



Term 4 - 2022

SUMMER

Newsletter

# Term Holiday Dates

Fourth  
Quarter

**3/10/22 - 23/12/22**

MELBOURNE CUP DAY  
Closed on Tuesday 1st November

SITE  
CLOSURE

Summer  
Break

**23/12/22 - 16/01/23**

The last day of service for 2022 will be  
Friday the 23rd December

Burke and Beyond will re-open next year on  
Monday 16th January 2023



# Message from the CEO.

Bruno Cyr



As we just about crossed the finishing line for 2022, it is good to remind ourselves of the journey that we just had over the last three years. Since the beginning of the Covid 19 crisis in early 2020, we have had 6 lockdowns in Victoria for a total of 263 days. We all remember the pain and stress associated with those lockdowns through that period and the on again off again attendance at our services. We remember just how everyone got Zoomed out after so many months of meeting online on a daily basis and how everyone missed being in touch with their friends and loved ones in real life.

For most of this year, since restrictions have eased, we have now been able to be together at our services and there has just been a great feeling of finally being connected to one another. To me, it clearly demonstrates the need for organisations and programs like Burke and Beyond, whose mission is supporting and connecting people. It is such a joy to witness participants looking so happy and interacting with their friends and our staff.

There is clearly residual Covid fatigue, and we all have that feeling that this holiday can't come quickly enough. This Christmas break will hopefully help everyone to recharge the batteries and find the time to be with their loved ones. Our Team also need that break and they certainly deserve it after almost three years of disruption.

I wish everyone a great Holiday and look forward to see you all in the New Year!

# Balwyn Report

*What's been happening?*



## Halloween Party

This Halloween the participants and staff went all out in a spooky Halloween party. Everyone enjoyed the Halloween themed food and the costumes.

## Sports Centre

At Boroondara Sports centre, the group have been doing a range of new activities including pickle ball which is a mix of Table tennis, badminton and tennis, shooting hoops in the stadium and are hoping to utilize the pools if the weather warms up. The group is enjoying the new challenges of this program.

## Karaoke

Every Thursday at Balwyn we have Karaoke in the afternoon. This session is loved by the participants as they get to practice their singing and connect with their fellow peers. Everybody is included even if they don't know the words it's a great way to build confidence and promote a party atmosphere for everyone to enjoy.

## Traffic School

We have also been going to the Kew Traffic school. This has been a great opportunity to refresh and learn some new road skills. The group have enjoyed interacting in the course and look forward to learning how to safely ride a bicycle on the roads.



# BALWYN REPORT

This year Balwyn had their first Christmas Function out in years.. Due to covid, we have been having inhouse Christmas functions however, this year we had the opportunity to hit the town! The lunch was a two course sit down lunch, which was received very well by all. The atmosphere was amazing with things almost back to normal. This was a highlight of our term.

We wish all our staff and participants at Balwyn a very Merry Christmas and a wonderful New Year. We look forward to seeing you all back in 2023 for another fun packed year at Burke and Beyond!!



*spooooky!*



*on the tools!*



*getting active!*



*strike!*

**LUCAS**  
Let's hear from him!



# NEXT STEP BLACKBURN

**Yarra River near Richmond Station**



**Kew Neighbourhood Learning Centre**



**Pop Up Shop in Kew**



My name is Lucas. On Tuesdays I do Customer Service at Kew Neighbourhood Learning Center. We have been selling things at the pop-up shop where we have been working on our money, customer service and communication skills. We have sold bags and different plants made by the Horticulture group and have learnt how to price and tag what we are selling. It was fun and I have been helping out people by being kind and respectful, using my manners saying "Please, thank you and have a nice day" as well as telling the customers how much the price is.

We also sold blankets for 'Threads of Kindness' and helped hang them inside KNLC. In Independent Living we chose to travel train to Richmond Station. We used our PTV apps and worked together to plan our journey. We walked to the Yarra River from Richmond station for morning tea and it was so sunny, devine and lovely. We then caught the Belgrave train back to Blackburn where we worked together to find the train times and the right platform. I really enjoyed this Term and loved learning new skills.



