



# AUTUMN

Willsmere Station

Community Garden  
**2021**



**BURKE AND BEYOND**

Term 2 - 2021

## 2021 Term Dates -

**Queens Birthday** Closed on Monday the 14th of June for the Queen's birthday.

**July break** Closed from Monday 5th of July to Friday the 9th of July (one week)

**Third Term** 12/07/21 to 2/10/21 (Start of the schedule of supports program)

**Melbourne Cup** Closed on Tuesday 2nd of November for Cup day.

**Fourth Term** 4/10/21 to 24/12/21

**Summer Break** The last day of service for 2021 will be Friday the 24th of December.

**Burke and Beyond** will re-open next year on Monday 18 of January 2022

**AFL holiday** \*Note that there will be a Public Holiday on the Friday before the AFL Grand Final and the date will be released early in 2021.

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To improve lives through social interaction, personal development and community participation

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# Message from the CEO.

Bruno Cyr



*Everyone was so much looking forward to 2021 after the year that we just had, and so far, after a short period of “normal” life, we have been thrown a few more challenges with another few weeks of restrictions during May/June as well as an amazing storm which flattened hundreds of trees in the Dandenongs where I live and in other areas. Not so great so far!*

*Despite all of that, our staff at Burke and Beyond has continued to offer a very good service at all of our locations. It has been great to see most of our participants coming back over the last few months and we continue to support and challenge (in a good way) people who attend.*

*There has been a change of heart from the NDIS as they decided to continue to offer the same conditions for group pricing for an additional year. We have spent a lot of energy and time setting ourselves up to face the new administrative challenges to prepare for the new pricing but we will now stay as we are until June 2022. There has been a lot of communication about this over the last 6 months and the changes were somehow complex, so if you require some clarifications, do not hesitate to contact your local Coordinator to discuss.*

*Our services will be closed from Monday the 5th of July to Friday the 9th so that everyone can enjoy a short mid-year break. The last 18 months have been hard on everyone and hopefully we can all enjoy a bit of a break, hopefully without restrictions.*



## Hospitality.

On Tuesdays in the Hospitality Course at Kew Neighbourhood Learning Centre, we have been making food such as vegetable sandwiches, mince pies and a Shepards pie. I have learnt to peel potatoes, prepare eggs, cut tomatoes, lettuce, spring onion and capsicum. We have also learnt how to make scones, sausage rolls and pasties. I felt confident making these and they were all really yum. We shared what we made with the Customer Service course. I am really enjoying the course and I would really like to work in Hospitality- Ilyas.



## VEC voting.

The Blackburn Next Step group were visited by Deb from the Victorian Electoral Commission who came to teach everyone how to vote, importance of this and to answer any questions. The group learnt through a mock vote and were very happy to learn these new skills with participants getting involved to take on roles throughout the process. Everyone at Blackburn Next Step are looking forward to making the most of their right to vote and have their voices heard!

# Next Step Blackburn Report

## Carpentry/ Mosaic tiling.

On Thursdays, we have started a mosaic tiling course before we have Carpentry. We have learnt how to cut the tiles using a tile cutter and how to glue the small pieces onto a plaque. I designed a smiley face with the colours yellow and black with eyes and a mouth. I have been fantastic so far and am really enjoying the course. - Costa

This term, Zane and Costa have been working on making their stools in Carpentry and have nearly finished their projects. The participants have supported each other along the way, helping out where needed. The group has learnt how to saw, drill, sand and use other machinery in the Men's shed to produce amazing pieces! The group is feeling proud of their hard work and how much they have learnt since the start of this year. We can't wait to see the finished products!





## Next Step Dandenong Report



Coffee is a big deal down here at Dandenong Next Step and staff and participants are definitely loving the coffee machine and our new in-house Barista Zolaikha.

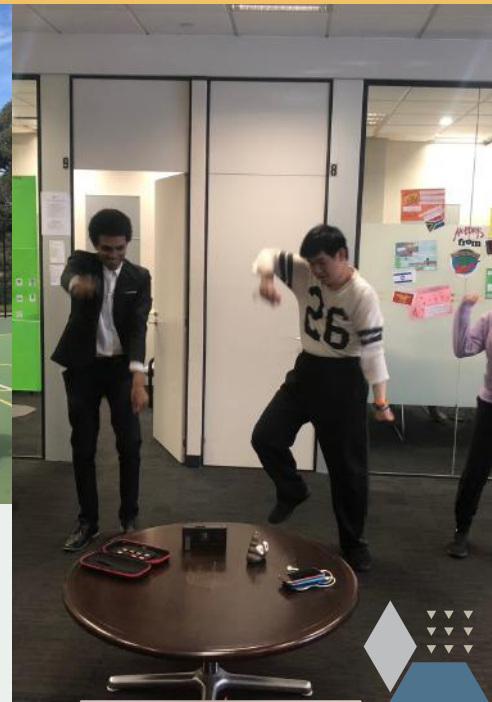
We have a coffee program on Tuesday that many participants are a part of, however, Zol has taken charge of the business Monday through to Wednesday.

Just like that, Next Step Dandenong has successfully completed another term at Hand Brake Turn. Participants have thoroughly enjoyed it and the next group of participants are keen to start

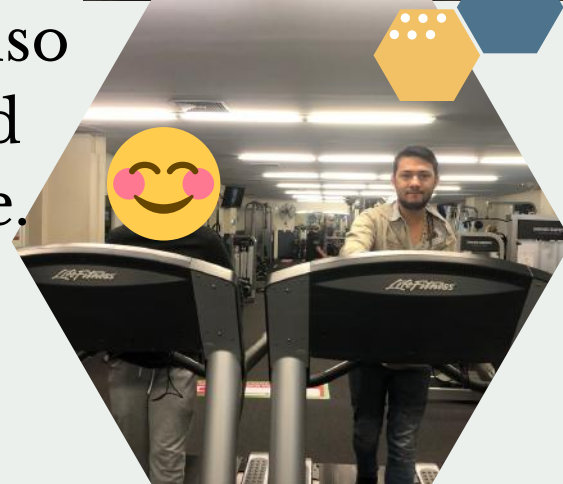
Term 3!



