



Term 2 - 2024

# WINTER

Newsletter



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# Term Holiday Dates

Friday 28 June

Quarter 2 Ends

Monday 1 July - Friday 5 July

Mid-year Winter Break

Monday 8 July

Quarter 3 Starts

Thursday 26 September

Quarter 3 Ends

Friday 27 September (Public Holiday)

AFL Grand Final Eve Public Holiday

Monday 30 September

Quarter 4 Starts



# Message from the CEO

Lisa Sawatzky

It has been a busy time at Burke and Beyond with lots of new initiatives occurring across the organisation. Our leadership team have been working on the development of local action plans in line with the needs of participants at each service. There are some wonderful plans in the pipeline, and I look forward to supporting these initiatives during 2024. These initiatives will include the expansion of some after hours opportunities, new program ideas and some improvements to our facilities.

We have commenced the participant advisory group meetings involving representation from across each site. This group will be involved in providing advice and input into a range of areas including policy review, recruitment, attendance at expos and providing accessibility advice. There has been some great discussion at these meetings, and I look forward to working with this advisory group to improve services at Burke and Beyond.

Our strategic plan work is nearing completion, and a draft is currently being reviewed by the Burke and Beyond Board. This document will guide our services over the next 3 years and will focus on our customer needs, service growth, investing in our people and driving business excellence. There is significant work occurring at the executive and board level to support Burke and Beyond navigate the current NDIS changes to ensure a successful future. It is wonderful to see the momentum build as we finalise the details of the strategic plan.

We are really excited to have our NDIS quality audit in the coming weeks. It is a great opportunity for Burke and Beyond to be externally assessed against the practice standards and to have the wonderful work of our teams acknowledged. Audits also help us to identify opportunities for improvement and assist us to benchmark our services against best practice. The auditors will review a range of areas including looking at our policies and procedures, systems, and our service delivery practices. They will also seek feedback from participants and families about our services. This helps us understand how well we are meeting participants and families' expectations and where we can improve. This information is so vital to our commitment to continuous improvement.

Keep warm and well in this cold weather!

Lisa Sawatzky

# DANDENONG (Lonsdale St)

## Dandenong Creek Festival (Special event)



The Dandenong Creek Festival was a blast! Participants mingled with the locals, explored the wetlands, and soaked up the good vibes. There were mesmerising cultural shows by the Traditional Custodians, complete with a warm Welcome to Country and a mystical Smoking Ceremony.

Participants got up close and personal with wildlife, tried their hand at crafts and science experiments, went fishing, and had enlightening chats with eco-warriors dedicated to safeguarding the Dandenong Creek and its surroundings. It was a day filled with laughter, learning, and some impressive communication skills on display!

## Kate's farewell



This term, we bid farewell to our site coordinator, Kate. Her dedication and enthusiasm for her role was evident in her interactions and the exceptional care she provided to the participants. We wish you the best in your future endeavours...

## Get to know: Seamus Curran



We warmly welcome Seamus Curran as our newest Site Coordinator. With a rich background that includes roles in top 5-star hotels in London and various leadership positions in Australia, Seamus brings a wealth of expertise and insight to our team.

During his time in London, Seamus held key roles like Food and Beverage Manager, Operations Manager, and Events Manager in the hospitality sector. This experience has given him a deep understanding of delivering exceptional service and expertly managing complex operations. His role as a Catering Manager at the prestigious London Business School further showcases his ability to oversee diverse operations seamlessly.

Upon transitioning to Australia, Seamus took on significant responsibilities, including Business Manager roles overseeing multiple retail and hospitality outlets at Melbourne Airport. He excelled in staff management, revenue optimisation, and surpassing customer expectations, establishing himself as a reliable leader.

Seamus has also shown remarkable dedication to community care by serving as an Age & Community Care Worker and later as a Disability Support Worker/Coordinator. His commitment to improving the lives of others aligns perfectly with our values, making him a valuable addition to our team and community.

As our new Site Coordinator, Seamus is set to continue his legacy of excellence, building meaningful relationships and upholding high leadership standards. We look forward to this journey with him and eagerly await the significant contributions he will bring to our team and the community. Welcome, Seamus, to our organisation.

## Men's Group



This term, our Men's Group had a series of thrilling outings! We explored Tullamarine Airport, diving into its vibrant atmosphere. The excitement continued at the surf park, among other places. These activities provided a platform for participants to enhance their social skills and engage in meaningful conversations about men's health, creating a nurturing space for sharing and learning. It was a balanced mix of adventure, companionship, and well-being. Keep an eye out for more enriching experiences in the upcoming term!

## Work Skills - Rowville Community Centre



During the 7-week program, participants discovered essential work skills. They crafted resumes, composed cover letters, honed interview techniques, and explored various industries they were interested in. Additionally, participants improved their computer skills and practiced travel training by taking the bus to and from the Centre. Overall, participants enjoyed their time and found the course to be beneficial for their future endeavours.

