



Term 1 - 2023

AUTUMN

Newsletter

Term Holiday Dates

First Quarter

16/01/23 - 07/04/23

AUSTRALIA DAY
Closed on Thursday 26th of January

LABOUR DAY
Closed on Monday 13th March

Second Quarter

10/04/23 - 30/06/23

EASTER WEEKEND
Closed on Friday 7th and Monday 10th April

ANZAC DAY
Closed on Tuesday 25th of April

KING'S BIRTHDAY
Closed on Monday the 12th of June

July Break

03/07/23 - 07/07/23

CLOSED FROM
Monday 3rd of July to Friday 7th of July

Term Holiday Dates

Third
Quarter

10/07/23 - 29/09/23

AFL PUBLIC HOLIDAY
Closed on Friday 29th September

Fourth
Quarter

02/10/23 - 22/12/23

MELBOURNE CUP DAY
Closed on Tuesday 1st November

SITE
CLOSURE

Summer
Break

22/12/23 - 15/01/24

The last day of service for 2023 will be
Friday the 22nd December

Burke and Beyond will re-open next year on
Monday 15th January 2024



A (last) message from our CEO.



Bruno Cyr

After 20 years with Burke and Beyond including the last seventeen as CEO, it is with a mixture of sadness and excitement that I am announcing that I will be stepping down from my role at the beginning of June this year.

Burke and Beyond has been a major part of my life throughout those years and it has been a fantastic place to be working. I have been privileged to be able to witness so many of our participants develop their skills and have many positive life experiences whilst they were attending our services.

We experienced a significant growth over that period but never lost our focus on communication with participants and their families and were able to maintain small environments with a limited number of participants within each one. This has been a real key to our success as a provider.

I have been very lucky and have been able to surround myself with a dedicated group of Coordinators and staff who really make a difference in people's lives on a daily basis. Their dedication is unquestionable, and their ongoing efforts make a big difference at each of our services. Our small but very efficient Administration team has been able to help the organisation go through many challenging changes, especially regarding the NDIS funding issues over the last few years.

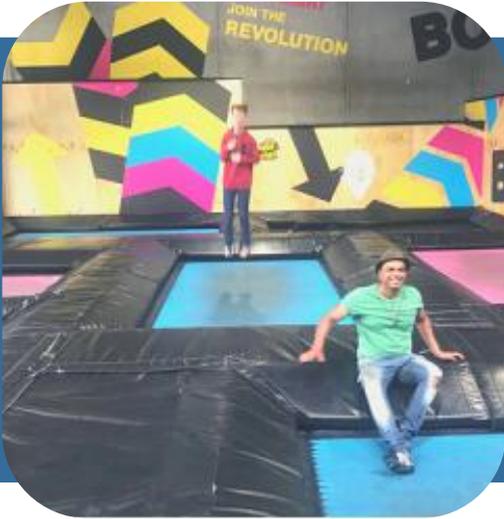
I wouldn't have been able to lead the organisation effectively without the continual support of our Board of Management. They have been able to provide advice and direction and have worked hard to keep the Organisation moving forward. The role has been at times challenging, but also very rewarding.

I am very grateful to all mentioned above as they certainly made my job so much easier. Most importantly though, thanks to you, our participants, and to all the families and care givers, for putting your trust in Burke and Beyond. I will certainly miss my ongoing contact with participants and staff as I regularly made my way to visit our services. The highlight of my job was hearing the positive stories being told and witnessing the fantastic atmosphere at our services every time I went to visit.

I wish Burke and Beyond the very best, and will no doubt come across many of you in the future.

BALWYN

Newsletter



Everyone is back into swing of things in Term one at Balwyn. Everyone had a fantastic break and has enjoyed being back. Wrapping up the first term, Balwyn have been heading to Bounce on a Monday. The group love being back and working on all their bounce techniques.

The Central Ringwood group have been delivering some flyers to the local community. They have been walking the streets for a good cause.



We have bowling teams that go each week and compete against each other. Each week scores are tallied with the winner being promoted to the next group. We love the challenge each week.

Balwyn has more new and exciting activities next term so stay tuned to hear all about it!



Balwyn

SITE NEWS

ALPHINGTON COMMUNITY CENTRE.



