



Term 4 - 2024

SUMMER

Newsletter



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Term Holiday Dates

Friday 20 December

Quarter 4 Ends

Monday 23 December 2024 to
Friday 10 January 2025

Summer Break - Service will reopen on Monday 13 January 2025

Monday 13 January

Quarter 1 Starts

Monday 27 January (Public Holiday)

Australia Day - Public Holiday in lieu

Monday 10 March (Public Holiday)

Labour Day - Public Holiday

Friday 28 March

Quarter 1 Ends





Message from the CEO

Lisa Sawatzky

As 2024 comes to an end, I wanted to reflect on the past year at Burke and Beyond. We are privileged to be chosen to support 151 participants across 5 sites and our outreach service. The families and participants who choose us tell us they do so because they trust our staff, value the developmental outcomes achieved by participants and believe in the philosophic framework that our services are based around.

We offer warm and supportive environments and significant engagement with local communities, where we support participants to increase their independence across a range of areas including travelling independently, improving their communication, finding a job or contributing to their community via volunteering.

We started this year with a focus on quality, where we reviewed our systems and processes and looked at how we could improve outcomes for the people we support. We had our reaccreditation audit and received wonderful feedback about our services. We also reviewed our strategic plan and developed a strong vision for the future. This plan is forming the basis for some new projects across the organisation, as we expand the range of services we provide to participants and families. We have also navigated the many changes in the NDIS pricing and legislative reforms in the sector. During the year we established a number of new community connections, and widened the range of activities provided within programs.

As you can see, it has been a tremendous investment in the future of Burke and Beyond. Thank you for your support and feedback throughout the year. We know change is not always easy. We are listening and will keep listening to your feedback as we go. To strive to keep getting better, as a purpose driven organisation.

Next year promises to be an even bigger year at Burke and Beyond and we are excited for the year ahead.

Lisa Sawatzky
CEO

DANDENONG (Lonsdale St)

Springvale Toy Library



Springvale Playdough: Springvale Services for Children chose Burke and Beyond volunteers to develop a playdough selling fundraising project for the Springvale Toy Library. The volunteering group have done incredible work perfecting the recipe for the playdough, picking appropriate packaging, budgeting materials list, creating marketing campaigns, and so much more. Over the course of the term, the participants have had great opportunities in this program to develop new skills and try new things.

Myuna Farm



The Myuna Farm program gets the participants outside in the fresh air and doing some essential tasks to help with the welfare of the farm animals. During the day at the farm the participants assist with keeping the paths and gardens litter free and keeping the paddock clean and healthy for the animals. The participants work as a team and learn about using garden and farm tools correctly and safely and improve their workplace communication. Participants this year have had the added bonus of successfully learning how to ask a camel to sit. The staff at the farm are always very friendly and respectful of the participants and often to stop to have a conversation or to teach a new skill. The participants appear to delight in the interactions they have with the animals on the farm.

Beyond Rhythm - Music Program



The Music Program resumed in Term 4 this year with the fantastic opportunity to rehearse for performances and learn about some music technology at the newly created studio in the Pakenham Living and Learning Centre. The participants at the studio are learning how to set up and use the equipment such as mixing desk amplifiers and microphones. The participants in the program chose the songs they would like to learn and perform. Being in a band involves a lot of useful skills such as communication and cooperation as a team. The participants display a high level of positive energy in the performances they have done and some great musicianship, which is getting the attention of people in the community who are asking if Beyond Rhythm is available for gigs. Great job Beyond Rhythm.

Tam returns



The Multimedia Team sat down with Tam to talk about his life and career at Burke and Beyond. This is a short expert from that interview.

Q. Why did you choose to work at Burke and Beyond?

Tam: Well, I was working in an industry that I didn't like for a long time. A friend of mine referred me to Burke and Beyond. I went for an interview for a support worker and I loved it.

Q. Cats or Dogs?

Tam: Dogs. Definitely dogs. I think I've shared this with staff before, when I was younger I was attacked by a cat, so I had a fear of cats and still do to this day.

Q. What do you think is the most important skill to have to work at Burke and Beyond?

Tam: I think it's no one particular skill. The role is dynamic in terms of support for our participants. But if you have a wide array of skill sets it will really assist you.

Q. How has working at Burke and Beyond changed you?

Tam: Definitely taught me a lot more patience.

