



Term 3 - 2023

SPRING

Newsletter

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



Message from the CEO.



Lisa Sawatzky

Thank you everyone for your warm welcome to Burke and Beyond. I have enjoyed moving around the sites and meeting participants and staff and learning about the diverse range of activities that are provided for participants.

Just a little bit about me...

I have worked in the for-purpose sector for many years in organisations that provide support and opportunities for people who have a disability. These roles have included Director of Services, CEO, Service Manager, and Regional Business Manager roles. In the early part of my career, I was part of the team that opening the second Burke and Beyond site, so it is lovely to be returning to Burke and Beyond after so many years. There are a couple of familiar faces from those early days.

I have also worked at TAFE, teaching in the Disability and Aged Care area and I have recently been the coordinator of a Community House in the Dandenong Ranges. In my spare time, I love to garden and travel and spend time with my family.

I look forward to getting to know everyone in the coming months. If you have anything you wish to discuss with me, please reach out and we can set up a time.

BALWYN

Balwyn has done some great things over the course of Term 3, taking on new programs and activities. The participants have been enjoying all that there is to offer at Balwyn.

On a Thursday, the group have been planning and prepping a meal for the group to eat. The group choose from a selection of recipes and then work out the ingredients as well as how much it will cost.



»»» IPAD CLASS

Every week we have two groups that attend the IPAD class at The Avenue on Eley Road. The groups play a interactive game that the teacher has designed for the them. Depending on the time of year, the game of sport varies, switching between Tennis, Football, Cricket and Basketball.

Every Wednesday, the group head to Kew Living Skills. In this space, the group pick and choose recipes to make on the day. They then attached all the yummy things they made throughout the term into a recipe book to take home at the end of the term.

»»» KEW LIVING SKILLS



»»» MINI GOLF

The group have been heading to Heathmont Mini Golf on alternating weeks. They have been loving the different themed putting ranges. Everyone always enjoys this program and loves heading there.



»»» ARTS AND CRAFT

This term the group have been super creative. They have made a few different projects with dream catchers being a 3 week project. In the first stage the group chose designs and colours. Week 2 the group they painted and week 3 they put the finishing touches to their dreamcatchers with beads, feathers and bling.

What's been happening...



at Balwyn?



JOIN US

AT OUR NEW LOCATION!



GROUND FLOOR
27-29 ELLINGWORTH PARADE
BOX HILL

*We have
moved!!*

For Term 3, participants and staff said goodbye to our good old Blackburn site and moved into a much larger space right in the center of Box Hill. Participants have adjusted well to the move and are looking forward to spending the next chapter in an exciting new location.



FOOD HANDLING *Course*

Participants attended a Food Handling Course at Pines Learning Centre. This is a nationally accredited unit and covers personal hygiene standards, infection control, storage and disposal. After completing this course, participants will be able to understand basic food safety practices and receive a Statement of Attainment for all their hard work.

The guys definitely had a blast! Well done!



Hand Washing



Food Safety



Cleanliness



TERM 3

Next Step Box Hill



NEXT STEP DANDENONG

WHAT'S HAPPENING IN THE CHISHOLM TAFE COURSE?

In the Chisholm program, part of the program focused on customer service. Over the space of three weeks, our participants got to explore what it's like in a hairdressing salon. They had the chance to learn about washing and blow waving hair over a few weeks, all within a real salon setting. It was a hands-on experience that helped them understand the world of hair care and styling.



Next Step Dandenong

PERFORMING ARTS

Joel's Achievements...

Last year, I was selected by Alfred to be the main role of his play. The play is called "Something in Mind" and I play the role of Sam Whithaker. It took me months to memorise those lines. We did speed reading on Thursday and rehearsed in Alfred's house on Sunday. I worked so hard with nailing all the lines, expressions and reactions! We got to perform the play in front of a crowd and I was pretty pumped. It definitely takes a lot of courage. Oh, as for the awards... on the 19th of August, we performed at several events, one which included a red carpet. I won the "Actor with the Most Potential" award. On the 27th of August, we performed at Foster. I won the "Adjudicator's Choice" award! I would like to thank Alfred and the cast for the opportunity, my friends and colleagues for their love and support. I am glad to have this opportunity.