# BLACKBURN NEXT STEP

This Term Blackburn Next Step had the opportunity to be involved in the Manningham Youth Employment Expo. Through collaborations with Eastern Volunteers a group of participants were provided the opportunity to volunteer at the expo, working front of house as valets. The group greeted attendees, showed them to their allocated tables and assisted with bringing their items up to the expo. Jordan, Bailey and Lucas worked really hard and enjoyed communicating with and learning about the different business promoting youth volunteering and employment in the community. Everyone is looking forward to future work experience opportunities, working alongside Eastern Volunteers and Manningham Council. Great work team!



## KYRIE PETRAKIS


One of our participants Oliver Derham, took on a leadership role in helping Louise and Liz represent Burke and Beyond at the expo. He was a great help throughout. Here's what he had to say..

"On Wednesday I went to the Youth Employment Expo where I volunteered with Louise for Burke and Beyond. We spoke to lots of different people about what Burke and Beyond was all about and lots of people came up to ask about volunteering and look at our table. I think it went really well and I really enjoyed helping out. I'm looking forward to another opportunity like this in the future."





# NEXT STEP BLACKBURN



## ANIMAL CARE COURSE



Participants from Ringwood and Blackburn Next Step have begun their long-awaited Certificate 2 in Animal Care course and this term, the group began their work placement at Dandelion Bunny Retreat. Spanning over 2 days a week, participants are to complete 100 hours of work experience alongside a theory component as a requirement of the course. Participants have been learning how to safely feed the bunnies, change the water and food, groom the bunnies and clean out the enclosures. Over the past month, the groups knowledge, skills and confidence in working with bunnies has progressed immensely and everyone is displaying a greater understanding in how to safely care for the bunnies. Thank you to Andrea for going above and beyond in finding this placement and good luck for the next year everyone- We can't wait to see what you more achieve in this course.



# NEXT STEP DANDENONG



ALL SMILES!



# Next Step Dandenong

The Men's and Women's group took part in a creative workshop at Bunnings Keysborough.

BUNNING'S WORKSHOP

Participants had the opportunity to make Christmas ornaments by learning how to use spray paint and paint markers. Catriona from Bunnings taught the participants how to get their creative juices flowing! Each piece was unique and extremely colourful! Everyone loved the workshop and gave great feedback! Well done guys, you did great!



Bunnings Keysborough

Address:

Cheltenham Rd &  
Springvale Rd,  
Keysborough VIC 3173



# PERFORMING ARTS 'ASK ME MY NAME'

The Performing Arts group have been working hard all year to finally perform in front of a live audience at Walker Street Gallery. The act was directed by Alfred Krause and each participant had the opportunity to play to their strengths in the performance! Well done to everybody involved. We are very proud.



# HERE COMES THE MAYOR!

The mayor of Dandenong even came to see the group perform. She gave extremely positive feedback and loved getting to know the cast! What an exciting opportunity this has been for everyone. All smiles with the mayor.

A highlight of everyone's was definitely the chair routine where the cast performed a upbeat act and showcased their natural talents whilst working in a team.



Venus  
Joel  
Madison

Garry

Michelle

Dylan B

Deva  
Dylan K  
Kobe

# HO HO HOLIDAY

'TIS THE SEASON

TO BE JOLLY

FA LA LA



## CHRISTMAS IN DANDENONG

with the Next Step Team



### KRIS KRINGLE

Presents were distributed out by our specially dressed Santa Claus. Everyone did great shopping for each other and some were very surprised by their gifts! There were definitely some laughs!



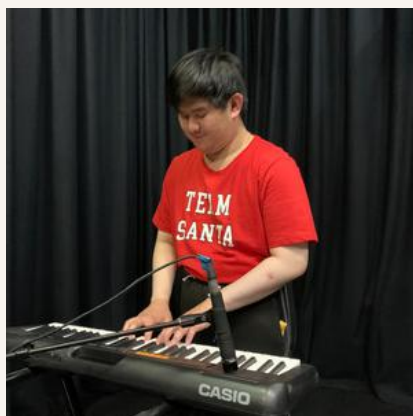
### TRIVIA

Christmas based trivia was a lot of fun. Four teams played against each other. Even the staff were included! Well done to the winners who received medals as first prize!



