

Summer

2020

BURKE AND BEYOND

Term 4 - 2020



2021 Term Dates -

All our services finish at 3pm on Thursday 24th of December 2020 and resume on Monday the 18th of January 2021.

First quarter 18/01/21 to 9/04/21.

Australia Day Burke and Beyond will be closed on Tuesday the 26th of January for Australia Day.

Labour day We will be closed on Monday 8th of March for Labour day.

Easter Break Closed on Good Friday 2nd and Monday 5th of April for the Easter weekend.

Second quarter 12/04/21 to 2/07/21

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 quarter 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 quarter 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.

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

Message from the CEO.

Bruno Cyr



Well, what a year this has been!

No one saw this COVID 19 crisis coming and the impact that it has had on every country including Australia. Compared to many countries, we have been lucky in many ways, despite the sad reality of the number of people who died, to end up where we are now with some minimal levels of restrictions and having almost returned to some normal way of life. I am originally from Canada and they are still having massive disruption there as well as an increasing number of casualties. This is still the case in many countries around the world so we should count our blessings! At Burke and Beyond, we have put in place a program delivered through Zoom very early in the pandemic and this has helped a lot of participants and staff alike to stay in touch with each other and offer each other support when it was needed. I would like to thank everyone for their involvement in that program; it made such a difference for people. Through that income stream as well as Burke and Beyond being eligible for JobKeeper, we have been able to earn enough income to continue our operations during that whole time. This has been a lifesaver for Burke and Beyond and we are able to continue to operate our services now that people have slowly started to come back over the last few weeks. It has been fantastic to see people face to face again and there is such a positive vibe all across our services. There will be some challenges next year as the price setting by NDIS is dramatically changing but we are putting in place some solutions to attempt to address that issue. I met with a large number of parents at a meeting earlier this week to have a conversation about the new service agreement and other changes. If you missed that session and you have any queries, please do not hesitate to contact me.

In the meantime, I wish you all some rest from this crazy year over the coming Christmas holiday and hope that the New Year brings us all good health and some normality. I know that's what I need!

Sincerely,
Bruno Cyr

Blackburn Next Step Report



Cooking in the Kitchen with Box Hill TAFE!

Today was our first day back in the kitchen at Box Hill Institute for the hospitality course and we absolutely loved it! Today's menu was chicken wraps and chocolate milkshakes. The kitchen may look different with all the social distancing markers but the food we made still tastes amazing!

Spreading Kindness not Germs with Blackburn

How can we spread kindness....



Smile

Help people

Make people laugh

Always be a team

Love people

Have people's back

The Blackburn Next Step Healthy Me groups celebrated World Kindness Day on Friday the 13th of November! We learnt all about what it means to be kind to one another. These are some ways which we think we can spread kindness!

Blackburn Next Step



ROCKING WITH RORY



The Monday dance group have been working together to choreograph their own dance made up of moves from each participant. The group have also been doing solo performances of their choice. Here is Rory rocking out to Grease Lightning and our Jackson Five- 'I want you back'!



Womens Group - Dress up

Women's group scavenger hunt dress up!

In women's group we chose to turn our crazy fashion show into a scavenger hunt. We had to find something red, something furry, a hat, glasses and something we wear to bed. We performed to our favorite songs and it was heaps of fun!

- Mairead





Dandenong Next Step Report

It has been busy, busy, busy since we all returned back to site. The first week we spent reconnecting with each other and getting out and about in the community, following Covid safe rules of course.

Participants and Staff spent the first week playing sports, going to the park, and plenty of on-site programs around mental health.

We have also been working with Jesuits for the upcoming ZOOMTASTIC performance.



Dandenong Next Step Report



Welcome back Woolies!

Participants were excited to get back into volunteering at Woolworths, but not as excited as Woolworths was to have us back. Participants work hard to keep the shelves stocked and looking presentable.

Dandenong's Second Site!

Exciting News! Dandenong has grown so much, that we have had to open another site to accommodate our growing numbers.

Participants have been working hard at the new site getting the site Covid clean. We are all very excited for our future endeavours across both Dandenong Next Step Sites!



"WORKING AT THE CAR WASH"

We are all excited B&B Car wash Enterprise is back. Participants work very hard to make sure the cars leave sparkling clean! Come down Monday or Friday weekly (weather depending) and see the shine for yourself.



