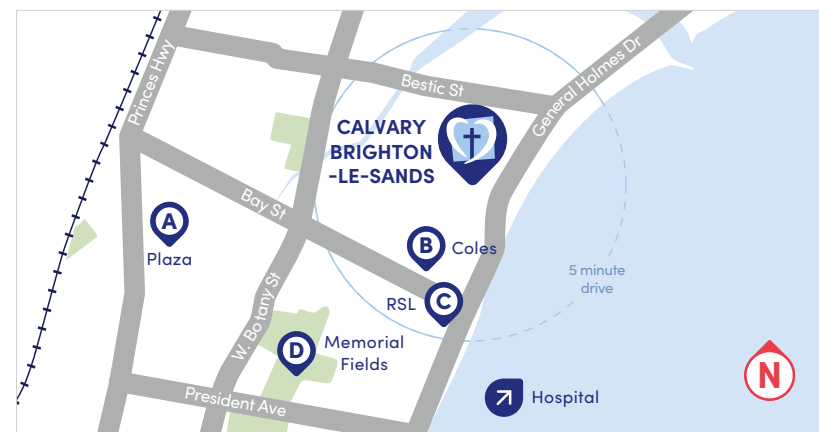


## Staying in or going out?

Here, you will enjoy the best of both.

With the beach at the end of the street, local shops and cafes close by and a bus at the door, this is a prime location to enjoy balmy beachside living and the amenities of the wider city. Whether it's catching a bus to wherever you please, a family outing or a group day trip—there's much to enjoy.

At home, you'll enjoy every comfort, a plush private or companion suite, and the assurance of 24-hour care. Connection and company are at the heart of life here, which is why there are many inviting shared spaces for spending time with others—and your own visitors are always very welcome.



- A** Rockdale Plaza
- B** Coles Brighton-Le-Sands
- C** Brighton-Le-Sands RSL
- D** Brighton Memorial Playing Fields
- Prince of Wales Hospital 19 minute drive