### TALENT SHOW

Many acts were performed in the talent show from singing, to dancing. We even had a participant rap for us! Everyone enjoyed each other's company. It was a fantastic day for all of us.



# Next Step Dandenong

SNAPSHOT

# Next Step Ringwood

Merry  
Christmas  
and  
Happy  
Holidays!



## Wow!

This year has flown by and marks the end of our first year in Ringwood. It's been a great 12 months and we're sure that next year will be even better! Some Ringwood participants have shared their favorite things about this year with us all.



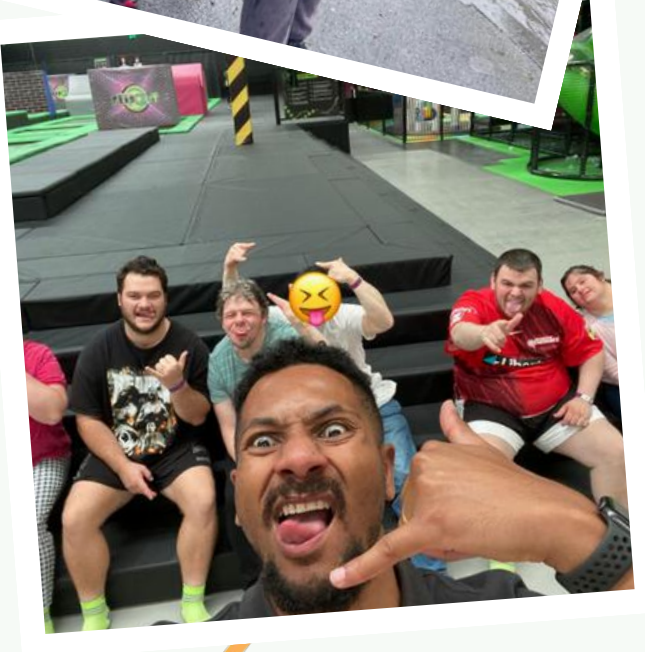
## Nathan's 2022 Highlights:

- Having at social nights was fun his favorite night (Christmas Myer Windows)
- Being apart of the sports and recreation program and being able to go out to different types of sports facilities such as: Netball Victoria, Cricket Victoria, Hockey Victoria and Basketball Victoria
- Being able to finally socialize with friends and staff after two years of lockdown
- Being a part of the Pinchapoo program where packed essential items for people who are in need.

## Isaac's 2022 Highlights:

- Volunteering at the Barber shop in Ringwood, learning how to be social and learn new skills such as sweeping, dusting, spray and wiping down benches, taking photos and greeting customers.
- Being a part of the animal course at Blackburn, learning about animals and doing assessments on them.
- Being a part of the human relations program; learning how to make friends and how to communicate with people.
- Being able to go on excursions at the end of each term to the movies or swimming pools or Queen Victoria market.

# Next Step Ringwood



## **ASHLEY'S 2022 RECAP:**

"The new Ringwood site is awesome because there are new staff members and new programs that have been introduced. My favourite new program is the Life Management program as I am learning about budgeting. I also enjoy having a chill out room at the new site."

## **SOPHIE'S 2022 RECAP:**

"I've enjoyed volunteering at places like Pinchapoo this year and helping out for a good cause. I've enjoyed the Site Leadership program this term as we get to plan fun events for everyone on site."

## **BEN (PLACEMENT STUDENT):**

"Hi my name's Ben I'm currently completing my Diploma of community services with Swinburne, over the last few weeks I have been completing my placement with Burke and Beyond in Ringwood. All the staff and participants here at Burke & Beyond are lovely and have made me feel welcome and have treated me as one of their own. To say I have enjoyed my time here thus far would be an understatement, I've loved getting to know all the staff members and really appreciate them for letting me be involved in running some of the programs. The experience as a whole is something that I will always be grateful for and for anyone that is looking to get into support work I couldn't recommend Burke and Beyond more."

# Next Step Pakenham



## What's on at Pakenham?

Term 4, we saw the commencement of work placement at Pakenham Big W where participants gain some knowledge of how the retail industry operates and the different work they do daily. Participants were assigned with stock return in softgoods and hardgoods.

