

BC BUZZ

NEWSLETTER - JUL - 2023



Bethany Care - where your life and your choice matters



A WORD FROM BETHANY'S MANAGER



Dear Readers,

Welcome to the second edition of this year's newsletter. It is our consistent goal to ensure our participants develop life skills, recognise their existing talents and to encourage them in utilizing these talents because as the saying goes "if you don't use it, you lose it". The team's spirit and enthusiasm are undeniable as our participants continue to thrive in their chosen endeavours, and we all look forward to this year's BC Camp which provides every participant with a change of scenery, which promotes development of social skills and participation in team building exercises.

Furthermore, our respite home is fully operational so if you or anyone you know is looking for a respite accommodation, we will be more than happy to receive you. The BC family prides itself with promoting positive social interactions between employees, participants and their families so our Barrier Reef House participants organised a potluck lunch.

Finally, the role of training and retraining of our employees cannot be over-emphasised as we are keen to provide team members with adequate training to better support our participants.

Thank you all for your constant support and I hope you enjoy reading this edition of Bethany Buzz.

Kind Regards *Idris*

AT THE CAR WASH...

Bethany participants take great pride in the appearance of their rides and rightly so. Nobody wants to be driven around in a dirty vehicle.

In response, Bethany organized its first car wash activity. Everyone had fun hand washing and vacuuming vehicles to make sure they were sparkling clean inside and out. There was a great fun/work balance as everyone got involved detailing the vehicles.

As treat, a delicious morning tea was provided to reward the hard work, and most agreed the vehicles looked amazing at the end of the morning. Well done everybody!

Please scan the QR code below to check out a video clip of highlights of the day.



TRAINING DAY



Bethany recently had its bi-annual monthly training day. The purpose of the event was to encourage teamwork, trust and help each other improve in our roles as professional Support Workers. It was a time to reflect on who we are, how well we are doing, and what can we improve upon.

In addition to the many team building activities, training was provided on mindfulness (client care), cyber security, infection control (handwashing), waste management, medication principles, and vehicle safety. All in all it was a great day with many positive outcomes.

PERMANENT ACCOMMODATION POTLUCK LUNCH



People are the center of everything we do. At Bethany, we love intentionally meeting with families, participants and Support Workers to enjoy each other's company and get to know one another in a more informal setting.

We recently held a Saturday potluck lunch for our permanent accommodation residents from Barrier Reef, Maidenhair and Yodelay hosted at our newer Barrier Reef property.

Apart from the delicious food, there were some great conversations and connections being made within the extended Bethany family. Thanks to all who showed up, shared a plate of food and made the event a great success.

MEET THE NEW SUPPORT COORDINATOR

GETTING TO KNOW DAMI

We are pleased to take this opportunity to introduce Dami Omolabi who has taken a new position as Support Coordinator at Bethany.

Dami comes with a wealth of professional experience in the health care sector. A dedicated, patient-focused Senior Registered Nurse, Dami has with qualifications in both aged care and disability. She has a detailed understanding of evidence informed practice, critical thinking together with a commitment to person-centred care.

If you would like help with your Support Coordination needs please make contact via email at Dami@bethanycare.org

Welcome to the team Dami.



MEET THE CARER

GETTING TO KNOW JEMMA

This is Jemma, a support worker who has been with us since June 2023. Here's a little bit about Jemma.

- What's one thing most people don't know about you?
Fun fact: I clean to destress; if I'm worried about something, I clean my house to brainstorm ideas
- What's one thing you're trying to make a habit of?
Getting things done immediately, instead of procrastinating
- What's the best advice you were ever given? Who was it from?
Learn to say no, even when you want to say Yes. Protecting your peace and mental health comes first.
- What's your guilty pleasure?
Pimple-popping videos; I love it.
- What three words would your friends use to describe you?
Kind, cheerful and Reasonable



DISCOUNTS & CONCESSIONS FOR PEOPLE WITH A DISABILITY

There is a range of discount programs, concessions, allowances and services offered by us, the Queensland Government and the Australian Government to assist people with a disability.



