



Term 3 - 2024

SPRING

Newsletter



TABLE OF contents

3	Term Holiday Dates	11	Ringwood
4	Message from the CEO	12	Balwyn
5	Message from Manager of Quality & Risk	15	Outreach Support
6	Dandenong (Lonsdale St)	16	Trademark
8	Dandenong (Bryants Road)	17	Social Media Links
9	Box Hill		



Term Holiday Dates

Thursday 26 September

Quarter 3 Ends

Friday 27 September (Public Holiday)

AFL Grand Final Eve Public Holiday

Monday 30 September

Quarter 4 Starts

Tuesday 5 November (Public Holiday)

Melbourne Cup Day Public Holiday

Friday 20 December

Quarter 4 Ends



Message from the CEO

Lisa Sawatzky

Our NDIS audit has been completed with some wonderful feedback about our services. The auditors visited 3 of our sites and spent time at head office reviewing policy and procedure and other documents. The auditors spent time with participants in groups and conducted individual interviews to collect the participant perspective about our services. They also spoke to staff and others across the Burke and Beyond community to learn about how well our services align to the practice standards and to look at examples across the sites. I am proud to report that we have met the requirements of the audit with the assessment report detailing consistently positive feedback from participants and a positive culture reported by staff. This was a fantastic result, and I thank the team for their efforts in preparing for the audit.

Winter has been a difficult time with colds, flu and COVID affecting many in our community. This has impacted participant numbers in many activities and also staffing at the sites as we cope with Winter illnesses. We have welcomed number of new casual staff members to Burke and Beyond and they have been so valuable in covering absences during this time. Our casual team are such an important part of our organisation and support both our staff replacement during planned or unplanned absences, and our outreach and social programs. We now have great capacity to deliver more outreach hours, so please make contact if you would like to discuss how outreach support can assist you to reach your goals.

Work is continuing with the implementation of our Strategic Plan. This has a focus on some key themes. These include a focus on our customers and growing our business. This is essential due to the lean pricing environment set by the NDIA. We are also working on strengthening our brand and developing a highly capable staffing team. Additionally, we are focussing on business systems and processes that deliver quality services and remaining a viable service into the future. Part of this is ensuring we understand what our participants and their families want Burke and Beyond to provide and the quality indicators from a participant's perspective. There will be lots of opportunities to provide us with feedback and to be involved with Burke and Beyond as we diversify our service delivery options.

Lisa Sawatzky



Message from Manager of Quality & Risk



Danielle Coulson

We're looking for more ways to support you!

At Burke and Beyond we want to support you to have a great life, and to do this we're exploring ways to grow our service offerings to better meet your needs.

Over the next few weeks, Danielle Coulson will be reaching out to learn more about the services you're looking for and how we can help you make the most of your NDIS package. We greatly value the input of our participants, their families, and support networks.

We'd love to hear from you:

- **Quick Survey:** If you have just five minutes, please fill out our quick survey <https://forms.office.com/r/Bv1KzipVSA>
- **Chat with Us:** Prefer a conversation? Give Danielle Coulson a call at 9886 1111
- **Join Our Focus Group:** If you have more time, consider joining our Focus Group. This will be a 45-minute Zoom meeting to discuss the future of our service offerings in collaboration with families. If you're interested, please email daniellec@burkeandbeyond.org.au for more details.

How do we plan for Emergency and Disasters?

At Burke and Beyond, we have comprehensive emergency and disaster plans tailored to your support needs and each of our services. In the event of an emergency or disaster—such as a fire, flood, or pandemic—we are prepared with the following measures:

- **Disaster Contingency Plans:** We conduct regular emergency evacuation and shelter in place drills and may develop a Personal Emergency Evacuation Plan (PEEP) specific to your individual needs, situation or service location.
- **Pandemic Management Procedures:** To address pandemic-related risks we have implemented a range of procedures, including staff and participant training, the implementation of Personal Protective Equipment (PPE), and strict hygiene and infection control practices.
- **Business Continuity Plan:** An organisation-wide plan has been developed that ensures measures are in place to ensure the continuity of supports in the event of an emergency or disaster.

If an emergency or disaster occurs while you are with us, our response may involve contacting emergency services, administering first aid, activating an evacuation plan, a shelter in place plan or an individual support plan that has been agreed upon between you and Burke and Beyond.

Please contact your service coordinator or manager if you would like to discuss your individual support needs in the event of an emergency or disaster.

DANDENONG (Lonsdale St)

Beaconsfield Tennis Club



This term, we saw the introduction of the Beaconsfield Tennis Club at Dandenong Next Step. This well-maintained tennis club, located amongst the beautiful lush greenery in Beaconsfield, offered participants the chance to enhance their club maintenance skills. Participants kept the grounds in order by cleaning the tennis court lines, bagging, weeding, lawn mowing, and using the whipper snipper. They also maintained the indoor facilities by cleaning the space, ensuring its readiness for tennis club members.