Arts Galore!

We have a group that attends the Alphington Community Centre. They do a program aimed at getting creative and a little bit messy. So far the group has made some great projects. We look forward to seeing their next project.



Keep on Bowling!

The outdoor bowls group have been heading to Alphington each week where they enjoy inside or outside bowls, depending on the weather. The volunteers are always willing to help and even supply some refreshments after the group have bowled.



Thank You Alphington Lawns Bowls!

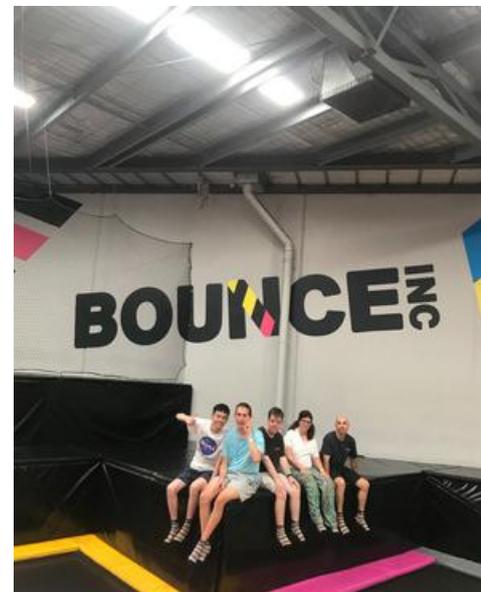




NEXT STEP BLACKBURN



SNAPSHOT



TERM 1 2023

Regis Aged Care



What's happening at Next Step Blackburn?

To start the year, Next Step Blackburn have partnered up with Regis Aged Care. Here the participants get an opportunity to work with the residents of the aged care facility and assist with the lifestyle programs held there, as well as bring positive morale to the residents.

Their lifestyle programs offer residents the chance to participate in a range of activities that promote socialization, physical activity, and mental stimulation.

Participants are responsible for assisting residents with various activities, including sport classes, music sessions, and cooking workshops.

Regis Blackburn

 40 Central Road, Blackburn VIC

 www.regis.com.au

FROM THE PARTICIPANTS

NEXT STEP BLACKBURN



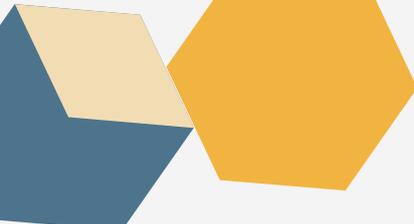
MY GOALS FOR THIS YEAR ARE:

- Reading and following a lasagne recipe
- Reading adult books
- Adding up to large numbers
- Practicing subtraction
- Working towards getting a paid job
- Earning more money

LETS HEAR FROM ANNIE!

Hi, my name is Annie from Blackburn Next Step Burke and Beyond. This year I am doing the Animal Care course and I am really enjoying it. I have been working hard at the Collingwood Children's Farm with our group over the past month and I am quite sad it will soon be coming to an end. I also did placement at Dandelion Bunny Retreat Center in Box Hill as a part of the course and it was lots of fun looking after the bunnies. Another thing that I have enjoyed is volunteering at the Manningham Youth Volunteering Expo where I helped out with greeting people and showing people where their table is.





Meet Will!

Next Step Blackburn

Hi, my name is William

This year I am involved in Advanced Money Maths where I have been working on my money skills through group programs and IXL. I am also doing Travel Training where we have so far travelled to Belgrave, Bayswater and Ringwood. My AST course is going well. I travel to Ringwood now with Jocelyn, Nick, Alice and Jess, and work with Chris and Maddie. On Thursdays, I have been working well at Salvos where I have been checking the DVDs and CDs and sorting the clothes with different coloured tags. On Fridays, I am hoping I will have an opportunity to do work experience at Woolies Box Hill and visit Kew Neighbourhood Learning Centre. Last year, I also passed my driving test on the 6th of December Tuesday 2022! I have been driving to work this year sometimes on Fridays. I am looking forward to getting a car this year in April and driving whenever I want to. I am excited for Queensland this year when I hang out with my grandma and hire a car and drive around Queensland.

