



BURKE & BEYOND

Term 2 - 2025

# SPRING

Newsletter



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# Term Holiday Dates

Monday 7 July to Friday 11 July

Burke & Beyond Winter Break

Monday 14 July

Quarter 3 Starts

Friday 26 September (Public Holiday)

AFL Grand Final Eve Public Holiday

Friday 3 October

Quarter 3 Ends

Monday 6 October

Quarter 4 Starts





# Message from the CEO

Lisa Sawatzky

I hope you are all staying warm in this colder weather. Despite the chilly weather, there is lots happening at Burke and Beyond. I am excited to share some highlights with you.

Over this term our participant advisory group (PAC) have met to discuss the development of Easy English Documents. They are currently looking at the service agreement and reviewing how this could be made more accessible. The PAC also had a representative on the Staff Awards Committee. This rep met with a staff rep and myself to review the nominations for the staff awards and decide on the worthiest candidate. Our participant input in the awards selection was critical to ensure a participant voice in this process. The PAC will also be presenting at the AGM, and I look forward to hearing about their achievements over the last financial year.

We are delighted to have received funding from the City of Greater Dandenong for a trailer for our Beyond Gardening micro business. It is wonderful to see the development of skills in this group and the confidence they are developing with the safe use of equipment. At our Balwyn site, we have introduced a daily morning mind and body warm up activities for all participants. Participants have enjoyed morning meditations, ball activities, gentle movement, and park-based sporting activities when the sun is out. These all help lift people's mood and engagement levels during the gloomy winter period.

At this time of year we review participants progress toward their goals and review the timetable to ensure that our program remains dynamic and continues to meet the needs of the participant group. We have several new programs including Computer Coding, Beyond Gardening - Horticulture and Landscaping course, new social program offerings, and many more. The timetable review has also been completed, and the new timetable will commence upon return. The individual timetables will be sent home at the end of the term.

As we approach mid-year we are seeing the usual increase in colds and flu and both participants and staff are looking forward to our mid-year break. I appreciate those who have stayed at home during illness to assist in reducing the spread of colds and flu.

During the upcoming holiday period, we are offering winter holiday programs to support participants over the break period with social and recreational activities. It is fantastic to see the variety of activities on offer for the winter holidays. It is lovely to see the variety of activities on offer and the increase of attendance during the holiday period. This is particularly helpful for working parents, who value this service offering.

Thank you to everyone in the Burke and Beyond community for your ongoing support. Our families, partners and wonderful staff all help us to continue to support great outcomes and opportunities for participants.

Enjoy the break!

Lisa Sawatzky  
Chief Executive Officer (CEO)

# DANDENONG (Lonsdale St & Bryants Rd)

## Beyond Rhythm



After a stint of public performances, the Beyond Rhythm music program have been exploring some new songs and also learning about jamming, improvisation and playing the blues form. The participants have been setting up the studio at the Pakenham Living and Learning Centre for rehearsals and learning about using mixing desks and microphone technique.

The current line up are drums, guitar, keyboard, vocals and saxophone. The band are currently looking for a bass player to help the band sound even more terrific.

The band take time to consider new music and do a fair bit of sharing and listening to music. The band are working on a complete new set for upcoming performances.



## Multimedia

This term the Multimedia team have been working on developing their photography skills. Participants have learned about exposure, composition and themes. Participants have also worked on creating a social media video for Burke & Beyond and learning skills to interview participants and staff for a video podcast. The participants have also taken on responsibility for creating this term's newsletter. They have worked collaboratively to design the layout and visuals. All the participants had the opportunity to express their individuality and creativity.

## Work Skills- Cornerstone



This year, the Bryants Rd 'Work Skills' group has commenced work experience/ volunteering at Cornerstone in Dandenong.

Cornerstone provides services such as showers, washing/drying clothes, food parcels, warm meals, support and services to those who are living rough or less fortunate.

The team have been packing bags of non-perishable good for people to take away with them, as well as bags of cat & dog food. Participants have been able to work on their kitchen skills, using utensils that some have never used before, practice skills for safety when working independently or in a group in a small setting and communication skills where participants have provided each other support, guidance and techniques for growth.