Our participants received positive feedback from club managers, who stated that our participants have been doing a great job. We look forward to next term, where participants will move on to developing agricultural skills by starting a vegetable garden.

Myuna Farm



Every Wednesday, participants from the Chisholm Work Education 1 & 2 course have been focused on completing their practical placements at Myuna Farm. Participants have honed in on their work skills by taking on responsibility for maintaining the yards, feed up the array of farm animals, and fostering their job readiness skills. The group has shared that they love being outside and spending time with the animals each week.

Victoria Police - Community Safety Workshop



Victoria Police Community Safety Workshop: A Fun and Informative Day!
We had the fantastic honour of welcoming the Victoria Police to our site for an exciting community safety workshop! Our participants got the chance to ask our friendly police officers all their burning questions about staying safe in the community. The workshop was a huge hit, with everyone saying they learned a ton and can't wait for another fun-filled session with Victoria Police.

DANDENONG (Bryants Road)

Small Business



The small business program group has been learning and figuring out a business idea that will suit them. They have been introduced to heaps of guest speakers and have formed connections through networking with the Council. The photos show participants being recorded for an interview by a videographer from the City of Greater Dandenong.

Arts Program



In the Arts Program the group has been very hands on and getting messy and creative. The group has been using clay to make sculptures of a cup and a bird. It has given the participants a chance to be creative in a relaxing, calm space.

Multimedia



In the Multimedia program the group has been very hands on using technology. The participants have been able to learn how to use Microsoft programs such as the basics of Microsoft Word, Excel, Email and PowerPoint presentation.

BOX HILL

Tennis



The Tennis and Life Skills group members have become hotshots on the court with rallying and racquet skills being a key focus. The group has undertaken a bunch of different life skills activities such as creating a simple budget for shopping, installing and doing set up tasks for electronics, and learning about hygiene and personal grooming using precision to shave a balloon. Every participant had multiple attempts, and no balloons or participants were harmed in the process.

Hospitality



Cooking for the Spare Chair Cafe and community lunches this term, the Hospitality group has learnt a lot about seasonal produce and working as a team in the kitchen to prepare different dishes.

The group has worked well to improve their knife and cooking skills as well as their baking skills by preparing both savoury and sweet dishes. By harvesting the produce from the garden outside, the group has built the skills to be able to select the best available produce when cooking and shopping.



Salvos and Life Skills



This term a couple of new participants have joined the Salvos program for the first time. They have done well to adapt to working in a professional environment and building their skills to front face and manage old stock. The group occasionally gets the chance to test their customer service skills and help answer questions from the customers.

The group has also visited Headspace this term to discover methods to maintain great mental health and how to find support for problems young adults face.



Officeworks



The participants completed all their workplace training last term and have been able to start volunteering at Officeworks. The group has learnt a lot about how stock is measured, organised, and then put onto the shelves for sale.

The group completes tasks such as working as team to identify items which are low in stock, matching barcodes/SKUs to items and then replacing and front facing new items.

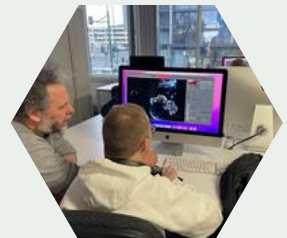


Sports and Rec



The Sports and Rec team were able to visit the Essendon Football Club this term. They got to hear about job opportunities in the sports industry, see the trophies and "the hangar" (their indoor training facility) as well as surprising the Essendon staff with their knowledge of history of the Club. The Essendon Football Club very kindly gave everyone some scarves and other trinkets as a gift at the end of the day. Soccer coaching has also been the focus for the first half of the term, with each participant taking turns to run sessions and to enable mastery of the foundational skills of coaching.

Digital Story Telling



Digital Story Telling has been a learning experience for all this term. Learning how to use photo and video editing software and applying their creativity to develop and storyboard a project has been quite the experience. The participants have completed a short video and are now working on a multi-week project where they will write and film scenes from their imaginations.

RINGWOOD

Overview



Ringwood has been working hard during Quarter 3! Participants have continued working towards their goals and trying new things week after week. Ringwood Participants have had the opportunity across the quarter to get involved in new activities such as a travel training session run by Metro Trains staff and taking trips to places like the Police Museum in the CBD and ACMI in Federation Square. The Ringwood group have worked hard to connect with our local community and have continued to volunteer with local businesses such as Pinchapoo, The Local Umbrella Cafe and Parkinson's Group. Throughout this term the Ringwood site has also chosen to put focus on recognising, discussing and celebrating certain special days. These days have included "Wear it Purple Day", "R U OK Day" and "Footy Colours Day", which has encouraged important discussions on-site around inclusivity, mental health and diversity.

