

BETHANY BUZZ

BETHANY CARE - NEWSLETTER - JUNE - 2021



Hannah enjoying NRG Thursday

JUNE 2021

Here's what's inside this edition...

- A word from Bethany's Manager
- Lunch Invitation 17th June
- Nathan & Paul's holiday adventure
- Goodbye Ann
- Meet the Carer/Board
- Health & Wellbeing Event
- September Camp—Sunshine Coast
- Contact Details

WHO WE ARE

Our focus at Bethany is to provide quality support services to people with disabilities and their families on the Gold Coast. We want to do what we do well, and action this from our shared belief that all people are of the highest value and deserve genuine love and support to meet their needs.

Bethany Care is a ministry of Hope Church and was established in 1995 on Christian principles to demonstrate love in action to the disability community.

Bethany**CARE**

A WORD FROM BETHANY'S MANAGER

DEAR FRIENDS

I had the pleasure of meeting recently with the Board of Bethany Care to plan for our future and write our new Strategic Plan.

We want to continue providing all of our current services along with exploring opportunities for growth and developing new programs.

Included is exciting plans to renovate Hope Cottage and make it a fully accessible modern home. We will update you when we have confirmed details.

I would like to acknowledge and thank two of our Board members who have recently retired from the Board Ps Paul Allen following over fifteen years' of service on the Board and Johnston Yap who joined in 2017. We have appreciated your dedication and commitment to the vision of Bethany care and we wish you well for the future.



LUNCH IS ON US

It is my pleasure to invite all the parents and family members of Bethany Care clients to join with me and the management team for lunch, provided by us, at **Greendays Restaurant**, Ashmore Rd, Bundall on **Thursday 17th June at mid-day**.

This will be an opportunity to share a meal together, meet other family members and receive an update on Bethany Care.

Further information is available by contacting MJ on ph **0755 510276**.

I hope you can join us.

Penelope



NATHAN & PAUL'S HOLIDAY ADVENTURE

We left for an exciting and fun filled adventure. Once we arrived we caught a bus to the sea life centre and saw some wonderful sights. The rest of the trip was eventful, going to the Barrier Reef, swimming in the ocean with a life jacket and going on coach tours seeing wild life and big crocs. Other highlights of the trip included going to a rain-forest park, watching aboriginal dancing, playing the didgeridoo and learning how to throw a boomerang.

Nathan was much better at that than me! After this we made our way up to kunandra to catch the sky rail back down the mountain to catch the coach back to the hotel. We flew back very excited to share all our adventures with everyone.

PAUL ADAMS

It was a great break, I enjoyed swimming in the reef. I'm saving up to go on holiday next year to Perth! **NATHAN HAY**



GOODBYE ANN



Ann has been with us for over 15 years and has always been a popular carer, especially around the Maidenhair house. However, she has decided that now is the time to retire. Ann will be sorely missed by clients and staff alike.

On behalf of the Bethany community we would like to thank you for all your hard work and wish you a very happy retirement Ann!

MEET THE CARER

GETTING TO KNOW CARON ELLIOT-QUILLIAM



Caron has been with us since 2019. She is a experienced carer with passion for helping people with a disability live their best lives. Here's a bit about Caron.

- What's your guilty pleasure?
Definitely Chocolate
 - When you were a kid, what did you want to be when you grew up?
I wanted to be a Veterinarian but that didn't happen.
 - If you had to pick one age to be permanently, which age would you choose?
Thirty
 - What advice would you give to your teenage self?
It is okay to say No, find your voice and stand up for yourself.
 - What's your favourite way to unwind after a busy day?
I like to unwind by having a hot shower then laying on my bed in peace and quiet.
-

MEET THE BOARD

GETTING TO KNOW Ps JUSTIN REID



Ps Justin is the current chairman of the Board. He has over 24 years of leadership experience in both Christian Ministry and International Hotels.

- What energizes you outside of work?
Coffee
 - What's something you've done, but will never do again?
Bungy Jumping
 - When you were a kid, what did you want to be when you grew up?
Helicopter Pilot
 - Who would play you in a movie about your life?
Definitely not Tom Cruise, Kevin Costner but maybe Tom Hanks
 - What advice would you give to your teenage self?
Don't use so much hair spray
-

HEALTH & WELLBEING EVENT — DEALING WITH ANXIETY & STRESS

As the coronavirus pandemic swept across the world, it created a considerable degree of fear, worry and concern in the population at large. In particular certain groups such as older adults, care providers and people with underlying health conditions have been affected. In response, Bethany Care and Hope Church recently held an event to help our community deal with the associated anxiety and stress.

The forum consisted of a panel of experts to provide context and strategies for managing anxiety and stress from a physical, psychological and spiritual perspective. This panel comprised; crisis counsellors from Lifeline, a psychologist from a local practice called Compassion Services and the Gold Coast Police Services regional chaplain.

More than seventy people attending the evening asking the panel relevant and insightful questions. Although coming from a Christian heart of service the content and format was inclusive and there was something for everyone.

The feedback regarding the evening was very positive, and many people commented on the fact they walked away with practical tools to help them and their family.



COMING SOON – SEPTEMBER CAMP ON THE SUNSHINE COAST

Get excited! The next Bethany camp is coming in September. We don't have too many details at the moment but we can confirm it will be taking place on the gorgeous Sunshine Coast and it will be heaps of fun.

Stay tuned for further details coming soon :)



Contact us...

BethanyCARE

Bethany Office Team

Manager
Pene Hodge

Assistant Manager
Ric Kelso

Quality Assurance Coordinator
Brian Lynch

Permanent Accommodation
Coordinator
Trevor Judd

Finance Coordinator
Maryanne Verrico

Feedback

We value your feedback!

If you have any feedback on what we are doing well or how we can do things better, please contact us.

This may include any comments or suggestions about any aspect of Bethany service delivery, for example, policy recommendations. Please contact us to share your views. Your input is important to us.

You can provide your feedback through the following channels:

- by post Bethany Care Limited, Box 35 Varsity Lakes Q 4227
- email enquiries@bethanycare.org
- phone 5551 0276
- website www.bethanycare.org, click on "contact us"

Admin Office

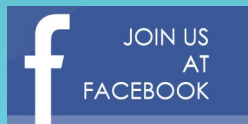
5551 0276

Board of Directors

Pastor Justin Reid

Mrs Amy Leong

Mrs Kerry Lovell



<https://www.facebook.com/BethanyCareLtd>

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JOIN US AT HOPE CHURCH!

Bethany is a ministry of Hope Church and extends a warm invitation to all individuals & families to join in its dynamic community events.

Please visit <https://www.facebook.com/hopechurchgc> or <https://www.instagram.com/hopechurchaustraliavl/?hl=en> for updates.