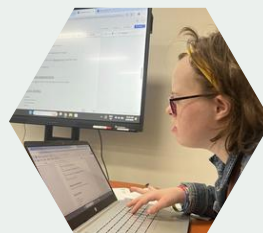
Participants have fed back that they are really enjoying the experience, getting to learn and develop new skills and give back to the community.





# BOX HILL

## Health & Wellbeing and Work skills



Participants have been working well this semester to develop their work skills. They've been practising following dress codes, cultivating a professional attitude, and honing their customer service skills. Throughout the semester, participants have engaged in self-reflection, recognising their achievements and updating their resumes accordingly. In the afternoons, they've focussed on building healthy habits, particularly by being mindful of the sugar content in popular snacks and drinks and understanding the recommended daily intake for each food group.

## Officeworks



Work experience with Officeworks has been going well. The participants have been getting firsthand experience working in an office and technology-based store. The participants have learned to use scan tools, restock and front face items. Onsite the group has food safety and reading labels and been practicing for interactions with customers at Officeworks through roleplays and exploring possible questions and answers. The group have also taken the initiative to assist with auditing the first aid kits and supporting safety drills.

## Podcast



The Podcast program has been working quietly for the last semester. The group has completed 4 episodes this far which should be on the airwaves soon for all to hear and they have begun recording more. This program has focused on the participants ability to condense something important to them, write about it and then share their story with others. The group has also been using creativity to create sound effects to try telling a story without the use of pictures.

## Biggest Morning Tea and Expo



Participants helped coordinate and set up the Biggest Morning Tea for Box Hill. The participants from CAE Healthy Me were in charge of completing the shopping, preparing the food and making coffees while the Independent Living Group handled the decoration and set up of the room. The participants did excellently and got to demonstrate their developing skills in customer service and food handling.

A big thank you to those who attended the event and well done for helping raise \$400+ for good cause!

The participants have also been taking an active part in the Burke and Beyond Expo stalls and have been showing others what they have gotten up to this year.

## Customer Service and Hospitality



The participants have been a big help to the Spare Chair Cafe in Kew Neighbourhood Learning Centre. The group have been consistently supporting the cafe by assisting with preparing the savoury and sweet pastries and packed lunches. The groups have been helping with the Kew cart as well and have worked with Giant Steps to run a fund raising shop. Customer service has also been helping with admin tasks and frequently supports to make the design for the online store and have begun work on promotional videos for Kew NLC.

# RINGWOOD

## Overview



Ringwood has continued their hard work across the first semester of this year. Ringwood has begun the year by welcoming seven new participants to our site who have hit the ground running in programs and have begun developing new relationships with their peers.

Participants have resumed their volunteering opportunities with Pinchapoo, Parkinson's Group and the Local Umbrella Cafe and have returned to their courses at Kew Neighbourhood Learning Centre and Orana Neighbourhood House.



Across the semester the Ringwood group has also participated in a few special sessions with different community groups. These have included a CPR session with Lifesaving Victoria, a How to Vote session with the VEC and two Sexual Health sessions with Headspace.

The Ringwood group has also continued to raise money for on-site events through the Victorian can recycling initiative. The site also organised a Biggest Morning Tea fundraiser event to raise money for the Cancer Council of Australia.

Everyone at Ringwood is looking forward to their break as well as starting semester 2 and some of the new programs that we have planned for the remainder of the year.



# BALWYN

## Community Access



Participants have been enjoying being out and about in the community developing their independent life skills. Participants have been enjoying trips to Officeworks to locate and purchase art and office supplies, as well as heading to a local service station on their travels to prepare their own morning coffee! Everyone seems to love bringing the supplies back to site to show the rest of the group what they bought, as well as pack away and organise the items.

## Morning Activities



Participants at Balwyn have recently introduced some morning activities to help beat the winter cold and to get their bodies and minds warmed up at the start of the day! Activities have included some indoor bowling, morning meditation, large group games of UNO, morning walks, as well as some ball throwing activities in the park on the warmer days! Participants seem to have really enjoyed having a choice, as well as engaging with the broader group.

