





## A HEARTFELT CHRISTMAS MESSAGE FROM THE MANAGER



Dear Bethany Buzz Readers,

As we come together to celebrate the joyous season, I wanted to take a moment to express my sincere gratitude to each and every one of you for your unwavering love and support throughout 2023. Your readership and engagement with the Bethany Buzz have been a source of inspiration and encouragement. Your commitment to our community is truly commendable, and it is your support that makes the Bethany Buzz a vibrant and meaningful platform.

As we reflect on the challenges and triumphs of the past year, I am filled with gratitude for the sense of unity and camaraderie that defines our Bethany family. Your contributions, whether big or small, have made a positive impact on the lives of those we serve. Looking ahead to 2024, we are excited about the opportunities and endeavors that the new year holds. With your continued support, we aim to make even greater strides in fostering a community of compassion, understanding, and mutual support.

Thank you for being an integral part of the Bethany family. May this festive season bring you joy, peace, and the warmth of shared moments with loved ones. Wishing you a Merry Christmas and a Happy New Year! May 2024 be filled with hope, prosperity, and the continued strength of our Bethany family.

Warm Regards *Idris*

## BOWLING AWARDS 2023

Everyone had a great time at the BC Bowling awards ceremony. It was a wonderful occasion that acknowledged the hard work and commitment that goes into becoming a skilled bowler. Among the many winners, Nathan was crowned Bowling Champion having consistently displayed exceptional skill, technique and determination throughout the Season. Other winners included Heather, John, Nat, David, Laree, Clayton, Dave and Bradley. Excellent job everyone.

\*Register now for 2024—Bethany bowling starts again Saturday 13th January 2024





## CHRISTMAS CONCERT & LUNCH

Club BC Tuesday had its first Christmas concert and it was a huge success!

Largely presented by the participants, it was a heartwarming celebration that beautifully intertwined tradition with inclusivity. It included a vibrant nativity scene brought to life by individuals dressed as the wisemen, shepherds, and very smiley Mary. It was a special time with genuine enthusiasm and joy radiating from each person on stage. The performance was not just about portraying characters but embracing the spirit of the season. The dedication and effort put into the costumes added an authentic touch, showcasing the commitment to making the event a memorable experience for everyone involved. Special thanks to Cherry and Adeline for all their hard work.

A highlight of the event was the joyous singing of carols that filled the air. Our performers poured their hearts into the music and movements, spreading a contagious sense of joy throughout the audience.

Witnessing their passion and enthusiasm was incredibly uplifting and truly captured the essence of the holiday spirit.

Overall, the disability Christmas concert was a wonderful testament to the resilience of the human spirit. It showcased the beauty of diversity and the ability of individuals to come together to celebrate tradition, faith, and the joy of the season, creating a truly magical and unforgettable experience for everyone involved.





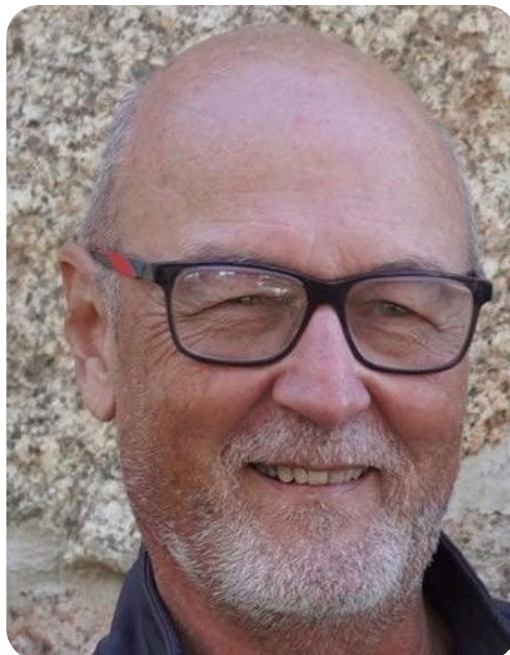
## NEW WORKERS—WELCOME ANN AND IAN

It's with great pleasure that we introduce and warmly welcome Ann and Ian to the Bethany Care team. Their arrival continues our commitment to providing exceptional care and support to those in our community.

Ann and Ian bring a wealth of experience and passion to our service, each with their unique set of skills and expertise. Their dedication to empowering individuals with disabilities aligns seamlessly with our mission, promising to elevate the quality and reach of our services.

Their collective knowledge in aged care and the disability sector will undoubtedly enhance our efforts to create a more inclusive and supportive environment.

Let us extend our warmest greetings to Ann and Ian as they embark on their journey with us.