Next Step Pakenham also saw the continuation of gardening program at Pakenham, Monthly D.I.Y life skill workshop at Bunnings Pakenham and fortnightly employment workshop with Jesuit Social Services.

These external programs have added variety and allowed participants to be connected to their local Community.



*Weekend Support with the greatest*

# Outreach



## James & Simon at the Aquarium

James says:

Simon is my good friend. I have a good day when I go out with Simon. We go to all the beaches I like and the city. We go to my places like Eureka and the aquarium. We go on trains and have fun. I want more days next year. When I go with Simon I feel good. I am excited and happy. I feel proud. Thank you Simon.

Hear from the parents, Greg & Beck:

It has been great for James to have Simon as his support worker. James now realises that it's his time to do things he wants to do and to go out without mum & dad. He is always excited about his next outing, and is learning transferable life skills like planning, time and money management, as well as improving his communication. It has made him more confident in moving around the community and a bit more independent in general. We were initially very anxious about the idea of a support worker but having Simon on 'team James' has been fantastic! We can see how happy James is.



We have a nice chats, sometimes we have hot chocolates, once we saw Eddie Betts at the park and another time we saw a friend Oliver went to school with. We meet dogs who are walking along Ferndale Park and have a pat. Each week we walk around the suburb, choosing a new way to go and do physiotherapy exercises prescribed by Oliver's team. Oliver practices road safety and chooses when best to cross the road. On our walks we have read notices about local elections and community events.

Oliver practices road safety and chooses when best to cross the road. On our walks we have read notices about local elections and community events.



We have walked on windy days, rainy days, cold days and hot days. Oliver does not like the hot weather, too hot he says. One day we walked 5km and we found a church and school in Glen Iris built in 1865.

# ***OUTREACH***

with

Oliver  
Derham



# OUTREACH



## **What do you do at the Library?**

Every Monday and Thursday I help out at the Nunawading Toy Library. I really enjoy the work I do to help out around the place! My duties usually are to count returned toys for any missing pieces, stacking the toys back on their correct shelves, replacing missing toy pieces with new toy pieces and checking if the returned toys are in good condition.

## **What skills has it improved?**

While at the Toy Library I've improved my counting skills, this is due to the toy pieces I've had to count. My social skills in a professional environment have also been enhanced.



## *Sean Tulip at the Toy Library!*



## **What's the best part of the job?**

My favourite part about going to the Toy Library is seeing the staff and regular members. Everyone at the Toy Library is friendly and helpful! When I finish my duties for the day, I get to build a puzzle, which is always really fun.

A Message from the President of  
the Nunawading Toy Library, Helen

*The Nunawading Toy Library is a community-based, volunteer run, not-for profit organisation, which recognises play as a major factor in child development. We provide a borrowing service where parents and carers can borrow a large variety of educational toys, puzzles and games on a regular basis. Being a volunteer run service we rely on our members and community to assist with the operational running of the toy library on a weekly basis.*

*Sean has been volunteering regularly as a community volunteer since 2018 and contributes to the success of the toy library.*

*Sean helps us to return items to the shelves by checking that they are complete, clean and in good condition ready for the next borrower before the next borrowing session ensuring that we keep our items in regular circulation and allow for play opportunities where they are needed.*

*We enjoy Sean's company at the toy library. It is fantastic having him here with his support team, he works hard at each session ensuring that our returns trolley is empty and items are correctly stored on shelves.*

*As expected at the toy library we are not all about work, often Sean and the team get to test our toys, Sean and his support stagg are particularly good at ensuring puzzles have no missing pieces, testing our train sets and checking duplo.*



Thanks,  
Helen  
NTL president

# Meet Nizaar

## Outreach Support

Nizaar has been one of our original participants at Burke and Beyond and continues to attend Outreach support on the weekends. Here's what he has to say about it!

### WHAT'S YOUR FAVOURITE PART OF OUTREACH SUPPORT AT B&B?

I always enjoy interacting in the activities. I think they're fun and it's always good to hang out with the other participants outside of a work environment.



### WHAT HAVE BEEN YOUR FAVOURITE THINGS THAT YOU'VE DONE DURING OUTREACH SUPPORT?

I really enjoyed going to the Melbourne Show with all of my friends. That was a really fun day, we all got to go on rides and explore the show with each other. Getting to hang out with Garry on his birthday was also really fun!



