

Summer Newsletter

The 2018 year has come to a close, and it seems like only yesterday that last year's Summer Edition of the newsletter was being compiled! With the weather warming up (hopefully), participants at Burke and Beyond have enjoyed their final weeks of Term 4 with visits to Funfields Water Park and the Caribbean Gardens. We have also kept cool at the Next Step Graduation Celebration, where we congratulated Participants who are transitioning to the next Burke and Beyond site, or those moving into TAFE, work, or volunteering in 2019.

This newsletter, as always, is full of stories written by our participants and staff, who chronicle their experiences over the past term. Most importantly, it shows how our participants are out engaging in the community, which you will see from all the great photos within this edition.

All the staff at Burke and Beyond wish you a Merry Christmas and a safe and restful holiday. We can't wait to see what lies in-store for 2019!

Key Dates

- Last Day of 2018 service—
Friday 21st Dec, 3pm
- 2019 Service Commences—
Monday, 14th Jan
- CLOSED (Australia Day Holiday) —
Monday 28th January
- CLOSED (Labor Day)—

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Burke and Beyond



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Head Office

Message from the CEO

We have seen a rapid increase in the number of participants receiving an NDIS package this year following their planning meetings, and at this time have over 85% of people now being funded by the NDIS.

This has required us to administer our organisation through three different sources of funding this year. As well as the NDIS, we still receive money from the Department of Health and Human Services for some people and also from the Continuity of Support program which covers people who are over 65 and can't get an NDIS package. This makes it relatively complex to manage and administer funds and we have had to add a team of people to do that over the last year.

Despite these administrative complexities, we have been able to offer an increasing number of in-house and community-based activities across our five services. With our number of participants increasing to over 160 in January 2019, we will offer more support than ever before. The growth that we see is due to the very good reputation of the organisation amongst the special schools in the eastern and southern region and also to the increasing quality of what we offer. We have created links with over 100 businesses over the last few years and these have been supporting our participants by offering work and volunteer placements to many.

This success would not have been possible without our dedicated teams at all of our locations. Our teams and volunteers are working

tirelessly to increase opportunities for our participants to be part of their communities and I thank them for their fantastic efforts through the year. They truly support people above and beyond expectations.

I take this opportunity to wish all our staff, families, caregivers and supporters a very happy & relaxing Christmas holiday and a fantastic 2019. We look forward to see everyone next year.

Bruno Cyr
CEO



Message from the Operations Manager

As the year draws to an end, and red, green and tinsel coat the town, it is a good time to look back at the year that was. Out of nowhere, Collingwood nearly pulled off the unbelievable; the Australian Cricket team are encouraging the success of other countries; we have had more Prime Ministers than President Trump's tweets; and the NDIS roll-out has been challenging to say the least. However, here at Burke and Beyond, our sails are to the wind and we are heading into the new year with excitement and enthusiasm after a big year of change and growth.

Our amazing volunteering program has welcomed many new faces, hands and skills to our pre-existing team who contribute so much to our

programs and participants. Thank you so much for your time and efforts. Our volunteer coordinator Liz Logan resigned from this role in 2018, however she has continued on as a volunteer. In 2019, Liz has decided to spread her wings as her little catering business has taken off and she needs to devote her time to making sure people in her area get their home-cooked meals. Thank you Liz for everything and good luck, "Master Caterer"!

This year has also seen us learn more about the diversity in our communities. We have learnt how to become more aware of different cultures and how we as an organisation can be more responsive and respectful working alongside those from diverse cultural backgrounds.

Our new-look website was launched in January and since then has been regularly updated, linked to our Fa-

cebook and had many regular visitors looking at we do and offer. Do check it out when you get the chance!

Hugh Stern
Operations Manager



Next Step Blackburn

Customer Service

This year in the customer service course we learnt to use the cash register and answer the phone. When answering phone you have to say 'Hi, Will speaking, can I help you?'.

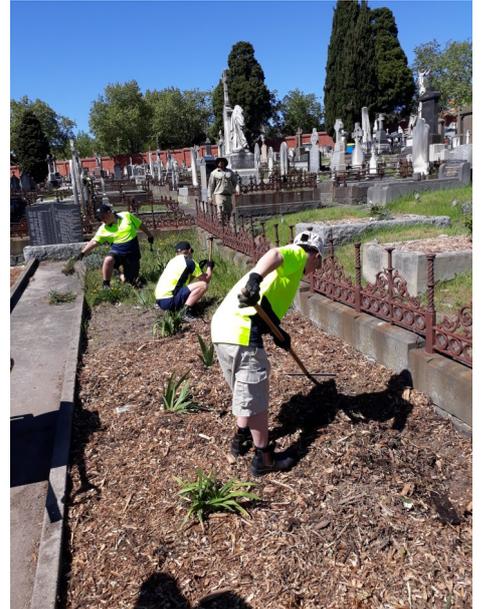
Customer service is about helping the customer and showing them where the stuff is, helping them over the phone, and being nice to the customers. It is about working as a team with the other workers.