Term 1 | 2023



NEXT STEP BLACKBURN

Kew Neighbourhood Learning Centre



WHAT'S ON AT KEW?

Written by James C

In my 1st term of my 1st year at Burke & Beyond, every Thursday (onward) I do the Trades courses at the Kew Neighbourhood Learning Centre, which is of course...

While there, me and others work with Dario and KLNC to help start up a new project and learn as we go. This involves moving a greenhouse in the garden to allow space for the café.

In doing so, we learn how to paint, dig, move, plan & reorganize objects and obstacles. We have also moved mounds of ground, painted the fence, unscrewed planks, and evened the ground for the greenhouse.

I like being active and try to think ahead. One time when evening the floor, instead of using my back, I got an idea to use longer handle to make it easier for me and to avoid hurting myself. It's a good feeling to change the world around you, for the better or worse. Thank you all for reading, there might be other trade activities in KNCL, they are really fun.





What's been happening? NEXT STEP DANDENONG



Next Step Dandenong has had an outstanding Term 1. The organisation introduced new programs and workshops, which provided opportunities for participants to learn new skills, enhance their creativity, and build stronger connections with their peers.

The performing arts group continued to grow and practice throughout the term, preparing for their big performance at the end of the year.

The creative arts program worked hard to prepare for Harmony Day.

The women's group also had an online workshop on online self-defense, where participants learned about safety in the world of social media.

Next Step Dandenong also hosted a range of one-day workshops. One of the highlights was a session with a mental health expert from the Black Dog Institute. The expert spoke about common mental health issues and where to get help, providing reassurance to participants who may have faced these issues.

Overall, Next Step Dandenong had a very busy and productive term. Participants worked towards their goals in an inclusive, person-centered fashion, building stronger connections with their peers and learning new skills along the way. Next Step Dandenong is excited to continue providing high-quality programs and workshops in the future.



NEXT STEP

DANDENONG



Sports with Reclink!

One of the most anticipated programs was the Reclink program, where participants engaged in a variety of sports activities at Springers Leisure Centre. The program provided an opportunity for participants to learn about positive sportsmanship, team building, and communication skills. The program was a huge success, and Next Step Dandenong is excited to continue with this next term.



Next Step Dandenong

New Program Alert!



Evergreen Waste Solutions

Next Step Dandenong has recently introduced a new program with Evergreen Waste Solutions, where participants learn outdoor skills such as gardening and building maintenance. The program is designed to be hands-on, giving participants the opportunity to learn about different machinery and tools.

Through this program, participants can acquire valuable new skills and knowledge that they can apply in their personal lives or professional careers.

»»» WHAT'S HAPPENING AT

NEXT STEP PAKENHAM



»»» ART PROGRAM

Aceson

This term at Pakenham we started an art project. In this program we built a miniature city out of cardboard and tape. I got to be project manager for this activity and I was able to lead the other participants in building and putting together the cardboard pieces. After all the buildings were set in place, we set up the paint and painted them all different colours.

ART THERAPY <<<

Nizaar

We have had the opportunity to take an art therapy session which I thoroughly enjoyed. I liked the different activities. One of my favourite activities was using the stencils to draw a leaf on paper and on canvas using paint.

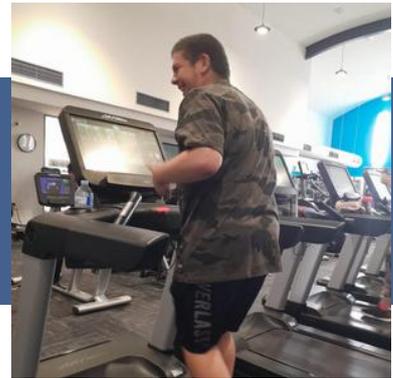
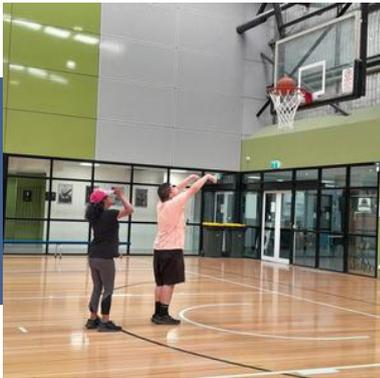


»»» TRAVEL TRAINING

Nizaar

We have been doing travel training via train, bus and walking. We have travelled to Prahan markets and Dandenong market via train and we have walked to Deep Creek Golf Club. We even went to a heritage outdoor gym and the Melbourne city to visit the ACMI museum, just to name a few. This has helped me to become more independent and be more aware in the community. I have also learnt a lot about road safety.