### WHAT HAVE YOU LEARNT FROM YOUR TIME SPENT DURING OUTREACH SUPPORT?

My independence skills have improved from the outings. I also feel more comfortable socializing with the other participants and the general public.



## OUTREACH

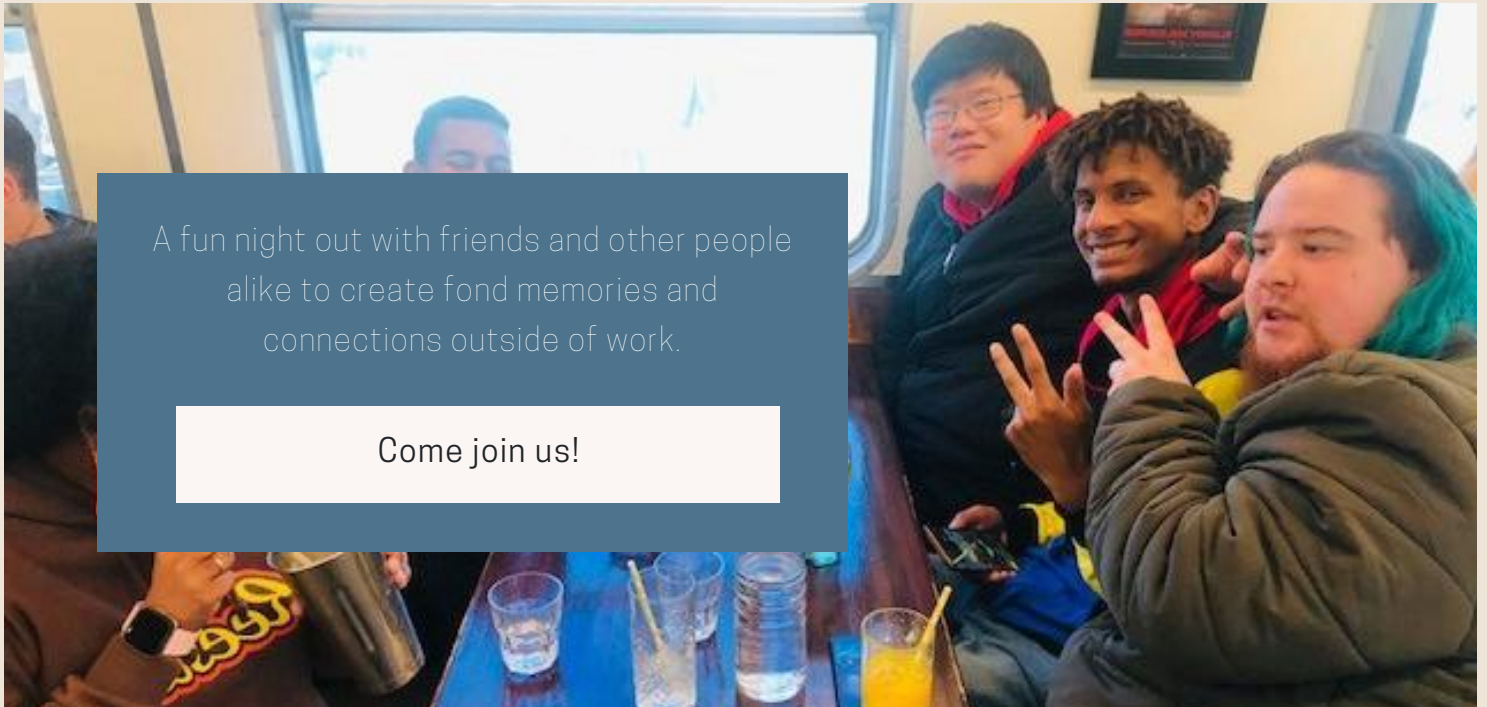
# Fun in the Sun



Hi everyone, my name is Matthew, and some people call me Matty D. Every Monday, we go to the gym and we do a lot of exercises. I rode the bike for 10km which is the same as from my house to Blackburn. After the gym I usually get Subway. On Fridays, I have been going bowling, mini golf, and gone to new places by car or train or bus. This week we smashed some golf balls at the driving range, which is the first time I tried this.

