



Residential  
Aged Care

# St Catherine's Balwyn

1 Clayton Road, Balwyn

VMCH





## Now I'm moving into St Catherine's, I feel safe and supported.

There's something special about St Catherine's. We enjoy a strong sense of community which is felt by all those who come to visit or stay with us.

Many residents who join us are of the Catholic faith, but we welcome one and all to our happy home. It is our values that underpin all that we do, and this is reflected in our commitment to providing a safe, respectful and supportive residence to those in our care.

Spacious, single rooms with ensuites, lovely natural light and pleasant outlooks are just some of the features you can look forward to when you move in.

Plus, we're lucky enough to have the support of great volunteers and local groups; meaning our residents continue to participate in meaningful relationships with the community.

Balwyn is a lovely, leafy neighbourhood serviced by good public transport, many cafes and a historic cinema.



# When it comes to food, we keep taste and nutrition top of mind.

## Our food

Love food? So do we. We use fresh and wholesome ingredients, prepared and cooked by our on-site chefs.

Our menus are designed with nutrition in mind but that doesn't mean that taste is left behind! Food plays such an important role in our everyday lives and should be delicious.

We frequently change our menus and get inspired by global cuisines. But if you love a particular dish, tell us and we'll happily repeat it!











## Lifestyle programs to keep you young at heart.

### Lifestyle and activities

St Catherine's is your home now. How you choose to spend your day is your choice! If you're looking for fun and stimulating activities, we love getting involved with bingo, daily exercise classes, indoor bowls, and bus outings.

You can even spoil yourself. You might choose to enjoy a manicure, have your hair cut or blow waved in our salon, join our art, craft and knitting groups or just sit back and relax as you listen to our regular visiting entertainers or singing groups.

Did someone mention happy hour? That's on the cards too!

**“The staff have provided brilliant care for the residents and I always feel like living here.”**

**- Margaret Nabbs**  
Resident



# Our approach to care is second to none.

## Our Care practice

Our care practice is designed to support you to live the life you choose. We're all about independence, engagement and collaboration. We tailor care to the individual, so if you need a more hands-on approach or a higher level of care, that's what we deliver.

We support our residents to achieve their full potential, maintain dignity, foster choice, promote wellbeing and keep community connections alive and well.

## Easing in.

As helpful as it is having a plan in place, life often throws us a curveball. Our health might take a turn, or an unexpected event takes place. That's why we offer guests a respite stay (upon room availability).

The best way to think about respite is like taking a 'short break'. Some time out for rest and recovery. Many of our residents have joined us permanently after spending a couple of weeks with us. It's a great way to ease into aged care, helping to alleviate common concerns or worries.







# Spiritual and Pastoral Care.

As a Catholic organisation, we offer Mass, rosary and other religious services to all our residents. You don't need to be Catholic to join us, we welcome people from diverse cultures and faiths.

If you're in need of a little support, then look no further than our Pastoral Care services. We're here to lend an ear, celebrate your joys, talk about what's important to you and help you practice your faith if you so desire.

We find that Pastoral Care can be particularly helpful during significant changes, like when you're settling into your new home.







# About VMCH

Here at VMCH, compassion, respect and inclusion aren't just words to us. As a Catholic for-purpose organisation, these values underpin everything we do.

Our professional and compassionate teams are with you on your life journey; helping you with a wide range of support from early learning and therapy, specialist education, disability services, affordable homes, residential aged care, retirement living and at-home aged care.

## Where to find us?

Corpus Christi, Clayton  
John R Hannah, Mulgrave  
O'Neill House, Prahran  
Providence, Bacchus Marsh  
Shanagolden, Pakenham  
St Bernadette's, Sunshine North  
St Catherine's, Balwyn

Star of the Sea, Torquay  
VMCH Ashwood, Ashwood  
VMCH Berwick, Berwick  
VMCH Bundoora, Bundoora  
VMCH Wantirna, Wantirna  
Willowbrooke, Upper Ferntree Gully



1300 698 624  
hello@vmch.com.au  
vmch.com.au

The information in this brochure has been prepared by VMCH (Villa Maria Catholic Homes) as a general guide to our services and operations. While every effort has been made to ensure accuracy, VMCH accepts no responsibility for any loss or inconvenience caused by reliance on the information set out in this brochure. Please contact us if you require detailed information about any of our services. September 2022.

As a Catholic organisation, VMCH is committed to providing compassionate care in a nurturing environment to all residents and clients. VMCH does not support and will not facilitate Voluntary Assisted Dying.