BALWYN

Meals on Wheels



The Meals on Wheels program in Balwyn is a vital community service that continues to operate regardless of the weather, whether it's rain, hail, or shine. Participants deliver meals and snacks directly to the homes of community members, ensuring they receive the nourishment they need.

Beyond just delivering food, participants in the program build strong connections and rapport with the residents they serve, fostering a sense of community and support.

Cooking Groups



At Balwyn, several cooking groups operate throughout the week, offering participants the opportunity to develop essential cooking skills. Emphasis is placed on maintaining good food hygiene during meal preparation. Participants learn various food preparation techniques, such as cutting, grating, and using the oven or stove. This program not only teaches practical cooking skills but also fosters independent living and boosts self-esteem. During the colder months, participants have created comforting winter meals like Pasta Bake, Shepherd's Pie, and Pumpkin Soup, with many enjoying the dishes so much that they come back for seconds.

Community Access



Participants at the Balwyn site have been actively engaging with the community through various outings. These excursions include visits to local libraries, parks, and shopping centre, providing opportunities to practice and enhance literacy and numeracy skills in real-world settings.

Additionally, participants are encouraged to take walks in the park, promoting physical exercise, fresh air, and overall health and wellbeing. These activities not only help develop essential life skills but also foster a sense of connection and engagement within the community.

Central Ringwood Community Centre



Each weekday, a group of four participants gathers at CRCC to engage in a range of enriching activities. These include life skills training, art and craft sessions, computer classes, library visits, and travel training. The group has developed a strong bond, creating a warm and friendly atmosphere.

As part of their travel training, participants have explored various locations such as Belgrave, Jell's Park, Warrandyte town centre, and the city this term. With the weather getting warmer there are plans to visit more exciting destinations, all while continuing to focus on learning and practicing independent living skills.

The Shed

On Friday afternoons, participants have been enjoying the art and craft group at "The Shed." This group offers a relaxed environment where participants can unwind and express their creative freedom. It's a laid-back setting that allows everyone to enjoy a peaceful afternoon while engaging in creative activities and spending time together. This term the focus has been on creating individual art pieces which are currently on display at Alphington Community Centre.

Ten Pin Bowling

The ever-popular ten-pin bowling activity remains a favorite among participants. Each week they visit Forest Hill Chase for a game, where competitive spirits are high, and everyone has a great time. The friendly competition and lively atmosphere make this activity a highlight of the week, bringing plenty of fun and camaraderie to all involved.

KNLC Living Skills



Many tasty dishes have been made this term, including pizza, Shepherd's pie, tacos and lemon slice by enthusiastic participants, before having time to catch up socially by playing various games.



This term there have been two exciting projects underway at 51 Naroo Street.

The Garden Upgrade

The garden is in the process of being upgraded to include two new raised gardens beds for growing herbs and vegetables so the cooking groups can add a touch of home-grown freshness to their yummy recipes. Thank you to KNLC Trade for their hard work bringing this together.

Engagement Focus Space

The sensory equipment has been relocated into a larger area so participants can explore what areas pique their interest, from interactive bubble tube, vibroacoustic therapy rocker, sensory projector bubble maker, disco ball and massage chair.

OUTREACH SUPPORT

Becky Chan



In Outreach this term, I have been going through more first time opportunities with travelling on V/Line, watching a variety of sport teams involving my 3 EFNL teams and AFL U19s National Champs Girls (Vic Country and Vic Metro). As well, I have been to another 6 sets of sport teams for the first time through this year so far.

Outreach has been the best for me as it allows me to travel to new places, and I get to go to watch a lot of teams for the first time. I am potentially going to watch more teams and sports for the first time.

I have been enjoying my time going to different sports and different series to watch as many clubs as I possibly can in most weeks so far, and I am looking forward to potentially watch more sports for the first time during the summer. My biggest highlight is that I watched my teacher play his 100th milestone footy game at his EFNL club and it was a huge privilege to watch him play footy.

Sean Tulip




Hi, my name is Sean and I volunteer at the Toy Library.

The jobs I do are bringing in the flag, putting the whiteboard away, checking toys and puzzles, typing on the computer, sweeping and locking the garage.


It is fun.



SUPPORTIVE | PROGRESSIVE | ACCOUNTABLE



“Burke and Beyond strives to improve lives through social interaction, personal development and community participation”



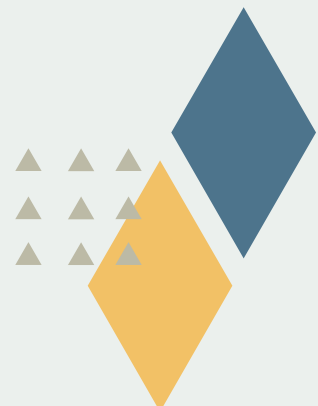
Inclusion that counts

Social Media Links



Remember to keep up to date with all the latest good news stories over on our website.

<https://www.burkeandbeyond.org.au/>



Edited by: Becky Chan