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A fun night out with friends and other people alike to create fond memories and connections outside of work.

Come join us!



## *Nothing to do on Fridays?*

Friday Night Social is hosted every Friday at 3:45pm after normal program and runs for 3-4 hours. The group meet on site and participate in fun activities that are pre-planned for the term.

This can range from going to the movies, bowling, mini golf, city night out, karaoke, and gaming nights. The program is always open to suggestions so any ideas are welcome!



## FRIDAY NIGHT SOCIAL

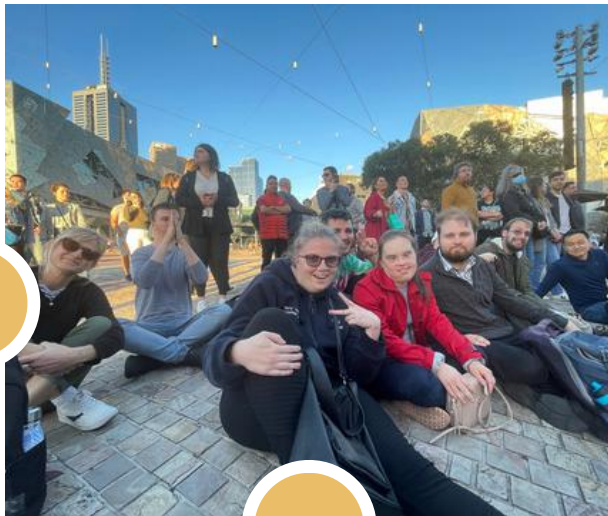


→ Hi my name is Garry Gov and I'm a participant at Burke and Beyond. I joined Burke and Beyond in 2021 and I've been doing alot of social outings on the weekend with my support worker. It really makes my weekend so much fun, I went to an AFL match to see my Richmond team play, The Kid Laroi concert, Crunchyroll expo, city and Melbourne Show. I would like to encourage you guys to do it. You will have so much fun.





Smiles Galore!




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# FRIDAY NIGHT SOCIAL

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SUPPORTIVE, PROGRESSIVE, ACCOUNTABLE



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

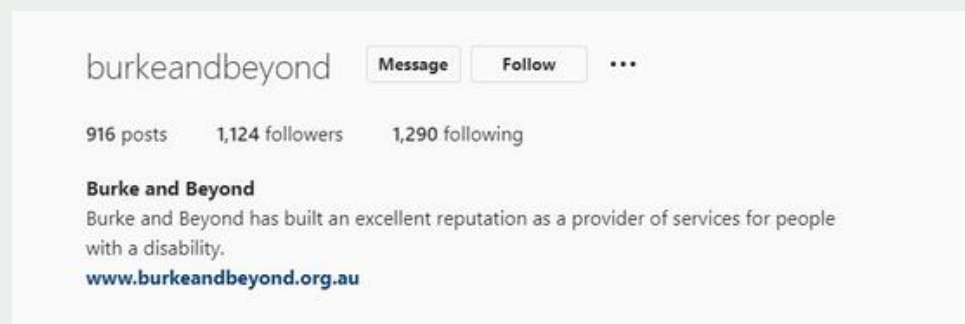
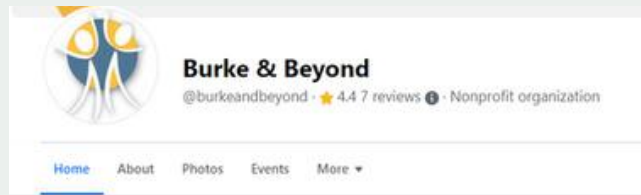
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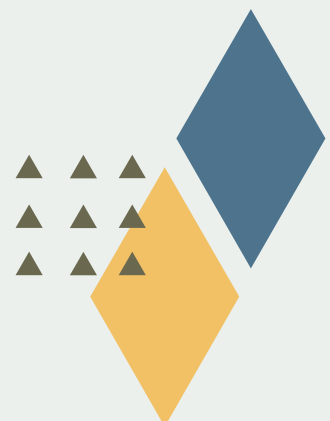
*Inclusion that counts.*



# Social Media Links



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



Edited by Jocelyn Chong