



BC BUZZ

NEWSLETTER - DECEMBER - 2021

Merry Christmas



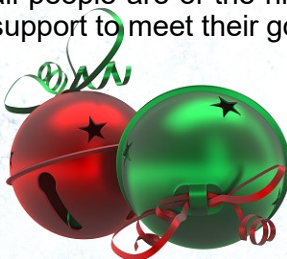
DECEMBER 2021

WHO WE ARE

What's inside this edition...

- A word from Bethany's Manager
- Farewell to Ric
- Welcome Idris
- Thanksgiving Service
- Dates for next year
- About Us

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 goals, and live their best life.



A WORD FROM BETHANY'S MANAGER

DEAR FRIENDS

What a wonderful time of year it is at Bethany Care. Our Christmas trees are up, the houses have been decorated and carols are being played as we celebrate the birth of Jesus. I love this festive edition of Bethany Buzz. Especially the photo of John showing us the decoration he made at Club BC and the article on the Christmas Party at Maidenhair.

Although our office will be closed from the 23rd of Dec to 4th of January we will have a manager on duty. If you have an urgent matter or are in need of some support please call us on 0452 218 753.

Wishing you and your family a wonderful Christmas.



Kind Regards

Penelope

BETHANY CHRISTMAS COMPETITION WINNERS!



The Bethany administration office recently took part in the first ever best decorated office space competition at Hope Church.

Bethany is pleased to announce they were judged the winners and were awarded a cup by the fair and mostly impartial former Service Manager Wayne Clinton...no bias here!

For a full tour of our winning display in all its festive glory please go here...<https://bit.ly/3y2dLUu>

THANKSGIVING SERVICE @ HOPE CHURCH

Bethany was recently involved in Hope Church's annual thanks-giving service. It was a pleasure to share what God has been doing in our organisation over the last 12 months.

Our General Manager Pene Hodge took the opportunity to thank the entire Bethany community including participants, families, the staff and the Board in what has been a challenging but exciting year. Special thanks were offered to our outgoing Assistant Manager who has faithfully served the organisation for 20 years.

To promote meaningful inclusion and to highlight skills and abilities of our participants, opportunities were given for them to participate in the presentation. Notably this included Nathan who took part in a Q&A, Tahrni who presented an award and Clayton who composed a special poem which was read at the event. Great job everyone.

To watch Bethany's contribution to the service please go here <https://bit.ly/302TIOM>



GOODBYE RIC, HELLO IDRIS

As most of you may already know, Ric Kelso our Assistant Manager has decided to move on after 25 years loyal service. Ric has been one of the longest serving and hardest working employees from the very beginning. Always a popular figure with families and staff members alike, he will be greatly missed.

To show our appreciation a special dinner was held in Varsity Lakes to mark his leaving. Both Ric and his lovely wife Natalie were honoured. Aside from the lovely food, speeches were read and old stories were told. What a great night of celebration :)



...yes its sad to say goodbye, however, we are excited to welcome Idris Akintola who has moved from our Board to join the Management team as Manager of Services & Supports. Here's some words from Idris.

"Thank you for your nice remarks and warm welcome. The past few weeks have enlightened me on the wonderful work done by Bethany Care staff and volunteers. I've had the opportunity to interact with our amazing clients, and they've all said beautiful things about their carers and the quality of care they receive. I look forward to collaborating with staff and family members to provide the greatest support possible to our beautiful clients in accordance with NDIS best practises".

Thanks Idris, we're sure you'll do a great job.



Idris joins Brian Lynch who moves on from Quality Assurance Co-Ordinator to Operations Manager.

In other news MJ Verrico our Finance Coordinator and receptionist is also moving on. We wish her ever success with her future endeavours.

Teressa Athanasius, is transitioning from support work to take on that role (Teressa will still be working with clients, but on a reduced basis).

Congratulations Teresa.

CHRISTMAS CELEBRATIONS @ MAIDENHAIR

On Saturday 4th December family, friends and staff gathered together to help celebrate Christmas with the Yodelay men and the Maidenhair ladies at their home.