Q. What advice would you give someone who wants to go into disability?

Tam: Go into it with an open mind. Disability in the past, what I've seen has the tendency to pigeon hole people. What I like to say is there is no ceiling for what a person can achieve, so don't set a ceiling. Be open to different things that can challenge yourself as a support worker.

DANDENONG (Bryants Road)

Evergreen



Participants have been volunteering at the Evergreen company where they have been able to learn new skills in order to complete tasks for the day. Some of the skills they learnt were to start a lawn mower and cut the grass, how to work the whipper snipper to trim the grass, and how to use the water pressure to wash the trucks and the Bulldozer down.

Cooking Program



The Cooking group commenced their program at Noble Park Community Centre. The group were able to practice their shopping skills and purchasing ingredients from the local supermarket for their recipe that they planned. They practiced their kitchen hand skills and good food and safety hygiene.

Podcast Program



During the podcast program, which is run at the Pakenham Living and Learning Center, participants had the opportunity to learn about where podcasting originated from and what is involved in creating an interesting podcast. They had access to the podcast studio weekly, where they were introduced to podcasting equipment and the way it is used. Participants spent quite some time thinking of topics to discuss and became more creative and confident as the weeks went by. Not only did participants enjoy the podcast, they also worked on many skills such as communication, creative thinking, and brainstorming.

Community Access



The Community Access group has been attending different types of places this term. Participants have travelled to places such as Lysterfield Lake, The Melbourne Museum, National Gallery Victoria, Reading Cinemas and they visited the Ringwood site. The group were able to practice their travel training to these areas.

BOX HILL

Tennis / Health and Wellbeing



Participants have continued to develop their skills and work as a team to engage in a variety of different drills and competitions. These include lobster tennis as pictured. Tennis / Health and Wellbeing has had a great year and worked well to build on their social skills and independent living skills, examples include making healthy meals and learning about daily recommended intake.

Advocacy and Social Skills



One of the participants chaired a meeting for VALiD this term and did an excellent job, providing clear information on what was to be discussed and segueing to the following segment. The group took part in paid work experience with RT Edgar and helped out with the Neighbourhood Watch newsletter drop as well.

Animal Care CAE



The Animal Care course has been filled with lots of different animals and the group has done spectacularly to balance mixing physical handling of the animals and learning care giving techniques and habitat maintenance. The guinea pigs are a participant favourite and have made repeated appearances throughout the term. The rats and mice are a little less popular but still of interest to most.

Cert I Transition Education



The Transition Education group finished off the year with an excursion to the Collingwood Childrens Farm. The group worked together to fill out documentation and plan the route. Participants got to pet and interact with horses, ponies and goats. The cohort has done really well to get through all the assignments and assessments and will be getting their certificates in December.

Trade



The Box Hill Trade group has been building on their connection with the Balwyn site and has been building planter boxes. The group has done excellently this year and has completed several major quality of life improvements and projects at both KNLC and at Balwyn. The participants have made strides in developing their trade skills and have become more confident with hand and power tools.

Cert II Hospitality / Work Education



Placement is an exciting time for the participants taking part in the Cert II program. The chance to apply the knowledge they have been building throughout the year has been excellent. While there were many options, some people decided to work in the hospital, others worked in the cafe, some with flowers or animals, and one chose to work at the BHI music program.

Participant of the month and of the year



A big congratulations to James for winning participant of the year and fully embodying all three trademark behaviours. James has continually displayed maturity and a strong willingness to engage and to improve. A big congratulations to all of our participants of the month as well for demonstrating an outstanding attitude, improvement and engagement and congratulations to our latest winner Alice.

RINGWOOD

Overview



The Ringwood group has continued working hard throughout this quarter! As we approach the end of the year Ringwood participants have wrapped up courses such as Floristry, Customer Service & Hospitality, Work Skills, Sport and Recreation, Trade and C.A.E. Drama. Participants in these course have worked very hard and have received certificates to acknowledge their hard work. Congratulations! The Trade course has worked hard across the quarter to construct new garden beds for Burke and Beyond Balwyn, getting hands on with a variety of tools and developing their woodworking skills. The Sport and Recreation course have also been hard at work on a different kind of project across quarter 4! This group has worked together to organise and run a sporting event for both Next Step Box Hill and Next Step Ringwood to attend. Attendees played 3 fun sport activities and Sport and Recreation participants did a fantastic job at leading and facilitating the day.