## Healthy Cooking



Balwyn participants have been practicing and developing their skills in the kitchen with lots of cooking both on site and down at Kew cottage. Participants have all enjoyed exploring healthy and sugar free recipes that incorporate the site grown veggies and are inclusive of all participants' dietary needs. Some of the highlights for participants were the vegetable soup, healthy tuna pasta, cafe style scrambled eggs and some very healthy banana bread.

# OUTREACH SUPPORT

## Garry Gov

Hi, my name is Garry Gov,

I graduated from Emerson in 2020, I came to Burke and Beyond in 2021.

Ever since I came to Burke and Beyond, I have learned a lot of independent living skills such as catching a bus, doing work skills, how to do duties, and learning money. I have also been part of many volunteering programs that include, Horticulture where I get to learn tools like using the saw, pulling out weeds using the inaturalist app. I also make coffees during the Barista Course where I got to steam the milk, and learning how to make different types of coffees.

I also enjoy the cooking program where I am part of preparation, cooking and cleaning. We also cook a variety of recipes throughout the term.

My outreach support on the weekends has been amazing, I learned how to catch a train to concerts and the AFL.

The good thing about travelling is that I get to go different locations and get to know about my community.

My favourite thing about the concert is when I get to see my artist perform on stage and sing along and then losing my voice at the end of the night.

I am a huge Richmond fan, as I get to see the Tigers running out through the banner and singing the song. I love the crowd and the Siren. 🇺🇸

Regards Garry Gov

## Becky Chan

In May, I went to watch the Reserves Men for Upper Ferntree Gully Kings against Oakleigh Districts, and then a little bit of Seniors Men afterwards in Oakleigh East!



I had an exciting and amazing opportunity to sing the song in the winner's circle for the first time ever. As I was heading to the gate while the Reserves squad heading into two lines to prepare for the Seniors squad to run out through them, they saw me decked up in our full colours and made me being a part of the club, which 1 of the players allowed me into the club room to sing the song with them.


I don't play a sport, so there is no opportunity for me to sing a club song with a team. This made my passion supporting the team being even bigger, and I am hoping to see them play at home to be back in Upper Ferntree Gully since I was born, and even a bit of time there as a sick baby in hospital! I will never forget the experience!

It was also the first win ever for me in my second time in total turning up to watch that club! I have been following the club since late 2023 with few other teams as I started following the Eastern Football Netball League (EFNL). It was a great day too after finding out all FOUR squads (Women, U19s, Reserves and Seniors) all got the win for the one club!






SUPPORTIVE | PROGRESSIVE | ACCOUNTABLE



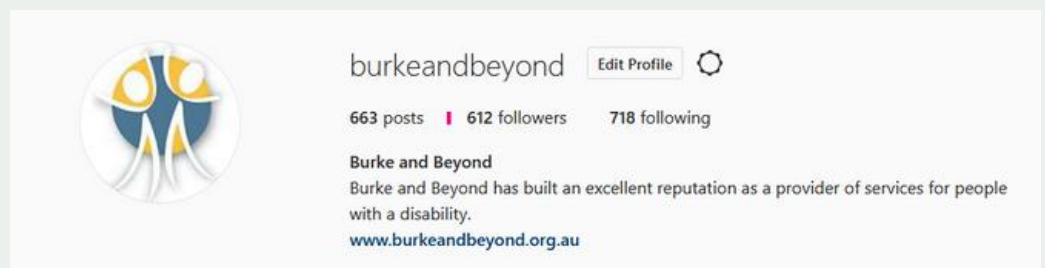
“Burke and Beyond strives  
to improve lives through  
social interaction, personal  
development and  
community participation”



*Inclusion that counts*

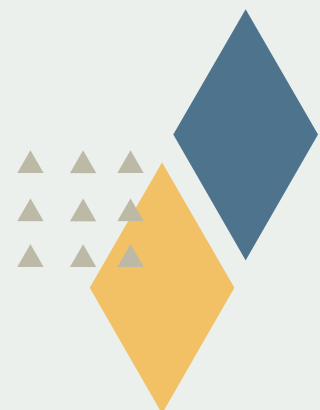


# Social Media Links



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