It was a lovely afternoon with many photos taken in front of the large mural hanging on the wall. There was plenty of laughter as everyone chatted and caught up with each other for the festive season.

As usual, Trevor did a wonderful job catering and decorating the ladies' home. Everyone seemed to love the huge Christmas Tree that took pride of place in the house.



HELP IS AT HAND DURING THE HOLIDAYS...

Hey everyone, please be aware that although our office will be closed on the 23rd of Dec to 4th of January we will have a manager on duty.

If you have an urgent matter or are in need of some support please call us on **0452 218 753**.



TIPS TO HAVE A MERRY CHRISTMAS

Christmas is a wonderful time of the year to relax, spend time with friends and family, and look forward to the year ahead. However, for people with disability and their carers, this period can bring with its own challenges.

The holiday seasons can be an overwhelming and stressful time for people with disability and those that take care of them. Some challenges include:

Changes in schedule

You may be going away yourself or lose hours and income over the Christmas period, or your job may require you to work extra hours. Either way, changes in your regular schedule can lead to heightened anxiety and feeling overwhelmed.

Keep in touch with friends and family

To manage feelings of isolation over the Christmas period, make regular plans with friends and family that you can look forward to. This could include going for a walk or doing a festive activity with a friend. A reminder to be COVID safe and mindful of social distancing during this period, especially for those planning to see friends and family face-to-face over this period, there are plenty of other ways to stay in touch. Organise regular phone calls, video chats or even plan some virtual activities. The important aspect is engaging with people during this period.

Respect your limits

While it's important to stay in touch with friends and family, you also need to listen to your body and know your limits. Parties and social gatherings, although enjoyable, can fill one's calendar quickly and lead to feeling overwhelmed. Plan your schedule in advance and be sure to include time for you to rest and relax.

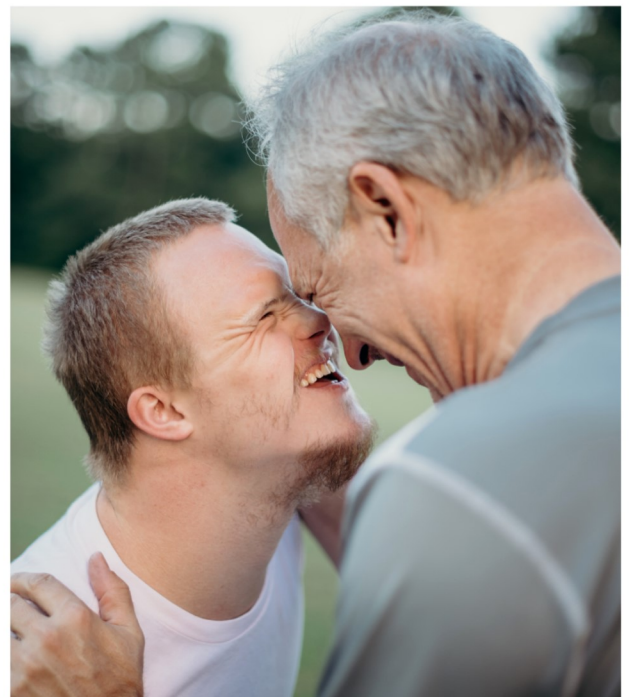
Practice healthy habits

Create a routine that incorporates healthy habits such as regular exercise, eating well and getting enough sleep. Getting fresh air and communicating with those around you are also some great techniques to keep your spirits high over the holiday period.

Take care of yourself

The holidays can often mean taking care of others and making sure they are enjoying themselves. Don't forget; you can't fill someone else's cup if yours is empty. Set a positive example for others about the importance of taking care of yourself during busy and stressful times. Eat well, exercise regularly and create a good sleep routine so that you have the energy and resources to extend yourself for others.

Bethany would like to wish all our clients and their families a Merry Christmas and Happy New Year!



Merry Christmas

CHRISTMAS HOPE CHURCH

Stay tuned to what's happening at Hope Church this Christmas Season.

As you may know, Bethany is a ministry of Hope Church in Varsity Lakes. This year the church is holding special Christmas services on 19th Dec at 10am and on Christmas Eve at 6pm.

