

DANDENONG

NEXT STEP

NEWS

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May- July 2020



An insight in all things.

Burke and Beyond

Dandenong



BURKE & BEYOND
'INCLUSION THAT COUNTS'

"Inclusion that counts"

What's been happening



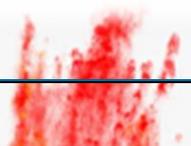
2020 has been a rough year not only for us but also for the world. However, our participants and staff have soldiered on with all the changes happening and adjusted to our 'new way of life". ZOOM programs have been successfully running since April with Independent Living Skills, Health and Fitness, Social Skills/Cyber Smart, Work Preparation as well as Box Hill courses of Animal care and Adult Literacy.

Online Learning has been a new way of teaching/learning for all of us and we appreciate your patience with all the new changes happening. We know Online Learning has been difficult for everyone but through Covid-19, Burke and Beyond wanted to continue to help participants whether it be skill-building or maintaining social connections. Participants have kept us all going through these troubling times with humour and contagious smiles.

This term newsletter is an insight into how our ZOOM sessions have been going and what everyone has been up to since being in isolation. Keep your heads up, stay positive and we will see you soon!



We Can Beat It Together
#COVID-19





GOOD NEWS
GOOD TIMES

Aussie! Aussie! Aussie!



OO! OO! OO!



CONGRATULATIONS IBRAHIM!

Ibrahim had been studying day and night to get his Australian citizenship, and we are pleased to announce that Ibrahim is now an Australian Citizen. We are all so proud of Ibrahim and the goals he is kicking this year.

BIRTHDAYS

WE HAVE MISSED

ELYCE – STAFF

Nizaar

Ibrahim

Dylan

Sue Lah Moo

Aidan

Erin

Nick

Daniel

Ali

Anthony

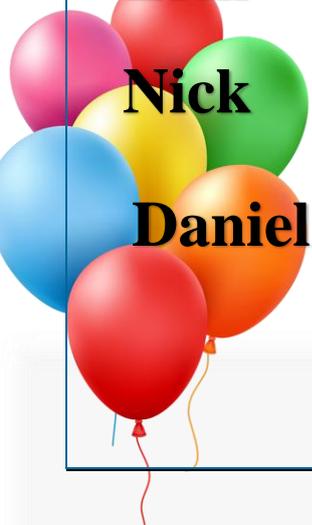
Ethan

Srivatsav

Sha

But not Forgotten

We may not have been able to celebrate how we usually would but Burke and Beyond would like to wish the following participants A BIG HAPPY BIRTHDAY! We are looking forward to seeing you all soon.



WHATS BEEN HAPPENING LATELY! :D



Vinnies

BEFORE ZOOM TOOK OVER!

We had a glimmer of hope when staff and some participants returned to the site once the first lockdown lifted. We were all very eager to get back into it within the restriction guidelines and always following the covid-19 safe rules.

Here are a few photos of when we returned and what we got up too.

Vinnies and Kingston City Church were very happy to have us back and volunteering



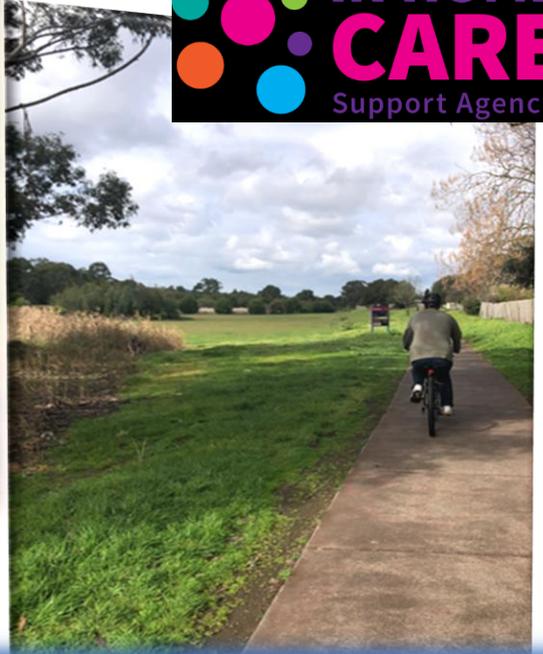
What's cooking today

With plenty of time at home, some participants have chosen to start cooking. We are loving all the yummy treats you guys are making and your photos.

