



**THOMPSON**  
HEALTH CARE

# Bowral House





In 2014 Douglas Thompson AM had the great honour of being awarded a Member of the Order of Australia for significant service to aged care. He received this from Professor The Honourable Dame Marie Bashir AD, CVO, then Governor of New South Wales.





## Let us look after you...

Bowral House offers luxurious Southern Highlands' charm with all the modern conveniences of 24-hour supportive Registered Nurse care.

Thompson Health Care ensures that living here means exciting new opportunities for your next stage of life. Enjoy a stroll around the distinguished home or the beautiful gardens bordering Bowral Golf Course. Bowral House features luxury ensuite rooms with flat screen televisions and Foxtel, large bay windows for natural light and lovely views, offering each resident their own private retreat. Distinguished interior designed living areas feature unique local artworks by Megan Barrass and Fleur Ryan.

“Bowral House has made it possible for me to stay in the Highlands with my friends and family and live in a beautiful environment.”

Bowral House resident

Join new friends for a cappuccino in the on-site coffee shop or have afternoon tea in a sunny courtyard. You might want to play cards, take part in regular bus outings on our Mercedes Benz bus, or enjoy the weekly live entertainment.





“Our home has a warm and loving environment thanks to outstanding staff who offer our residents their genuine care, compassion and professionalism each and every day.”

Collette Beaufls  
Director of Nursing, Bowral House





## FAMILY

With ten nursing homes in New South Wales stretching from Bowral in the Southern Highlands to Kempsey on the mid-north coast, Thompson Health Care is a family owned and operated company with over four decades of experience.

The Thompson family believes each of our residents is entitled to the highest standards of professional care, a comfortable and secure environment, privacy, dignity and participation in personal care decisions.

Our commitment to continuous quality improvement is second to none, and we offer attention to detail like no other. The lifestyle programs in our homes provide residents with opportunity to engage in social and recreational activities and experiences.

Douglas Thompson AM has owned and operated the group for over 45 years, and his three daughters have all elected to continue the tradition of care, each contributing their individual professional skills.

## OUR PROFESSIONAL STAFF

We take pride in our well-educated staff – not just their formal qualifications, but what they learn every day when they come to work. Thompson Health Care is dedicated in our duty to continuously educate our staff so our residents and their families can feel secure in the knowledge they are receiving the best care. Staff are chosen not just for their experience, but for their commitment and passion in aged care.

**“My family believes our residents deserve nothing less than excellence.”**

Douglas Thompson AM, Proprietor, Thompson Health Care



## CARE

We offer 24-hour Registered Nurse care. Bowral House offers private luxury ensuite rooms with reverse cycle air conditioning and flat screen televisions. General Practitioner services are available or your own doctor may visit at any time.

## LIFESTYLE

With an onsite café and a variety of recreation activities you'll never want for company. You might even find a new hobby or maybe join the men's group or have a ladies' lunch with a glass of champagne. There are cards groups, bowling competitions as well as book clubs and beautiful gardens to stroll.

There is weekly live entertainment and many bus outings. Residents have the luxury of an in-house cinema.

## DEMENTIA

The dementia unit also features luxury ensuite rooms. The unit includes a specialised dementia dining room, enclosed and secure garden and outdoor area, and nightly massage therapy.

“Bowral House offers our residents a true Southern Highlands' lifestyle in a first-class home with outstanding care and support from our wonderful staff.”

Douglas Thompson AM, Proprietor





## RELAX

Unwind with dedicated hair and beauty salon, personalised physiotherapy management, complementary individualised aromatherapy program, reflexology and massage services.

## DINING

Relax with a glass of wine in the beautiful living room as the on-site chef prepares a seasonal menu each day offering comforting favourites and using fresh and local produce.

## YOUR FAMILY

At Bowral House we care about your family too. We host regular events and special functions days to allow residents to invite family and friends to socialise. Just like home, you can choose to entertain family and friends in our private dining room, or maybe have a friend for a quite afternoon tea in your room.



Macleay Valley House ●

## MID NORTH COAST

## CENTRAL COAST

## NORTHERN BEACHES

Terrey Hills Nursing Home ●  
Wahroonga Nursing Home (coming in 2016) ●  
Turrumurra House ●

Tarragal House ●  
Avalon House ●  
Mona Vale House ●  
Seabeach Gardens ●

## SYDNEY

St Mary's Nursing Home (coming in 2016) ●  
Milford House ●

## SOUTHERN HIGHLANDS

Abbey House ●

Bowral House ●

# Thompson Health Care Homes

### ABBAY HOUSE

300 Range Road  
Mittagong NSW 2575  
P 4871 1085 F 4872 4093  
theabbey@thc.net.au

### AVALON HOUSE

14-16 John Street  
Avalon NSW 2107  
P 9973 0900 F 9973 0950  
avalonhouse@thc.net.au

### MACLEAY VALLEY HOUSE

80-114 Macleay Street  
Frederickton 2440  
P 6561 0900 F 6561 0950  
macleayvh@thc.net.au

### MILFORD HOUSE

2-4 Milford Street  
Randwick NSW 2031  
P 9398 3659 F 9398 2568  
milford@thc.net.au

### MONA VALE HOUSE

33 Bassett Street  
Mona Vale NSW 2103  
P 9910 7900 F 9910 7950  
monavale@thc.net.au

### SEABEACH GARDENS

26 Darley Street  
Mona Vale NSW 2103  
P 9997 6383 F 9997 8598  
seabeach@thc.net.au

### TARRAGAL HOUSE

107 Karalta Road  
Erina NSW 2250  
P 4365 5066 F 4365 5085  
tarragal@thc.net.au

### TERREY HILLS NURSING HOME

42 Booralie Road  
Terrey Hills NSW 2084  
P 9450 1719  
thnh@thc.net.au

### TURRAMURRA HOUSE

34 Curagul Road  
Turrumurra NSW 2074  
P 9144 2444 F 9983 0937  
turrumurra@thc.net.au

## Make your home in the Highlands...

CALL FOR AN APPOINTMENT  
TO VISIT BOWRAL HOUSE  
COLLETTE BEAUFILS  
DIRECTOR OF NURSING

### BOWRAL HOUSE

87-89 Kangaloon Road, Bowral NSW 2576  
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thompsonhealthcare.com.au