## Social Skills



This term we introduced a social skills program, focusing on various aspects of developing and comprehending social skills. The program was conducted both in the classroom and through community engagement activities, allowing participants to practice the social skills they had learned.

# DANDENONG (Bryants Road)

## Climate Rental Resolutions



Participants have been volunteering at the Climate Rental Resolutions this term where they have been able to work as a team to complete weekly tasks. Some of the tasks include helping to service the air conditioners and clean filters.

## Cooking



Participants have been able to do some planning before heading out and travelling through the community to purchase their ingredients. Once ingredients have been bought by the participants they return to site where they start prepping to create the meal for the day. Participants practice their chopping, slicing and cutting, cleaning, washing and cooking skills.



# BOX HILL

## KNLC - Floristry



The floristry program participants have been exploring the theory behind colour and has been applying their creative sides and building different flower arrangements. In recent weeks the group has been learning about focal, line and filler, and how to take these aspects into consideration when building a flower arrangement.

## KNLC - Sports and Recreation



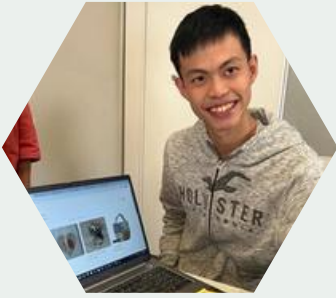
In this program the theory and application behind organising and running sports or recreational programs for the local community are explored. Your creativity, ability to think inside and outside of the box and run an event will be tested.

## CAE - Construction & Building



In this program the foundational skills for trades, tools and building are explored. The group recently used measuring tapes and rulers to record the heights of different items in the classroom and of themselves. In this program you will be provided with an insight into how a construction site works, and what each role entails.

## KNLC Customer Service



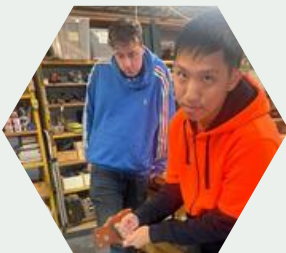
The Customer Service team has been working hard this term setting up the online shop and operating the Pop Up Stall. The group has also been working in the Sparechair Cafe and building their work ready skills operating the till and assisting with coffees in a professional environment.

## KNLC - Horticulture



In Term 2 the horticulture group has been working well, propagating some plants and working on the community veggie patch. They harvested some pumpkins which have been used by the Sparechair Cafe for a soup, and stripped the garden afterwards to prepare for the new season.

## KNLC - Trade



In trade, the group has been doing well and has been working with Dario to complete various projects within the Neighbourhood Learning Centre. In recent weeks the group built a frame for cabinets outside and worked well to saw and assemble the pieces into a frame.

## KNLC - Hospitality



Well done to the Hospitality group, who have been working on their catering skills and have helped to prepare pumpkins from the horticulture program and made soup for the Cafe. Additionally, the Hospitality group has been cooking for the community lunch events and prepared raspberry and coconut slices and a salad at a recent event.

## CAE- Healthy Me



The Healthy Me group has been cooking up a storm this term. Each week the group works on their cooking skills, and they practice mixing, chopping, stir frying and many more skills during the program. Some of the most recent creations include penne bolognese, savoury muffins, and potato and pumpkin soup.

## Cert 1 in Transition Education



In Transition Education the group has been working well, completing assignments each week and learning lots about technology, safety online, travel training and building their literacy skills. The group has travelled to Richmond Ikea and Forest Hill this term for excursions and continues to work towards completing their certification.

## Men's Group



In this program the group has explored many topics this term. They have worked on their communication, dealing with social situations, teamwork and emotional management. The group has also explored what makes a good friend, how to make friends. They interviewed others and used this information to explore new hobbies and uncovered some otherwise unlikely friendships.

## Social Skills/Advocacy



In this program this term the group has had a chance to build their independence, working in a new employment opportunity in the community delivering newsletters and flyers for local businesses. The group also attends VALiD for the Eastern Self Advocacy Network each month and builds industry connections.

## Tennis/Life Skills



The tennis program has been doing well this term. They have continued to work on their physical fitness and quick decision making in their practice drills and games. The group has also been working on their life skills in the afternoon and has been practicing their physical hygiene and independent living skills.

# RINGWOOD

## Overview



At the beginning of the quarter the Ringwood group began facilitating team building activities every Friday afternoon. These activities have included a scavenger hunt, paper airplane competitions, celebrity heads, 'would you rather' games, group trivia, group collaborative art and a visit from a local council member about how to properly recycle. These activities have been a great way for everyone to come together and work as a team while also capping off the week with a fun activity. Some participants have shared their thoughts on these activities.