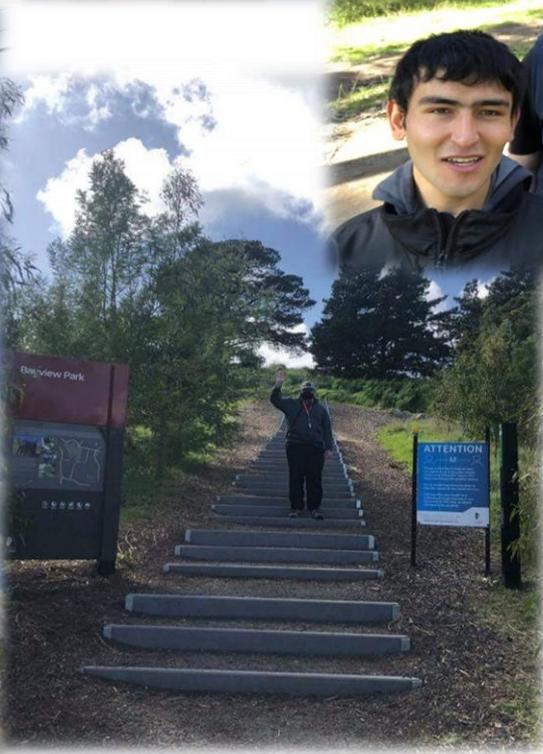


Brayden and Lachlan have been busy in the kitchen with their 1:1 support workers Elyce and Katelyn.



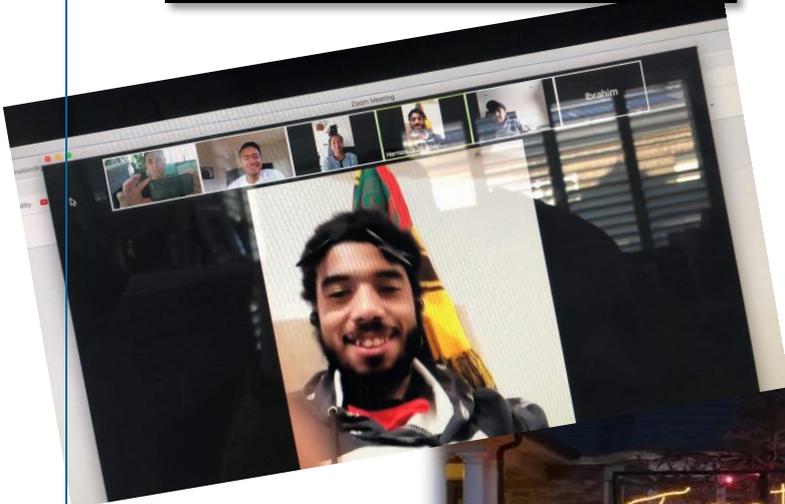
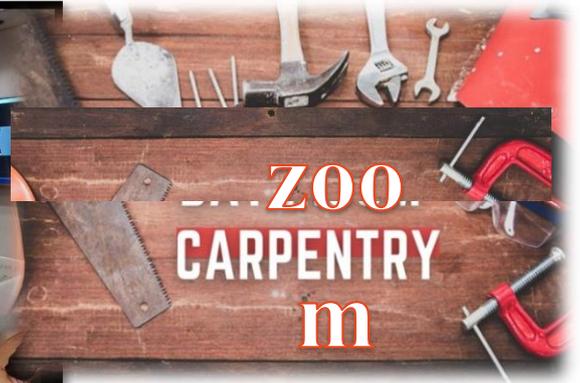
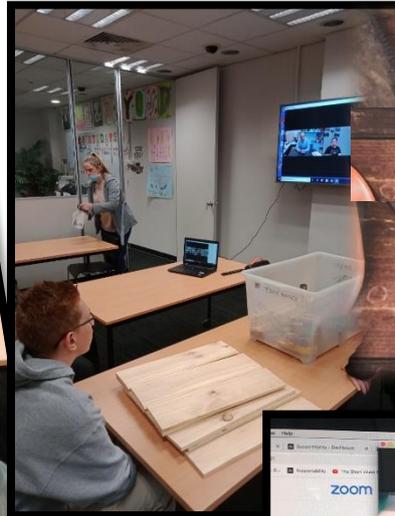


With some participants opting to be supported 1:1 during this lockdown phase, there has been plenty of opportunities to get out, exercise and get some fresh air.