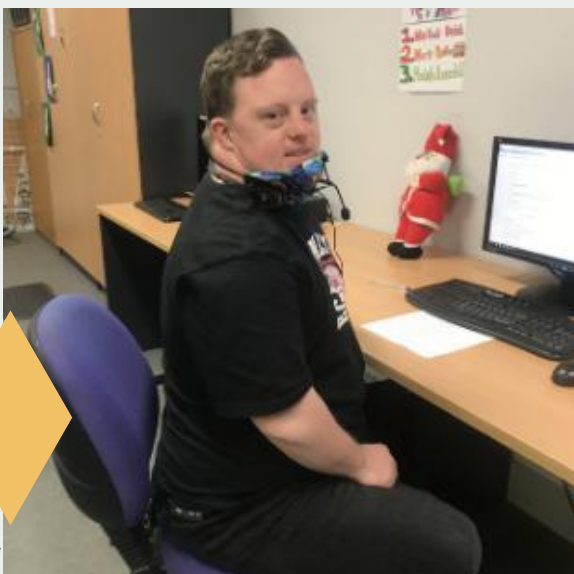
Next Step Bayswater Report



Nathan's fitness goals!

Throughout the year I started doing a regular workout routine at home. The exercises I did were walking, boxing, basketball, football, tennis/cricket, weightlifting, rowing machine and soccer. I really enjoyed doing the exercises when I was in isolation. It has helped me to work harder and improve my fitness.

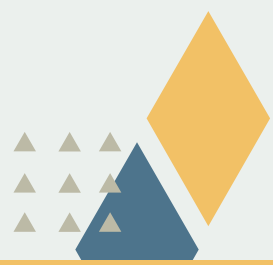
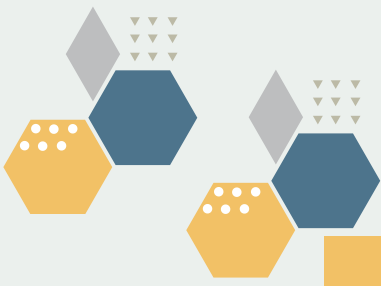
- *Rower - 10 minutes*
- *Stepper - 10 minutes*
- *Boxing Bag - 15 Minutes*
- *Soccer Goals - 5*
- *Basketball 20 Minute game*
- *Dumbell lifts - 3 sets of 10*
- **Nathan Pearce**



Participant Talk

This year has been very different for me but I have done really well with my zoom programs in life skills and men's group discussing grooming, men's health and sport. I enjoyed competing with others on Kahoot and I have also accessed my zoom supports at my own house.

-Sam Poynton.



Next Step Bayswater Report



Participant Talk

I've enjoyed my zoom program during iso, writing healthy food recipes, playing Kahoot with my mates and the Friday socials have been fun too. We got to play different games and hanging out with others. I'm glad I can be back at my job now enjoying the tasks and seeing my workmates!

We are a great team.

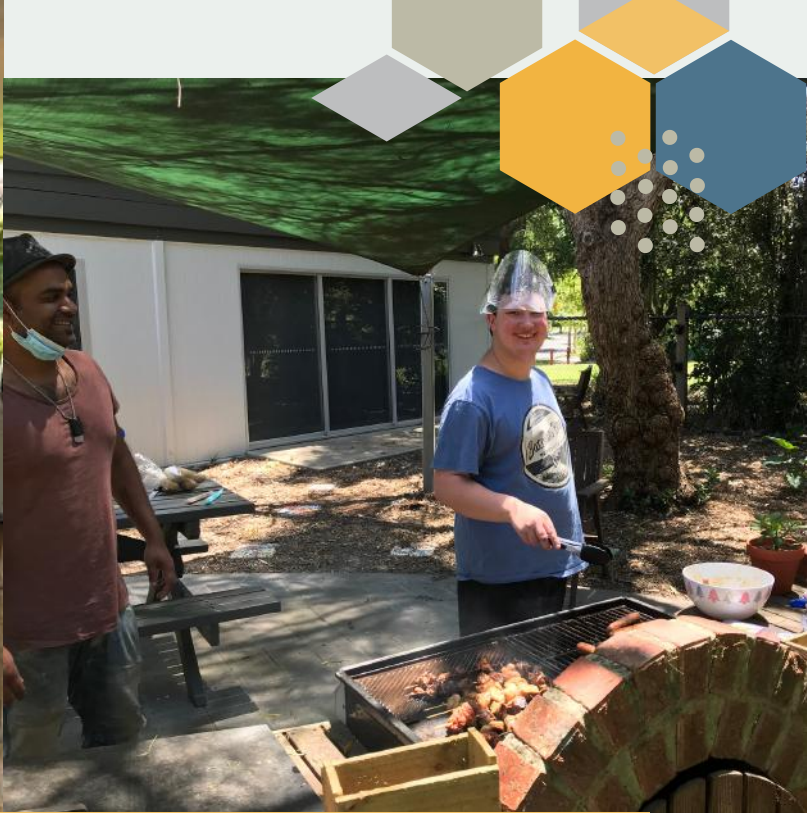
-Sophie D.