Rates concessions

Pension card holders may be eligible for discounts and concessions on the rates payable for their home. For more information visit our discounts and concessions page. <https://www.goldcoast.qld.gov.au/Services/Rates-water/Rates-water-pensioner-concessions>

Dog registration

Pension card holders may be eligible for reduced fees for dog registration. For more information visit our dog registration page. <https://www.goldcoast.qld.gov.au/Services/Animals-pets/Register-your-dog/Discount-or-concession-on-an-existing-dog-registration>

Hearing services & aids

The Australian Government provides eligible people with access to a range of free and subsidised hearing services, including assessment, hearing aids, support and maintenance. For more information phone [1800 500 726](tel:1800500726).

Queensland Government concessions

The Queensland Government provides cost of living support to eligible concession card holders. Concession categories include energy, property, medical and disability, transport, education and leisure. For more information phone [13 74 68](tel:137468).

Continence aids payment scheme

The Continence Aids Payment Scheme (CAPS) provides a payment to eligible people to assist with the cost of continence products. For more information phone [1800 33 00 66](tel:1800330066).

Mobility allowance

Mobility allowance is a payment for people with disability, illness or injury, who cannot use public transport without substantial assistance, and who participate in approved activities. For information about eligibility phone [13 27 17](tel:132717).

Companion card

The Companion Card can assist a person with disability with the costs of getting out and about with the support of a companion. For information about eligibility phone [13 74 68](tel:137468).

Australia Post concession stamps

Federal Government concession card holders may be eligible for a reduced rate on domestic stamps. For more information phone [13 76 78](tel:137678).



BC CAMP - SEPTEMBER 2023

Hi Campers!

Bethany Care would like to announce our upcoming BC Camp, which will be held in Lennox Head, NSW from Monday, 25th to Thursday, 28th September - 4 days 3 nights.

Activities will include beach walks, mini golf, interactive games, low robes course, volleyball, table tennis, campfire, movie night, amazing race, catapults, archery and much more.

BC Camps provide outdoor experiences that promote personal growth and foster independence for adults with disabilities. Campers are encouraged to try new experiences to gain self-confidence, learn cooperation and communication, and increase personal independence in a safe and fun environment, providing a real camp experience for people with special needs.

If you are interested or know someone who would like to attend, scan the QR to register your interest



SHORT TERM ACCOMMODATION HOPE COTTAGE BOOKINGS

Newly Rebuilt Short-Term Accommodation in Mermaid Waters provides comfortable and fully supported stays for people with NDIS funding for a weekend or up to 14 days.

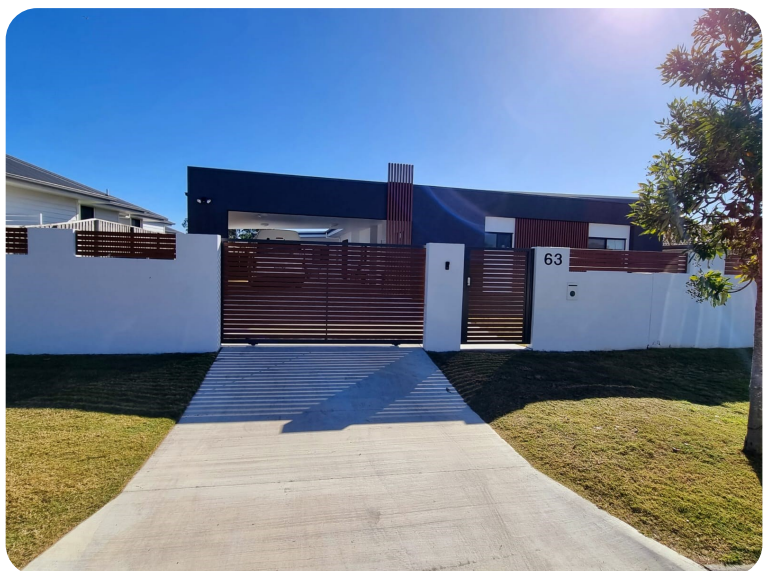
- 24/7 hours staffed 1:1, accessible accommodation
- Self-contained, accessible kitchen facilities
- 1-bedroom ensuite
- Open plan living area
- All meals provided throughout the day
- Personalised care and support
- Registered NDIS Provider

Scan the QR Code for a virtual tour...



Bookings are Now Open!

Give us a call on 07 5551 0276 or email your interest to enquiries@bethanycare.org



About us...

BC OFFICE TEAM

Service Manager
Idris Akintola

Assistant Manager
Teressa Athanasius

Operations Manager
Brian Lynch

House Coordinator
Obert Ndondodzai

House Coordinator
Bola Adeleye

Administration Assistant
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
- phone 5551 0276
- website 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.