Bec: "I enjoyed the group trivia activity. It was fun answering questions. I like working with my friends each week."

Mikey: "I like doing fun games with my friends on Friday afternoons. We have lots of laughs."

Nathan: "My favourite teambuilding activity has been the big "Would you rather" game. I liked this game because it gave me chance to ask funny questions to my friends. I've had fun during these afternoon activities."

Bailey: "I enjoyed guessing songs in trivia and working with friends in a team."

Sophie: "I like learning how to make paper airplanes and see how far they go."

# BALWYN

## Meals on Wheels



This term we have a new group enjoying the Meals on Wheels program. Each term we like to change up the groups, so everyone has the chance to experience giving back to the community.

## Site Management

This term, a group from Box Hill Next Step donated their green thumbs to help with the garden at the Balwyn site. The two sites have teamed up together to rake the never-ending Autumn leaves that fall around Naroo St. The group have got the lawn looking lush again. They're also preparing the garden bed to get those winter vegetables in the ground.

## Lawn Bowls

Alphinton Lawn Bowls is again hosting a group of bowlers. Every Wednesday the group head there for a session of lawn bowls. The volunteers are always happy to accommodate even if the weather changes. The group have had some indoor sessions due to the weather, but it hasn't stopped them getting their bowl on.

## Kew Independent Living Skills

The group this term has been perfecting their cooking skills with delicious treats like chocolate brownies. When the weather has been nice the group has enjoyed BBQs at Victoria Park, and kicking the soccer ball or throwing the basketball in catching games. Every term the group plans an excursion, this term their heading to That's Amore cheese factory in Thomastown.

## Sports Program



On Thursdays a group headed to a local Basketball Court to shoot some hoops and hit the court to play some tennis. We attend different parks to keep the adventure different but the exercising remains the same. Fun and fitness is what it's all about

## Public Transport



This term the group have been perfecting their travel training skills by picking destinations and mapping out the routes. The group decides on a place then work together to figure out how to get there. The group are really enjoying the experience of heading to new places.

## Yoga

Fridays are meant for relaxation, so a group enjoys a chair yoga session on these days. We do a chair session, so everyone is included. For the session we all sit in a semi circle and follow a chair yoga instructions. It's a lovely way to end the week.

# OUTREACH SUPPORT

## Becky Chan



On Sunday 5th May, I went to Melbourne Vixens vs Queensland Firebirds in Suncorp Super Netball's 'Inclusion Round'! This is the best thing to be involved in, as the Netball's 'inclusion round' pays respect to the LGBTQIA+ Community who are a part of it. The biggest highlight of game day is that the Vixens ended up with a close win.

## Steven Tran, Garry Gov, Nizaar Duldul



Hi! My name is Garry Gov. I enjoy doing outreach because I get to enjoy AFL with my friends and a staff member. Outreach helps me a lot by building up my confidence learning to catch public transport to MCG from Noble Park station to Richmond.

- Going to AFL games with my friends and staff member has been fun. I have been supporting Richmond since 2014. My experience at the AFL, I love the crowd, singing my team song as they ran out through the banner.
- Best part is before the game Starts, they have 50 seconds timer countdown before the Loud Siren starts, I could feel the nerves but Confident of Richmond, win or lose does not matter as I always stay till the end.
- I recommend you guys doing outreach support because it's so fun and it will help you improve your independent travelling experience.
- I would like to thank Elyce for organising a staff member each time when me and my friends needed. If you guys want outreach support, the best contact is Elyce.

Kinds Regards, Garry Gov

I like going out with my friends. Exploring new places like AFL matches. It helps me build my independent traveling, socializing with friends and confidence.

- Steven Tran



# FRIDAY NIGHT SOCIAL

## Box Hill



19.04.2024

Participants attended a virtual interactive Golf simulator to test their skills.

24.05.2024

We stopped to look at the exhibit on Swanston street about the new train lines being built and participants tried VR experiences explaining this

## Message from Elyce


### Coordinator of Outreach and Social Programs

If you are looking for support to work on your goals and achieve milestones, or if attending social events is more your thing, please contact the Outreach and Social Coordinator for more information.


Elyce Morison - [elycem@burkeandbeyond.org.au](mailto:elycem@burkeandbeyond.org.au)



SUPPORTIVE | PROGRESSIVE | ACCOUNTABLE



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



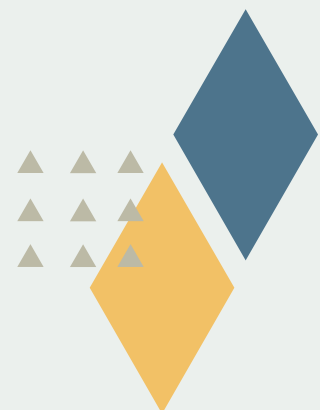
*Inclusion that counts*

# 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