When a customer leaves you should say 'Have a good day and please come back again.'

Our favourite part of doing the customer service course was learning to use the cash register and learning from Lorelle.

The course went for 8 weeks, and once we finished many of us now want to work in a supermarket.

By Jamieson and William



Tips we learned from our Horticulture Course

I have been doing a Certificate in Horticulture, and I would like to share with you some of the water-saving tips and techniques I have learned to help your plants survive the hot summer.

Water your plants frequently during heat waves, do this by watering the roots of the plants, not the leaves.

Before you plant new seedlings in the ground, you should submerge the plants in a bucket of water. You know that the plants are soaked when there are no more bubbles coming up.

Soaking newspaper and surrounding your plants will slow evaporation, with the bonus of working as a weed mat, to stop weeds growing.

Put mulch around your plants, not on top. This will slow evaporation

as it stops the wind and sun from drying out the ground.

Weeding is important to saving water as weeds will take away water and nutrients from your plants. So remember to weed often and put the weeds you have taken out into a bin.

By Fintan

Canterbury



Farms, Parks and Gardens program

The Farms, Parks and Gardens program go to Edendale Farm in Eltham, followed by a BBQ in a nearby park. The men are enjoying the warmer weather and love to get involved in the cooking of the BBQ .

The guys from Canterbury enjoy exploring new places as part of the travel training group.

Must-see places like Luna Park always make for a great day.

Travel training



Social Events

Friday Social Night

Social Night, held every Friday, has been really fun and we've done many awesome things! From going to the Melbourne Star in Docklands, to Luna Park, to having a classic BBQ in the park, every Friday has been a blast. It's been great to end each week spending time with our friends and we can't wait to start them again next year!

Saturday Socials

This term marked the beginning of Saturday Social events and it's been a very big success! From doing awesome activities such as going on the "Hop On Hop Off Bus", Enchanted Maze and Funfields we have had a great time and it's made our Saturdays even more exciting!



Blackburn South

Men's Day Out

The Wednesday Men's group have a lot of fun exploring different venues.

Over the last term the group has visited the Caribbean Market, Moorabbin Air Museum and a variety of parks and gardens.



Warrandyte Equestrian Centre

Mark and Allan have a wonderful time up at the Warrandyte Equestrian centre each Thursday. They have been participating in the horse riding program for some time and have been given their own horse to ride each week.

Allan has come to know his horse Sugar.

Mark has come to know his horse Somer.

Both of the gentlemen have developed a great awareness and appreciation for horses. The staff at the equestrian centre have reported that both the men have developed great riding postures and have a good understanding of the horses.

Craft Afternoon

Here at Blackburn South we have a creative craft afternoon each Wednesday.

Over the past term, the group has been working on a welcome wall art mosaic sign which is to be displayed on the wall outside.

We commenced the project by going to Bunnings, whereby we were able to source some of our materials. We were most happy when Bunnings gave us a small discount, and we thanked them very much.

We have worked very hard on this project over the weeks, and would like to thank everyone who has contributed.



Next Step Bayswa-

The Studio B Showcase



The Studio B Showcase was a night for The Arts, celebrating the hard work of our young people engaging in Photography, Filming, Dance and Drama.

I was security on the night, checking names against the guest list when people arrived.

We were all invited to see the work that the participants have done in the Studio B program for the year. We had some Bayswater participants as guests and helpers, parents, carers, staff, senior management and board members as well as special guest-speakers who were also in attendance. Everyone did a really good job, It was a really great night out!

Written by Michael (Showcase Security)

Bayswater Primary School



In Term 3, a group of participants began volunteering at Bayswater Primary School, working on the veggie patch to bring it back to a functional state. This year's work has been a massive achievement, working on removing vast swaths of weeds in order for participants to have the space to construct additional garden beds for more veggies to be planted.

Participants also engage in feeding the chickens, watering the plants and planting vegetables in the garden beds.



The Gym Program

I've been in the Gym program this year which is every Thursday afternoon from 1pm – 2.30pm.

Everyone gets to work out on different equipment and exercise machines, but my favourite is the exer-

cise bike. Trying different machines really gets us out of our comfort zone! If we have any questions we can ask staff on-site.

Written by Matthew (Gym member)



Healesville Indigenous Community Services Association

We have recently partnered with the Healesville Indigenous Community Services Association (HICSA). On our first session we were lucky enough to have Ralph introduce us to some of the traditions of the local indigenous tribes. Aunty Judy then showed us around and briefed us on the projects that we would be working on. We are working with the team who

check and packaged food as part of the Community Pantry Program, where members of the local community can come and access supports such as food, including fresh vegetables and packaged food. We pack different kinds of food for the indigenous community such as vegetables, raspberries, hot chips, hot dogs, bread and ice-cream. I like the job because it teaches me new skills which I haven't had before, and the staff are very nice. I think it is

a good opportunity to get a job there to help people.