zoom Programs

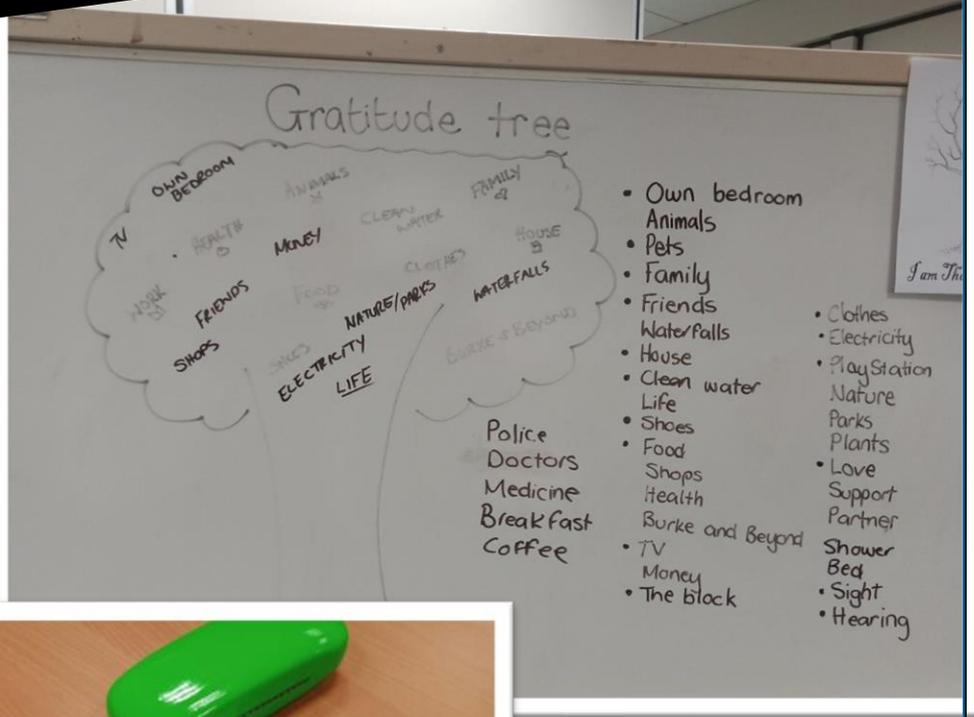
We have had several ZOOM programs running throughout this tough time. From Health and Fitness, Internet Safety, Work Skills, Independent Living Skills, as well as our Box Hill TAFE programs and Kew Neighbourhood House courses such as carpentry.



Together
Apart



With all the negative things happening in the world lately, it is easy to forget all the good things we still have and things we are grateful for. Participants have been busy the last few months remembering what they are grateful for and remembering it is the little things in life that mean the most.



PARTICIPANT

ART

Tam



Becky has been missing the staff and talking footy with other participants and staff so much, that she sent us this picture she made. Thank you Becky, we love it!

Jayde



Katelyn



Elyce



Paulo



Kate



Have YOUR SAY

Participant Talk

Zoom has been interesting for me, I have been doing the Zoom online programs in term 3 for a bit now and I have enjoyed doing lessons about independent living skills with Wayne and the fact of me becoming more independent in my own life has been great. I also have been having fun playing games with friends together on Zoom in the Gaming group with Jayde we have fun playing games like Fortnite and Rocket League it's been fun so far.

Max talks ZOOM



Anthony talks ZOOM



Hi, Zoom has been going quite well for me, I've gone quite well with the programs during this tough time. I've been doing Kahoot almost each night with some of the other participants. It's been great.

I miss seeing everyone on site. Hopefully, soon it'll open up again.

Erin talks ZOOM



Burke and Beyond started using Zoom when stage 3 started. There are 9 different classes on Zoom which are Healthy Me, Health and Fitness, Social Skills, Independent Living Skill, ACCESS Australia, Box Hill Cert 1 in work transition, Box Hill Animal care, Adult Literacy and Social music Group. I think Zoom is really good because you are still learning things when you are stuck at home and you can see your friends and keyworkers.



Have YOUR SAY



Becky Talks

Quarantine & ZOOM.

Zoom has been great! Although not everyone likes being on zoom, but I do really love being online during quarantine at this difficult time. The best thing about being on zoom is because I can have interactions with the participants and staffs who's running the program, also it was great to have meet different staffs from another day service.

At night I have been playing Kahoots with some participants, we all had fun with great laughs while interacting with each other. I really liked being in program with Billy from Balwyn as he has a funny characteristic in him from the first isolation. The most I had laughs with is with Jonathan also from Balwyn, he is hilarious and i really love being with him too. Steve is another great staff member I like to chat with in programs as we found that we got footy interest in common. In fact the best working pair I love being in programs with is Katelyn and Jonathan, they make programs fun with lots of laughs.