# Amenities and care.

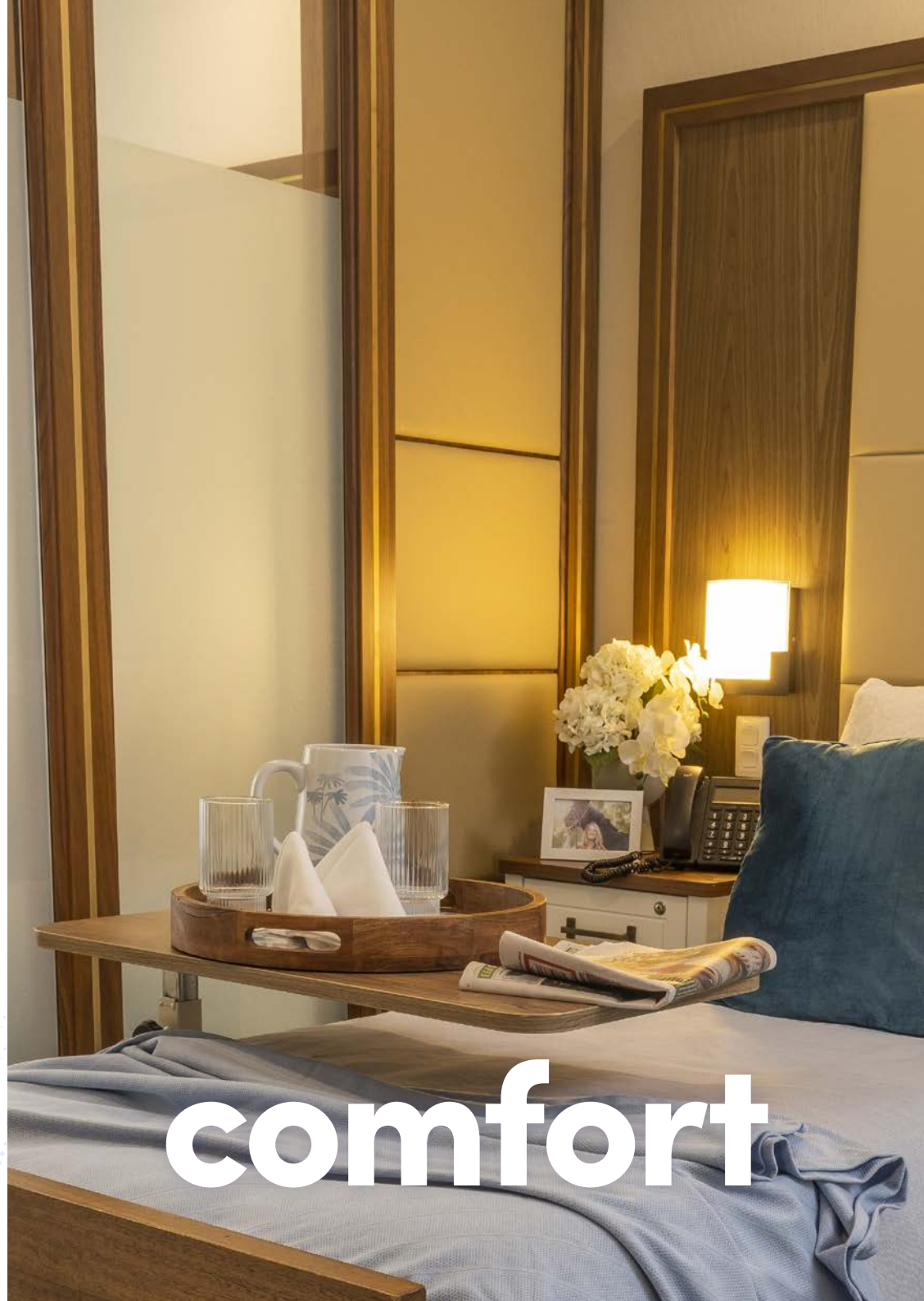
- Private and companion rooms with ensuites
- Gardens, courtyards and rooftop terrace
- Dining room and bar
- Cafe with al fresco dining
- Pool and gym
- On-site salon
- Short-term Respite
- Residential Aged Care
- Permanent Care

## Short-term Respite

This respite gives other carers a break from the physical care of a loved one, or provides care for an elderly person leaving hospital but not yet ready to return home. Usually this is a two-week minimum stay. Meals, laundry, cleaning and clinical care are provided. Residents are invited to join the leisure and lifestyle activities available.

## Residential Aged Care

Residential Aged Care is the term given to permanent living within one of our homes. For our residents we provide 24-hour care, beautiful and homely accommodation, meals and domestic services, as well as social and mental stimulation through the leisure and lifestyle activities available. Care is tailored to the individual.



# comfort





Not sure where to start?  
Calvary Assist will help you to navigate  
to the right care for your needs.



Enquire today and speak with our friendly staff  
at Calvary Assist: **1800 52 72 72**

Monday to Friday, 9am–5pm



our  
heritage

## Continuing the Mission of the Sisters of the Little Company of Mary.


It all started with six courageous sisters  
on a mission to care for those in need.

In an abandoned stocking factory in Nottingham, England, Venerable Mary Potter and the Sisters of the Little Company of Mary began their mission of caring for the sick and dying. Inspired by the women who stood steadfastly with Jesus as he died upon the cross at Calvary, six courageous Sisters

sailed into Sydney in 1885 where they immediately began to care for those in need. Thus began Calvary's enduring legacy of care in Australia. Today, we continue their mission in that same Spirit of Calvary in our hospitals, home and virtual care services, retirement living and residential aged care homes.





A photograph of two hands, one adult and one child, gently holding a light-colored heart-shaped card. The card has the text 'Always handling with care and patience.' written on it. The background is a light blue gradient with decorative white dotted patterns and a row of blue circles at the top right.

*Always handling  
with care  
and patience.*



## Brighton-Le-Sands

2 Reading Road,  
Brighton-Le-Sands NSW 2216

Enquire today with Calvary Assist: **1800 52 72 72**  
To view our other locations, visit: **[calvarycare.org.au](https://calvarycare.org.au)**