Find out about HICSA's programs at hicsa.org.au.

By Karen Brooks



Work Preparation

As part of Work Preparation this term, we have focused on very practical skills which are useful for the workforce. Our primary focus is has been on travel training, where we work on using the Public Transport Journey Planner to plan where we are going to travel to. We also use Google Maps to be able to identify where

we are and also plan out trip when we are walking.

We have also worked on interview skills, what we can wear to an interview, and the paperwork we may encounter when working such as pay slips and contracts.

By Matty

Pinchapoo



Pinchapoo is proudly responsible for creating a world first movement where the community is encouraged to “pinch” any complimentary hotel toiletries not needed to be re-distributed to hundreds of thousands of disadvantaged people around Australia.

Participants work hard at putting together packs of personal hygiene items every Tuesday morning at the Pinchapoo factory in Bayswater South.

Participants label the bags with Pinchapoo stickers, count and sort the items, ensure they pack the bags with the correct items and then once the order is complete, they pack them into boxes ready to be sent out.

Christian Blind Mission

Christian Blind Mission, or CBM is an organisation that helps people with disabilities that may not have the ability to afford or access medical equipment and/or treatment.

The participants have been volunteering their time for the past two years in the gardens at the Box Hill sites, completing tasks such as mowing the lawns, weeding, planting donated plants and doing a rubbish collection. The work that they do there builds their skills while giving back to a worthy organisation.



Next Step Dandenong



Training Enterprise—Car Washing

The Car Wash Training Enterprise has been a great success this term. Participants were able to learn about all facets of running and operating a car washing business. Aside from the car-washing aspect, the participants are also developing their skills in

money management, customer service, learning about operating costs, equipment maintenance and how to handle customer complaint.

The program has been a huge success this term with local community members and organisations getting on-board. The participants are extremely busy and

are booked out for the rest of the year.

If you are interested in getting your car washed and/or detailed, please get in contact with the team @ Dandenong Next Step in

Celebrating Achievements

Congratulations to Bryce Brown for obtaining open employment! Bryce completed a lifeguard course earlier this year, and has been offered em-

ployment at Knox Leisure Works (as an activity facilitator) and at Oasis Dandenong (as a lifeguard). This is a major achievement, well done Bryce!



This term, Ibrahim achieved his goal of obtaining his learners permit! Ibrahim has been working extremely hard to achieve this goal. In conjunction with the learner's permit program at Burke and Beyond, Ibrahim would also come in early every

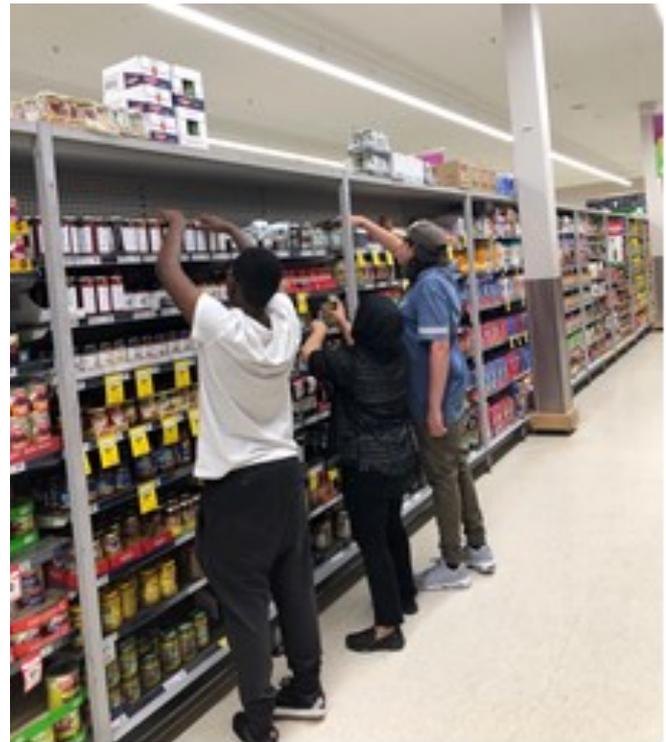
day to study and practice on the computer.

Well done Ibrahim for your hard work and accomplishment!

Ibrahim has set a goal for himself to get his Ps in 2019.

Kingston City Church

In term 4, the Work Preparation Group was given the opportunity to volunteer at Kingston City Church. Every Tuesday, the group packs boxes of perishable goods for disadvantaged families in the local area. The work is highly rewarding but it also provides the group with valuable work experience.



Volunteering at Woolies

Every Tuesday, Ibrahim, Zolaikha, Jess and Nizaar from Dandenong Next Step volunteer at Woolies in Dandenong. Each week we work in a different section of the store: learning to face products, re-stock and clean shelves, or using the box crusher machine.

The supervisor at Woolies, Jim, gives us feedback at the end of each shift and recently

has been very happy with our work. I like volunteering there because I get to learn to do something new.

Written by Ibrahim.