Not just the programs and Kahoot nights I am using zoom for, I also kept going with footy tipping, now in a different way as we are all online. I had the good idea to keep getting The Next Step Dandenong footy tipping getting on. Although we all send our tips online, it worked well! I then got the chance to keep tallying up the scores and getting the live leaderboard up and going as I always want to know how I am and everyone else are going with tips. That got me another something to do in the isolation. Isolation was boring but always a something I can think of. I also do Friday night social on zoom with our Dandenong crew combining with Blackburn and Bayswater social. It is so great to continuing to make friendships and getting interactions with those crews too. My social outreach worker is also involved in our Friday night social which is so great to see her too.

In the first quarantine, I have been doing some creative drawings, origamis, texting and listening to music. All the sports were on hold till the restrictions slowly eased, so I had nothing much to do. Since the first isolation slowly coming to an end, while sports were slowly coming back at the same time of me trying to get more interest back with the sports I got less interests, I started to go crazy by watching 5 sports at the same time. Watching 5 sports at the same time was the craziest idea I had and it was the craziest thing I have ever done. I had 4 on my laptop while 1 on my iPad. Months later I couldn't be bothered doing it again! In the second quarantine, I have recently considered to do some drawings in Paint on my laptop. I use lots of shapes, colour filling and even some pictures to turn into something, such as: People wearing footy outfits, other sports outfits and whatever else I can think of. I am very proud of myself. I also go crazy with making a lot of Kahoot quizzes after thinking of a topic every time. I got 32 quizzes in one account, 18 in one and 9 in the other. 59 quizzes in 3 accounts, so I will need to make 1 more to reach 60!

After all, although quarantine is not so great with putting everything on hold, I also found it great in the other hand after having to use zoom and got something to do.



ELYCE

Although the staff, participants and their families have had their up's and down's during lock down restriction, I am impressed how people have been positive and uplifting to each other. Participants have opened up and spoken about their feelings and still get involved in their group ZOOM and 1:1 sessions.

PAULO

These last few weeks have been really challenging for both staff & participants but we have managed to create a safe & healthy environment both online & in our one to one programs. The participants have been incredibly engaging & the staff have been super helpful.



Access Australia Program

The participants have been working on a number of work skills during our Zoom sessions including communication skills, confidence, how to prepare for a job interview, researched and practiced job interview questions and have now started to complete their very own resumes. Well done to everyone for staying positive and continuing to work towards their goals during this very difficult time!

Certificate 1 Transition Course

Participants have adapted well to remote learning over the past months and have continued to engage and complete all of the set learning modules for the course so far. Everyone should be very proud of themselves for their efforts and ability to overcome the difficulties of remote learning.

Well done to all!



KATE

"It's wonderful to see and hear all the positive stories with staff and participants during these challenging times. Keep up the good work everyone and we will see you all back onsite very soon 😊"



soon 😊

TAM

KATELYN

Participants at the Dandenong Next Step site have been doing an exceptional job either through ZOOM programs or with 1:1 support. It has been a crazy year but everyone is still full of smiles and positivity. A shout out to Lockie who has been working wonders in the kitchen in 1:1 support classes. Nizaar has also been doing an exceptional job through online programs, working on his computer skills, communication skills and Literacy through 1:1 ZOOM calls. Everyone should be very proud of themselves. Keep it up. Keep smiling, Katelyn 😊



It has been great to see the participants getting onboard with Zoom and adapting with the many changes we have all seen this year, but with the light finally shining from the other end we are almost at the end of this! Think positive and stay happy and we will see you all soon!

'Don't fill life with struggles, fill life with joy. A flower always struggles to survive, but it never forgets to bloom with joy.'

JAYDE



Print out and colour to keep your mind active





Coronavirus - Staying Safe



People are talking about Coronavirus because it is a new type of flu



Just like with all other colds or flu it is important to be healthy



Children and adults are very good at fighting the flu



Just like all colds or flus it can be harder for older people to stay healthy from flu



I can stay healthy by



When preparing food



FREQUENTLY WASH HANDS WITH SOAP



After sneezing or blowing my nose



Before eating



After using the bathroom



If they are dirty



I can stay healthy by



Not touching my face, or biting my nails



Trying not to touch outside doors, handles, railings



I can help keep others healthy by



Coughing & sneezing into my elbow



Putting used tissue in the bin



Staying at home if I feel sick

**Just like any other cold or flu
Coronavirus will go away in
a couple of months**



**I do not need to worry about it
but if I am unsure I can talk to my caregivers**



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