

WELCOME

LIVING AND LEARNING PROGRAM CONTENT

Inclusion that
Counts.



NO TWO PEOPLE ARE ALIKE, AND WE RECOGNISE THAT EVERYONE HAS INDIVIDUAL NEEDS.

Welcome to our Living and Learning service which is located in Balwyn.

Our team provides a flexible and supportive environment that supports participants to improve their skill level and participate in a range of recreational and learning activities.

Our programs are tailored to small groups and also welcome people who need more support as required. This is a small service where communication between families and staff is a key to our participants learning new skills.

Our focus is to engage with participants and create opportunities in a range of areas including:

- Skills development
- Community engagement
- Health and wellbeing
- Volunteering opportunities

This booklet will give you an overview of the programs offered at the Living and Learning site. These are dependent on interest and availability.

SERVICE SUITABILITY

The Living and Learning program is suitable to people who:

- Who have finished school
- People 18 years up to retirement (options for 16 and 17 years old by arrangement)
- Are looking for a mix of recreational activities and skill development.
- Have CORE funding via NDIS.
- Able to work within a group setting.



How do YOU CHOOSE ACTIVITIES AT BURKE AND BEYOND?

EACH TERM PARTICIPANTS WILL BE PROVIDED WITH AN OPPORTUNITY TO IDENTIFY THE TOP THEMES THEY WOULD LIKE TO WORK ON THIS TERM, THAT RELATE TO THEIR GOALS.

Throughout this booklet you will notice that areas relate to specific themes. There is a breakdown below:

- Participants will be supported to identify the top three themes they want to work on.
- An email will be sent to families with details of participant choices and the participant's goals. Families will have the opportunity to discuss any other needs at this point.
- Groups will be created based on the themes people have identified and the days they attend.
- Once these themes have been identified a detailed timetable will be created and a copy provided to participants.
- Once this has been created participants are expected to committ to that activity for the term.
- If a change needs to be made due to a change in circumstances a written request needs to be sent to the co-ordinator. All efforts will be made to accommodate the change where resources and participant ratios permit.

Themes



Physical health and wellbeing



Emotional health and wellbeing



Social Skills



Independent living skills



Communication skills



Local Community Participation



Work-ready skills



Advocacy Skills



Numeracy and literacy skills

Skills DEVELOPMENT



EVERYONE CAN DEVELOP NEW SKILLS!

We believe all individuals can improve their abilities, increase their independence, and enhance their quality of life.

Skills development in the Living and Learning program can include training in areas such as communication, self-care, and general life skills.

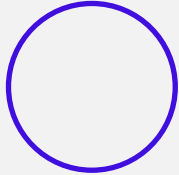
Our ultimate goal is to empower individuals to live a more fulfilling and productive life and to enable them to fully participate in their community.



WE CAN OFFER

- A variety of courses in collaboration with Local Community Centres
- Language and literacy
- Meal preparation
- Supports to join local groups based on your interests.
- Basic money handling
- Social interaction
- Home and garden care
- Travel training

Community ENGAGEMENT



WHAT IS COMMUNITY ENGAGEMENT?

Everyone needs a sense of belonging! We aim to increase our participants' social interactions and support and promote greater inclusion in the community. Community engagement activities attended by our participants can include volunteer work, recreational activities, and group events.

By connecting with others in their communities, individuals can build relationships, develop new skills, and experience a greater sense of purpose and self-worth. Ultimately, the goal of community engagement is to help individuals feel valued and integrated into society, and to break down barriers to full participation and inclusion. It also provides individuals with a sense of belonging and social connectedness.



PARTICIPANTS CAN ATTEND ANY NUMBER OF ACTIVITIES INCLUDING:

- Local Libraries
- Community events including music and arts venues.
- 10 pin bowling
- Sporting activities
- Lawn bowls
- Volunteering
- Men's sheds
- Exercise and movement
- Meals on Wheels
- Local shops and cafes
- Swimming

HEALTH & WELLBEING



We promote healthy living and physical fitness. The purpose of our health and wellbeing program is to support participants in maintaining their physical wellness while engaging in community-based activities.