HEALTHY ME PROGRAM



HERE'S WHAT THE PARTICIPANTS HAVE TO SAY...

Every Monday we pay \$10 each for cooking and we come up with a meal to cook as a group. We all head to either Coles or Woolworths to buy the ingredients for this meal and then as a group we prepare all the ingredients and cook together, learning new skills every time. As a result, I made the best cheese sauce for the macaroni and cheese meal that we recently cooked and the other participants gave me great compliments.

- Anthony



“

WORDS FROM MIGUEL

During the term I started doing Healthy Me. It's a program where we get together to build our strength and confidence in the gym.

We use the local gym at Cardinia Pools in Pakenham and also the outdoor gym. We use different equipment and do some light workouts. We also go for walks and use the basketball stadium to play basketball at Cardinia life. We have learnt some good basketball skills as a group.

- Miguel -

Next Step Pakenham

RECREATION DAY



LET'S HEAR ABOUT IT FROM ANTHONY!

For Friday recreation, we have visited different places and done multiple activities such as bowling, mini golf, driving range and the movie cinema. We have caught the train to Warragul and Moe and explored the townships and we also explored the State Library at Melbourne Central.

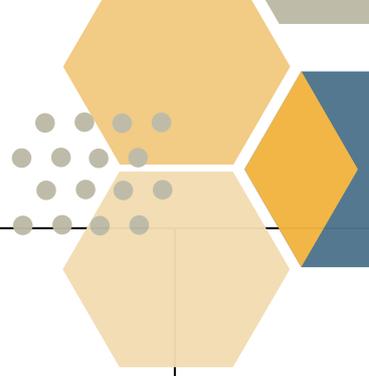


FUN DAY OUT IN THE SUN

This term at Pakenham we have been to Narre Warren via the train for bowling. We have also caught the V-line to Warragul and Moe to explore the different towns. I enjoyed visiting Melbourne Central and the State Library.

- Srivi

These activities helped us with interacting with our pairs, helped us to learn how to get to different places that we liked via train, bus and walking and taught us how to use different forms of transport.



Lets hear about the Gardening Program



We have been doing a gardening program at Pakenham library with Moira. She showed us how to water the plants with the watering cans and how to harvest seeds. We are going to be planting some seeds in the future. I enjoy smelling the different herbs. My favourite herb to smell was the basil.

Minnu

Participant at Next Step Pakenham

Plants galore!



NEXT STEP RINGWOOD

PHOTOGRAPHY STUDIO



WHAT'S NEW?

This year has started off strong with many volunteering opportunities coming together for the Ringwood crew. Participants have volunteered with Pinchapoo, Vinnies, the Local Umbrella Cafe and Auspac Finance throughout this quarter.

The Ringwood crew have really enjoyed these opportunities and have shared some of their favourite things about these opportunities with us.

FROM THE WORDS OF MIKEY:

This quarter I've volunteered at The Local Umbrella Cafe. I've enjoyed meeting and serving customers, working on the cash register and entertaining the children that visit.

FROM THE WORDS OF NATHAN:

It's been good volunteering at Vinnies in Ringwood this term. I've enjoyed sorting through the DVD donations and making sure everything was in good condition. I've also enjoyed using the pricing gun to put price stickers on new things.

FROM THE WORDS OF MOIRA:

I've had a good time volunteering with Vinnies as well this quarter. I liked pricing new items and enjoy working with the staff there.





NEW PROGRAM ALERT



PARKINSON GROUP



ABOUT US

Next Step Ringwood have partnered with Parkinson Group, a construction company that delivers high quality asphaltting and civil construction works. This is a fantastic opportunity for our participants to gain valuable hands-on experience in various aspects within the construction industry.

Feedback from Josh:

"I've enjoyed the different jobs that I've got to do at Parkinson Group this quarter. Some of my favourites were cleaning the work vehicles and the workshop. This experience has been an 8/10 for me!"