Ringwood participants have continued their efforts to recycle as many cans and bottles as possible under the container deposit scheme. At the beginning of the year a goal was set to raise \$150 from this recycling initiative and the Ringwood participants have done such a fantastic job at collecting and correctly recycling that close to \$300 has now been earned! Participants have decided to spend this money on some new stationery, a new video game and some extra treats at the Christmas BBQ.

From everyone here at Ringwood, we hope you all have a lovely Christmas and a happy holidays!



BALWYN

Gardening



This term Balwyn has been working on the raised garden upgrade. A big thank to KNLC trade crew and Peter from KNLC horticulture for eggplant, cherry tomatoes, and chili plants. The cooking group will be adding these homegrown ingredients into yummy meals next term. The cohort are taking on responsibility for upkeep for the seedlings, ensuring they are well hydrated.

The apple tree has been netted to protect the fruit for making lovely desserts too

Art



Fantastic creations have been made and celebrated at Balwyn and at The Shed Alphington. Mediums include painting, bush art and beads, with focus on themes such as RUOK day, AFL and now Christmas. A diverse range of art pieces have been exhibited with pride at Shed.

Engagement focus space update

We are excited the sensory room is completed and looking great and will be fully operational for 2025.

Several people have made their selection of preferred use of equipment including using the therapy and heated vibrating chairs while listening to relaxing music with the laser lights, projector or bubble cylinder in action.

Alphington lawn bowls

This term the Alphington lawn bowls has returned with warmer weather. Participants enjoy and are well supported by the shared experience and knowledge provided by the volunteers while building on social and motor skills.

Community Access



Places of interest have included sporting parks, libraries, antique stores, Ikea and the popular Edendale Farm. The farm houses a range of animals including ducks, guinea pigs and horses, but a favourite are the goats.

While out on the road participants are keen to make their own takeaway drinks at the service stations, checking out the choices and what size to have.

Creating colourful bouquets was another highlight with the assistance of a local florist who provided flowers for participants to arrange individualised bunches to take home.

While at Naroo Street



Back on site the Balwyn cohort have been working on life skills undertaking cooking, laundry and vehicle maintenance. The weather opens opportunities to spend time in the garden space playing sports and maintaining the garden. Maintaining the buses is another area for the cohort to build on skill development and teamwork.


Central Ringwood Community Centre

The crew continue to build skills, participating in life skills, the iPad course, and travelling on Public Transport Victoria. Some destinations have been ACMI, Belgrave and Warrandyte.


On Fridays the team plan destinations for the following week including transport mode, travel time and points of interest.



SUPPORTIVE | PROGRESSIVE | ACCOUNTABLE



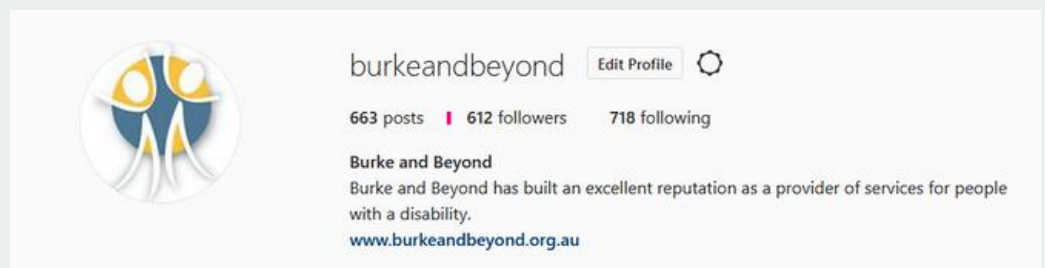
“Burke and Beyond strives
to improve lives through
social interaction, personal
development and
community participation”



Inclusion that counts

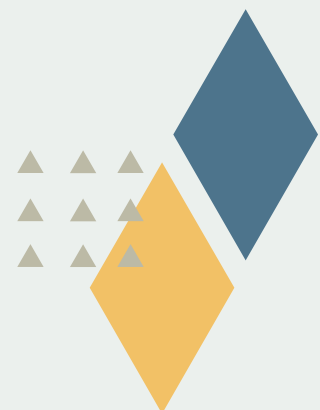


Social Media Links



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