## SHORT TERM ACCOMMODATION HOPE COTTAGE BOOKINGS

- 24/7 hours staffed 1:1, accessible accommodation
- Self-contained, accessible kitchen facilities
- 1-bedroom ensuite
- Open plan living area
- All meals provided throughout the day

Scan the QR  
Code for a virtual  
tour...



Give us a call on 07 5551 0276 or email  
your interest to [enquiries@bethanycare.org](mailto:enquiries@bethanycare.org)





## BETHANY TRAINING DAY / AWARDS PRESENTATION

Bethany had an eventful and informative December training day covering a diverse range of topics. Our first ever Service Manager Tarran Deane returned as a guest speaker with an insightful session delving into the history of Bethany Care and providing an encouragement for the future. The other topics discussed included Duty of Care, the Rights and Responsibilities of People With Disabilities. These are important subjects crucial for any care-related profession. Understanding these aspects not only ensures the well-being of those being cared for but also establishes a framework for respectful and professional conduct. In addition to this, we had a report from the recent BC Camp addressing how successful the event was, and how it could be improved next year.

Towards the end of the day attendees had a presentation and discussion on results obtained from feedback from both Bethany participants and staff. This was a valuable exercise as it identified areas for improvement moving forward into 2024.





## INCLUSION DURING THE CHRISTMAS HOLIDAYS

Inclusivity during the festive season is important to all Australians and for people with disability, sometimes true inclusion means some adjustments for accessibility.



### Key points

- Not all Christmas activities and events are automatically accessible to people with disability
- Planning ahead and not making a big deal out of any changes made for accessibility can help people with disability to feel more welcome
- It can be important to respectfully ask a visitor whether they need adjustments around Christmas time to facilitate accessibility

Supporting people with disabilities during the holidays involves a mix of understanding, accommodation, and inclusion. Here are some ways to help:

- **Accessible Celebrations:** Ensure that your Christmas celebrations are accessible. Consider the needs of your guests—like wheelchair access, visual aids, or dietary restrictions—and make necessary adjustments.
- **Communication:** If someone has specific needs or preferences, ask them directly how you can accommodate them during the celebrations. Clear communication is essential for understanding their requirements.
- **Be Inclusive:** Include everyone in activities. Adapt games or activities to ensure that everyone can participate comfortably.
- **Offer Assistance:** Be ready to offer assistance but ask first and respect their preferences. Some might prefer to do things independently while others might appreciate a helping hand.
- **Create a Calm Space:** Loud noises or crowded spaces might overwhelm some individuals. Designate a quiet area where people can retreat if they need a break.
- **Consider Food Preferences:** Take into account any dietary restrictions or preferences. Have options available for different dietary needs.
- **Share Knowledge:** Educate other guests about the needs or accommodations that might be necessary. This helps in creating a more understanding and supportive environment.
- **Gift Giving:** Be considerate when choosing gifts. Some individuals might have preferences or limitations due to their disability.
- **Volunteering:** Consider volunteering at local organizations that support individuals with disabilities during the holiday season. Your help can make a significant difference.
- **Spread Awareness:** Use the holiday season to spread awareness about different disabilities and the challenges people face. It helps in fostering understanding and acceptance within the community.
- Remember, the key is to create an inclusive and supportive environment where everyone feels welcome and valued.

# About us...

## BC OFFICE TEAM

**Service Manager**  
**Idris Akintola**

**Assistant Manager**  
**Teresa Athanasius**

**Operations Manager**  
**Brian Lynch**

**House Coordinator**  
**Obert Ndongdzai**

**House Coordinator**  
**Bola Adeleye**

**Finance Coordinator**  
**Caron Quilliam**

**Support Coordination**  
**Dami Omolabi**

## BOARD OF DIRECTORS

**Chairperson**  
**Pastor Justin Reid**

**Treasurer**  
**Amy Leong**

**Director**  
**Peter Dokmanovic**

**Director**  
**Helen Karena**

**Director**  
**Josie Sproul**

## 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, PO Box 35 Varsity Lakes Q 4227
- email [enquiries@bethanycare.org](mailto:enquiries@bethanycare.org)
- phone 5551 0276
- website [www.bethanycare.org](http://www.bethanycare.org), click on "contact us"

## 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/hopechurchaustralia> for updates.



## SERVICE & ACTIVITIES

- Club BC Tuesday - A fun filled centre based day where anything can happen from a Fiesta themed party to indoor Olympics, homemade 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 three SIL homes, Yodelay & Barrier Reef for the men and Maidenhair for the women.
- Short Term Accommodation - Hope Cottage available for short stays in a purpose built modern 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.