On The Road with Aiden

I have achieved over 70 hours of training. I started off learning where to place my hands properly on the steering wheel, and safety factors such as adjusting my mirror and seat position before operating the vehicle. Now, I can confidently drive in a residential area and perform a 3 point turn with ease! I'm loving getting out and about and being back behind the wheel again.

-Aiden Bebee





Balwyn Report



James has been super busy helping out Burke and Beyond. James has been busy helping out delivering stock to all the Burke and Beyond sites. James has enjoyed getting out and about again and has been happy to see some familiar and some new faces while also working on his work skills.



James has also been helping out on site including washing the vans and cooking a BBQ lunch.

Keep up the great work James!

Balwyn Report



Cara and Nadia have enjoyed returning to site.

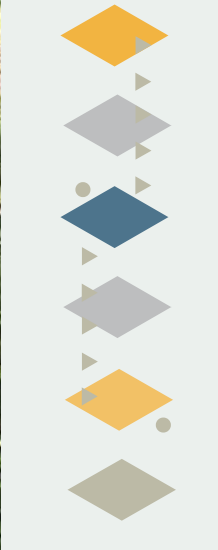
The girls have enjoyed a trip to Pound Bend in Warrandyte and have been busy onsite cooking up a storm.

The girls have also enjoyed pampering while relaxing with foot spas.

Nadia likes to spend her time working on puzzles and art projects, while Cara enjoys listening to her music and walking around the garden.

Welcome back girls!





Social Program/ Outreach Report



COVID-19 has meant lots of changes for Social and Outreach. During the COVID-19 period Social activities have taken place over Zoom. The group have enjoyed a range of activities including Scavenger Hunts, Bingo, Virtual Tours, Talent Shows and Movies. Everyone has had a really great time and we all look forward to our Friday night and Saturday sessions where we get to see each other. It has kept me on my toes trying to plan a range of activities and keep things interesting. Huge thankyou to everyone who has been patient with us during any technical difficulties that we have experienced.

Outreach has also experienced a range of challenges during COVID - 19, with many participants placing their Outreach on hold due to so many things being closed. Things are slowly starting to return and that has meant many people are commencing their Outreach again, which has been very exciting. We have also seen a few new people commencing Outreach. We are looking forward to Outreach continuing to move back towards normal and being able to support people to do all the things they love to do.



Social Program/ Outreach



I really enjoyed social over zoom as we can see each other whilst being at home. It has been great joining the Blackburn and Bayswater crew while seeing my own outreach worker Laura, see Monique again and the cool lady Andrea. The activities was fun whilst get to socialize with other people, and especially messaging in the chat. Generally everything I enjoyed about social over zoom.

Becky Chan

I have enjoyed social on zoom because I get to hang out with my friends without even having to leave my home. I think we have been so lucky to be able to do the social groups over zoom during this year. We haven't been able to go out places for social group this year, but hopefully, fingers crossed, next year we'll be able to meet up again face to face. We have done lots of great things on zoom like virtual tours, kahoot, escape room, movies and lots of other things.

Nathan Pearce

It's been great doing Friday Night social on Zoom.

I have been enjoying the events we have done.

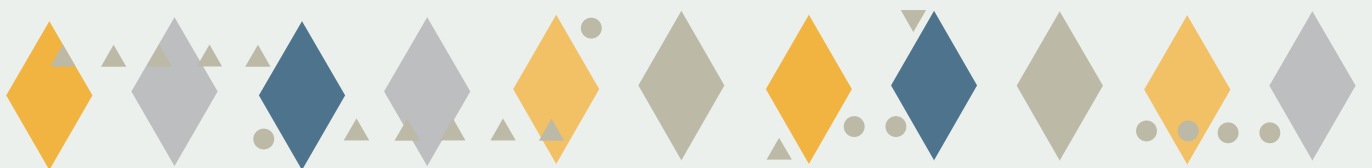
It has also been great meeting up with participants from other sites

Anthony Cibotta



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

Inclusion that counts.




Social Media Links



Burke and Beyond
(@burkeandbeyond) • Instagram...


612 Followers, 718 Following, 663 Posts - See Instagram photos and videos from...

 [instagram.com](https://www.instagram.com)



Burke and Beyond

Our Story The beginnings Discussions about the establishment of Burke and Beyond started in 1990 when the then...

 [Vimeo](https://vimeo.com)

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