Artful Dodgers **NEXT STEP DANDENONG**

Rocking the Rhythms! 🎵 Our Artful Dodgers program hit all the right notes this term as our sensational band, Beyond Rhythm jammed to different tunes, infusing positivity into our site. A standing ovation for their show-stopping performance at the Springvale Town Hall during Refugee Week, where their music resonated with the entire community.



NEXT STEP PAKENHAM

EXPLORATION



TRAVEL TRAINING



SOCIAL SKILLS



WHAT HAVE PAKENHAM BEEN UP TO?

Visiting places like ACMI at Federation Square and the National Gallery of Victoria not only provides a great opportunity for participants to explore art and culture but also fosters a sense of community and togetherness as they travel on the train and experience the beauty of their city. Such outings can be both educational and enriching, allowing participants to connect with their surroundings and each other. It's a fantastic way to promote social engagement and practice their social skills.

OUT AND ABOUT IN THE CITY OF MELBOURNE!





Art Therapy Program

NEXT STEP PAKENHAM

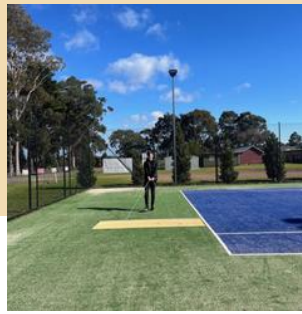


Participants have been attending the Art therapy program at the Living & Learning centre. The program has had a profound impact on participants by providing a creative and therapeutic outlet for self-expression and personal growth. It's great to know that the participants at the Living & Learning Centre are doing amazing things through this program.



Next Step Pakenham

Volunteering the at the Local Tennis Club



Every Monday, participants volunteer at both Officer & Beaconsfield Tennis Club. They all work together as a team to maintain and improve the club's facilities. Keeping the club clean and well-maintained is essential for creating a welcoming and enjoyable environment for members and guests. Tasks include vacuuming inside the club rooms, mowing the lawns, dragging the sand mat across the tennis courts to maintain the quality and consistency of the courts, washing & cleaning windows and also some weeding. Participants enjoy working together as a team to perform these tasks and it's a wonderful way to contribute to local community.

Next Step

Ringwood

Barista Course

Participants from Next Step Ringwood completed a Barista course at Coonara Community House in Upper Ferntree Gully, a provider of accredited training providing opportunities to all. The group learnt how to use a commercial coffee machine to make all types of coffee and gain the skills to work in hospitality. Each participant received an accredited certificate of completion after the conclusion of the course.



What our participants had to say...

"I really learned a lot from the Barista course. I had lots of practice steaming and frothing milk. I enjoyed learning the different types of coffee and how the machine works. I also really liked taking and making orders for others."

- Amy

"I really enjoy taking orders from staff and I have a lot more experience making coffees now. I didn't know there were so many different types of coffees! I'm excited to keep practicing making coffees for others."

- Mike

"I liked learning and using the different coffee machines that the course had. I liked making and then drinking a hot chocolate each week. Steaming and frothing the milk was challenging but I was pretty confident by the end of the course."

- Chelsea

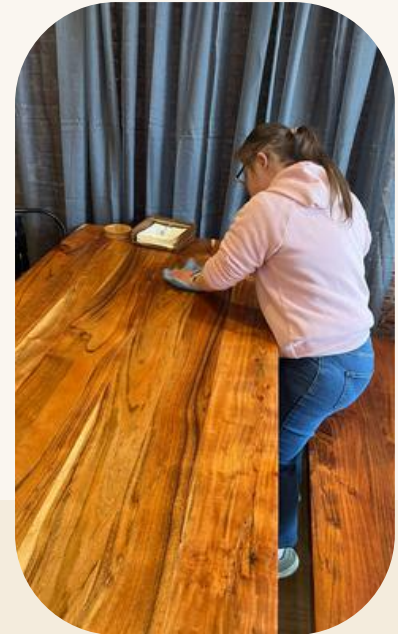


Next Step Ringwood

UMBRELLA CAFE

TERM 3

2023



LET'S HEAR FROM THE PARTICIPANTS!