This promises to be a fantastic community focussed event open to everybody. All are warmly welcome.

Bring your family, friends and neighbours along to celebrate "Jesus, Hope of the World".

#speakhope
#christmasathope
#hopechurchaustralia



VARISTY CHRISTMAS CAROLS

Another event for your diary is the 2021 Carols by the Lake.

By popular request this is returning from Robina to the Waterfront Stage at Varsity Lakes on the Gold Coast on Saturday 11th December 2021...

A free festive community celebration, guest can expect the following;

- Entertainment
- Live Music (the Hope Church band among others!)
- Performance Schools
- Market Stalls
- Food Trucks
- Carol Singers
- Jet Pack Fun
- Santa Claus & Much more!

For more info: <https://www.carolsbythelake.com/>



SATURDAY 11TH DECEMBER 2021

4-8 PM | **WATERFRONT STAGE** | **Varsity Lakes**
Varsity Promenade

CHRISTMAS CAROLS | **FUN KIDS ACTIVITIES**
FREE FAMILY FUN | **Guest Star** | **SANTA CLAUS**
fireworks! | **JET PACK SHOW** | **live music** | **BRING A BLANKET**
FESTIVE FOOD STALLS

➡ **CAROLSBYTHELAKE.COM** ⬅

SUPPORTED BY



Varsity Lakes
Rotary
Club



Proudly supported by



Cr Hermann Vorster
Division 11



CITY OF
GOLD COAST

THIS IS A COVID SAFE EVENT

PLEASE FOLLOW THE COVID SAFE RULES AND WORK TOGETHER TO KEEP EVERYONE SAFE THROUGHOUT THE EVENT

- STOP THE SPREAD**
Use hand sanitiser stations, Cough and sneeze into your elbow.
- SAFE DISTANCING**
Keep 1.5m between household groups. Do not create crowds.
- CHECKIN ONLINE**
Look for the QR code to checkin or go to www.carolsbythelake.com
- LISTEN**
Follow all health signage and directions from staff.
- DOWNLOAD APP**
Before entering, download the COVIDSafe app.
- STAY HOME**
Stay at home if unwell or recently from a declared hotspot.

If you feel unwell during the event, please advise the closest crew or attend first aid tent immediately.

About us...

BC Office Team

General Manager

Pene Hodge

Manager of Services & Supports

Idris Akintola

Operations Manager

Brian Lynch

Permanent Accommodation Coordinator /Support Coordination

Trevor Judd

Board of Directors

Pastor Justin Reid - Chairperson

Amy Leong - Treasurer

Kerry Lovell - Director

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
- <https://www.facebook.com/BethanyCareLtd>
- phone 5551 0276
- website www.bethanycare.org, click on "contact us"



Services & Activities

Club BC Tuesday - A fun filled centre based day where anything can happen from a Fiesta themed party to indoor Olympics, home-made baking and a variety of creative projects.

Club BC Thursday - A day of action and adventure out in the community. Whether it is activities in a park or exploring new places everyone has fun.

BC Bowling - Every Saturday our BC team of bowlers heads off for a morning of friendly competition. There is room for you on the team.

BC @ Hope Church - Participants are always welcome to join the Sunday morning church service at Hope Church

BC Camps - Our annual 4 day camp is held every September. Most campers and carers say it's the highlight of their year.

Assistance with Self-Care Activities - We have a team of experienced and trained carers who provide one on one support to help you reach your goals whether in your home or in the community

Supported Independent Living - Bethany Care has two SIL homes, Yodelay for the men and Maidenhair for the women.

Short Term Accommodation - Our wonderful Hope Cottage is currently under renovation but will be open next July better than ever for short stays. In the meantime our carers can provide support in your home.

Support Coordination - Do you need assistance with coordinating all your NDIS supports? Bethany Care has an excellent and experienced Support Coordinator who is available to assist you to navigate your way through the NDIS.

Give the office a call on 5551 0276 if you would like more information about any of these NDIS funded services.

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 services community events.

Please visit <https://www.facebook.com/hopechurchgc> or

<https://www.instagram.com/hopechurchaustraliavl/?hl=en> for updates.