# Next Step Dandenong Report...



Health and Fitness is all about staying fit and making healthy choices, Participants have been also talking about Mental Health and ways to keep thier minds positive.



*" My favourite part of health and fitness is excersising" - Kirra*

*'i love going to the gym and liftingweights" - Radu*

*'i really enjoy the gym and swimming down at Oasis in Dandenong" - Anthony*



# Next Step Bayswater Report



## Healthy Me

“Healthy Me supports participants to develop healthier friendships and relationships and make positive choices for our health and well-being”





## Next Step Bayswater Report

On the 20th of May, the Healthy Me crew caught the train the Melbourne Central and walked to the Queen Vic Market. We pooled our money together and wandered around the market looking for weird and wonderful fruits and veggies that perhaps we don't see in our local supermarkets. Working on a budget, we chose a variety of fruits and veggies (some loved, some never before sampled), as well as cheeses, dips, cold meats and breads. We loved looking at the wide variety of options available to us....all the wonderful colors and smells. Once we had finished our shopping, we set up a grazing table in the food court (and scrubbed it clean first!), and with clean sanitized hands and wearing gloves, we took turns chopping the fruit and veggies. Almost everyone was brave and sampled foods we hadn't tried before. Some we liked...some not so much! It was a delicious lunch overall and we loved chatting while grazing. And with money to spare, we just had to make a stop at the stop at the famous Queen Vic hot jam donut truck! We enjoyed our sweet treat and then started the journey back to Bayswater.



## Balwyn Report

### Lawn Bowls

We have enjoyed another great term of lawn bowls at Alphington bowls club. It was great getting to know some new faces both volunteers and other participants. The term finished with a BBQ that is always a great day. We would like to thank all the wonderful volunteers that give their time and make this program so successful.



# Outreach & Social Report

Outreach and Social have had a true taste of life as we knew prior to covid throughout Term 2. It has been fantastic diving full swing into a range of different social activities each week and has been great to see everyone enjoying themselves and spending time with their peers in person, building and strengthening friendships with one and other. The Dandenong site got together at the beginning of the term to brainstorm activities and plan their social calendar. I think its fair to say that the highlight for the term was Go Karting at Le Mans entertainment. The activity was well enjoyed by all participants attending and was fantastic to see everyone's happy smiles enjoying themselves. Bayswater and Blackburn sites have enjoyed a range of different activities onsite and offsite. We were able to enjoy spending time with peers out in the community at a range of different restaurants, singing our hearts out at the Karaoke Bar in Melbourne and testing out our ninja skills at the new Ninja Parc center in Bayswater, just to name a few.

Although Covid has cut our term short and social activities are now being ran via Zoom again, it was such a great time getting out into the community and building on a range of skills together.

Outreach continued to flourish throughout Quarter 2 and we saw a range of different participants kicking goals and obtaining fantastic work experience placements & volunteering opportunities to strengthen work skills. It has been great to see Outreach up and running again and hearing about all of the fantastic adventures and success stories of participants being supported to access the community and build on their independent living skills.

We are hoping the Covid restrictions do not stick around for too long so we can return to onsite and in person supports and start off Term 3 with a bang!

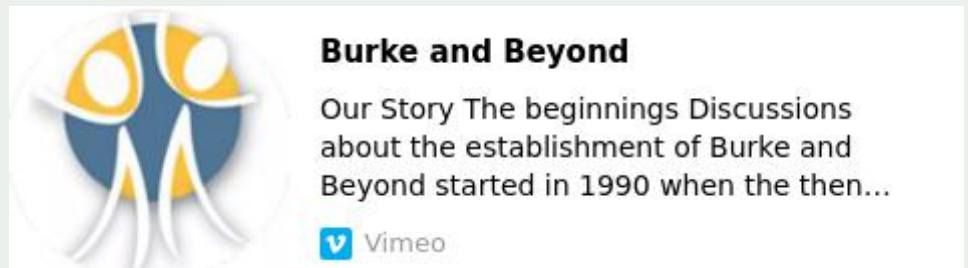
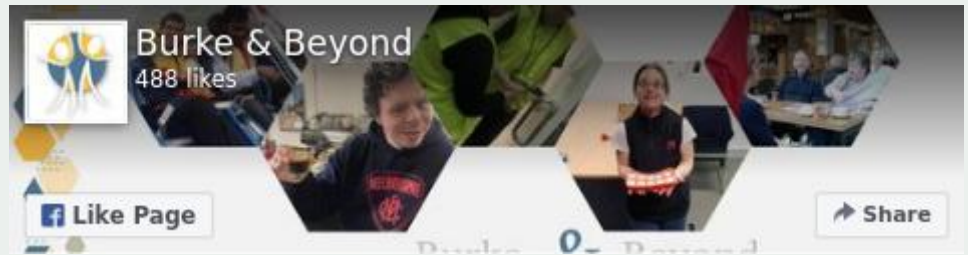


# Burke and Beyond strives to improve lives through social interaction, personal development and community participation

Inclusion that counts.



# Social Media Links



Remember to keep up with all the latest good news stories on the website. Click on the image below to go to the website.