"I enjoy cleaning the dishes and sweeping the floor at The Local Umbrella. I think the new environment is great and I am enjoying how busy it is. The staff are friendly and always welcoming every Friday."

- Mikey

"I really enjoy the local Umbrella because I enjoy working alongside the cafe staff as well as the customers. This quarter at the Cafe, I have been working on my social skills by taking out orders to customers. I have also enjoyed getting to know the new staff at the cafe this quarter. Next quarter, I am wanting to focus on my skills with prepping the food in the kitchen."

- Bec

FRIDAY NIGHT SOCIAL



The cold weather surely didn't stop our Next Step participant's exploring all Melbourne has to offer in Term 3! The Friday Night Social activities continue to grow in interest and attendance. With the feedback we have received from our participants, Term 4 is shaping up to be a big one for the social calendar. It has been fantastic to see our participants continue building their social skills and networks.

OUTREACH


S U P P O R T



Outreach continues to be a source of comfort and familiarity for participants requiring a more tailored support to attend sites' programs, courses and access to their wider community.



SUPPORTIVE, PROGRESSIVE, ACCOUNTABLE

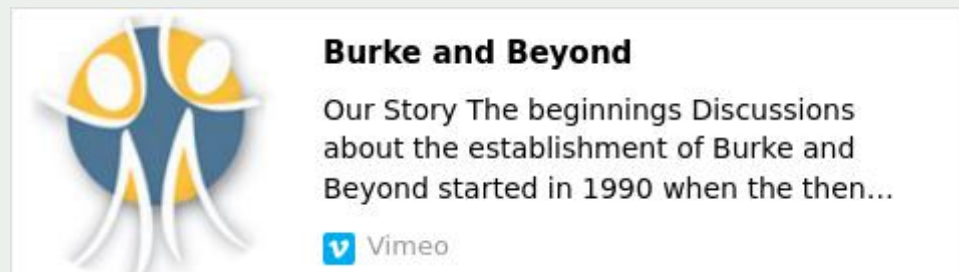
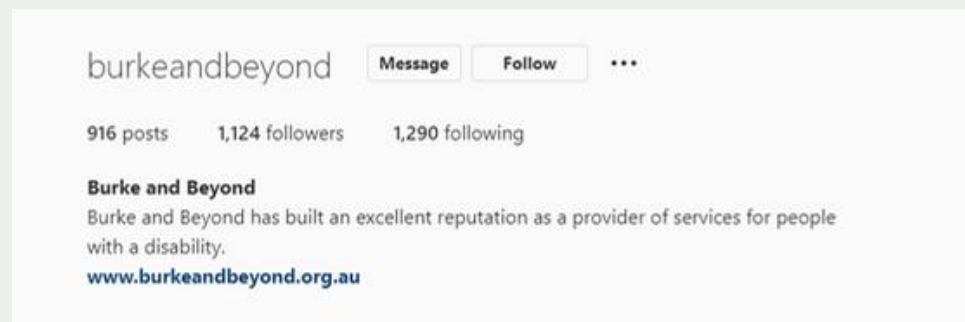
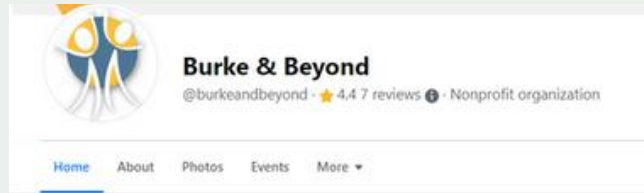


Burke and Beyond
strives to improve
participant's lives
through social
interaction, personal
development and
community participation

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/>