Outreach Support

Friday Night Social



Welcome to 2023! What a great start to the year with outreach and social. We have had a few new participants join in Friday night social activities and have also received some great feedback about the activities, communication and staff.

Outreach is beginning to receive more and more interest and requests for participants to engage in support outside of the day service hours, where they are attending sporting and social activities which is a great way to work toward NDIS and personal goals.

I would like to thank the participants, families/carers and staff for continuing to engage in the programs with the continued hope of growing and evolving to bigger and better things.

Elyce M

OUTREACH TEAM LEADER



OUTREACH

Hi, my name is Garry and what I like about 1:1 is the support helps me build up my independent skills, which includes things such as understanding Google Maps, learning directions and how to reach my destination. The activities I enjoy the most are meeting the Richmond football players, going to AFL Games, exploring the city cause I love the city and the Melbourne Show. My most favourite is attending the concerts!

OUTREACH SUPPORT

with
Becky Chan

I enjoyed 1:1 support because I get to make a choice of what I want to do individually, as well as interacting with staff. Recently I went to Melbourne Vixens fan day event at Federation Square, and it was a great experience being at a Netball team event for the first time. I got to meet the mascot Foxy and the players. I finally met a player the same age as me, which I always like to look out for in sports team events. I also saw lots of fans there, checking out the shop and other things around the square.



I love doing Social outings on Friday Night Socials, because in a group, I get to interact with friends and enjoy the fun of whatever activities have been planned. I also like interacting with staff, especially the ones I like to work with.





SUPPORTIVE, PROGRESSIVE, ACCOUNTABLE

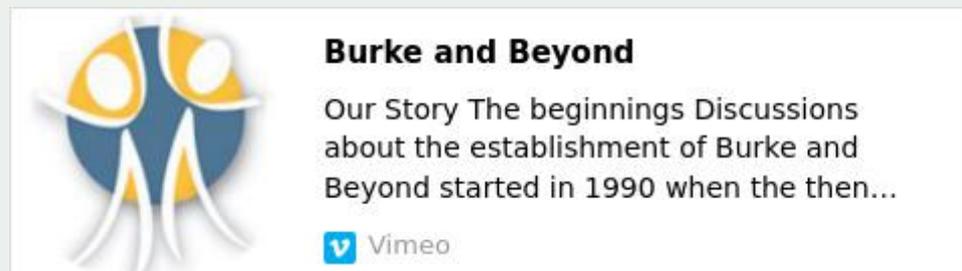
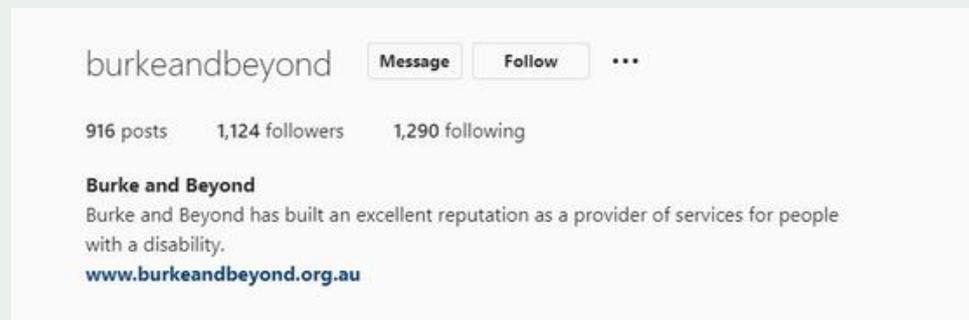
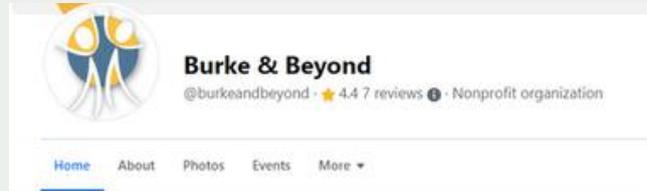


Burke and Beyond
strives to improve
participants' lives
through social
interaction, personal
development and
community participation

Inclusion that counts.



Social Media Links



Remember to keep up with all the latest good news stories on our website at <https://www.burkeandbeyond.org.au/>