Participants will have the opportunity to develop social skills, works as a team, and develop networks within their local community while improving their physical and mental health. Some of the following programs in place and being offered to our participants are:

- Walking groups, including nature walks
- Assistance in the management of diet and health needs
- Yoga and low impact movement
- Gentle exercise
- Sporting activities



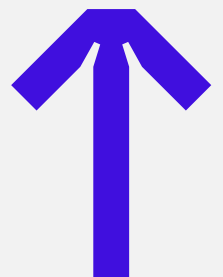
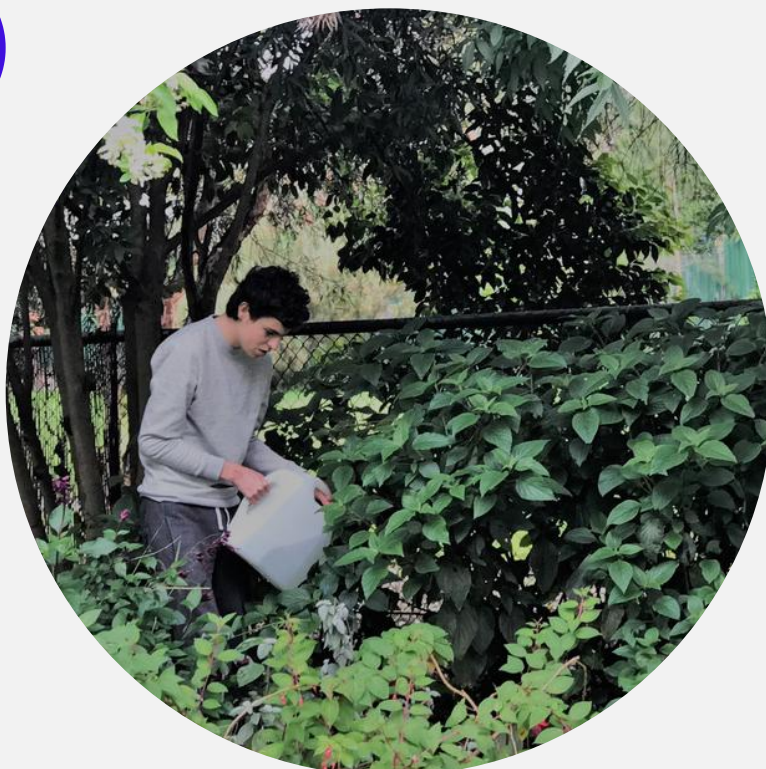
VOLUNTEERING



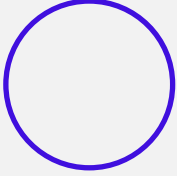
THE PURPOSE OF VOLUNTEERING WORK EXPERIENCE:

We have specialist staff who create meaningful connections with community groups and businesses who need volunteers.

- Volunteering offers people a chance to connect with members of the public and other like-minded people.
- It is an opportunity for participants to be part of their local community.
- Participants develop communication skills with a wide variety of people.
- We explore opportunities to engage in a wide variety of social situations.
- It improves self-esteem and confidence: Volunteering can help individuals feel valued and contribute to their sense of self-worth.



CONTACTING US



TO CONTACT US PLEASE CALL

9886 1111
and follow the prompts



GENERAL INFORMATION

INTAKE

9886 1111
follow prompts for intake (Option 2)
Intake@burkeandbeyond.org.au



LIVING AND LEARNING

Service Coordinator

9886 1111
Option 1-5-1 for Coordinator
51 Naroo Street, Balwyn, Vic, 3103



CEO

ceo@burkeandbeyond.org.au



GENERAL MANAGER SERVICE DELIVERY

csm@burkeandbeyond.org.au



FEEDBACK

feedback@burkeandbeyond.org.au



ADMINISTRATION OFFICER

admin@burkeandbeyond.org.au

Website: www.burkeandbeyond.org.au