



A WORD FROM BETHANY'S MANAGER



Dear Valued Readers of BC Buzz,

I am delighted to welcome you to the third edition of our beloved publication. It is with immense gratitude and joy that I extend my heartfelt thanks to each and every one of you for your unwavering support over the years. At Bethany Care, we hold a profound commitment to our mission of supporting all participants in achieving their goals. The BC Buzz has been an integral part of this journey, serving as a platform for sharing stories, experiences, and insights that inspire us all to reach for the stars. Your continued support and readership have been instrumental in making this publication a success. Your feedback and engagement have been invaluable, pushing us to strive for excellence in each edition. It is our hope that this third edition of BC Buzz will not only meet but exceed your expectations.

As you delve into the pages of this edition, you will find stories of determination, resilience, and the incredible achievements of our participants. We have aimed to bring you the latest updates and news from our Bethany Care community, demonstrating our commitment to providing the best possible care and support. I encourage you to take your time and enjoy the content we've prepared for you. We hope you find inspiration, encouragement, and motivation within these pages. Feel free to share your thoughts and feedback with us, as your input is invaluable in our ongoing quest to improve and grow. Once again, I extend my deepest appreciation to all our readers, staff, and participants who make Bethany Care a thriving and supportive community. Your unwavering dedication is the driving force behind our continued success. Thank you for your support, and I hope you have a fantastic time reading this edition of BC Buzz. Together, we will keep reaching new heights and achieving the extraordinary.

Warm Regards *Idris*

A FANTASTIC OPPORTUNITY - SIL VACANCY - BARRIER REEF - MERMAID WATERS QLD

Are you our next housemate or do you know someone who might be?

Our two friendly NDIS
Participants are seeking another
male housemate.

Current tenants: Two easy going
participants aged 53 and 43 with
mild intellectual disabilities.

About the property:

A newly built spacious home (fully
wheelchair accessible) in the
beautiful, suburb of Mermaid
Waters on the Gold Coast.

Plenty of outdoor space for bbqs
and entertainment. Interior open
plan living and dining areas fitted
with a modern kitchen and ensuite
bathrooms.

Our small support team are kind,
caring but also loads of fun



SIL VACANCY MERMAID WATERS GOLD COAST QLD



CONTACT US 07 5551 0276



BETHANY CAMP REPORT - SEPTEMBER 2023



The Bethany camp proved to be a resounding success, with many happy campers saying they can't wait to go again!

On day one, people were warmly welcomed for early morning check-ins. By 9am, everyone was aboard the bus, ready for action. The journey was fun with Greg, our bus driver, keeping everyone entertained along the way. We arrived at Camp Drewe in Lennox Heads at 10:30am. The campers eagerly dived into a diverse array of activities, including archery, movies, beach games, putt putt, and exciting games of ping pong.

The meals were consistently impressive, featuring hearty breakfasts, satisfying lunches, and delectable dinners. As departure time approached, a sudden thunderstorm added a touch of drama.

Meeting back at Hope Church, the campers joyfully reunited with their families and carers, concluding the 2023 Camp Drewe experience on a truly high note.

YODELAY UPGRADES — VEGGIE PATCH HARVEST / NEW FENCE / NEW PAINT



Things are growing in the Yodelay garden. Our newly planted veggie patch has finally started producing some delicious greens (silver beets, coriander and parsley) for us all to enjoy! Well done boys for putting in the hard work and maintaining the garden.

In other news, an agreement was reached with the neighbors to upgrade the garden fence. All agree this is a definite improvement adding to the look of the property.

Another upgrade, this time to the interior of the Yodelay property was a repaint. While the residents were having fun at camp, we took the opportunity to fill in some holes and give the walls and ceiling a fresh lick of white paint. This allowed some time to let the paint fumes subside, causing the least amount of disruption to our residents on their return.

Hopefully these upgrades will last for many years to come.



HAPPY 50th BIRTHDAY CLAYTON

Bethany went above and beyond to create a fun atmosphere for Clayton's 50th birthday celebration, centered around a "Grease" theme. Complete with a gleaming 1965 Ford Mustang Coupe parked out front, the atmosphere was charged with the spirit of the iconic movie. The Pink Ladies (Caron & Teresa) strutted their stuff, their outfits flawlessly capturing the essence of the film. Meanwhile, some daring souls attempted the infamous Travolta greasy hairdo, much to everyone's amusement. The laughter and joy were contagious, as the party was filled with retro music and carefree dancing. The highlight of the party was undoubtedly the delicious cake, a sweet masterpiece that almost seemed too beautiful to devour. As the party ended, we all gathered to toast Clayton, wishing him many more years of happiness and adventure.

Happy Birthday, Clayton!



A SUCCESS STORY—SAY HELLO TO JESSICA

Many of you may be familiar with Jessica, one of our best loved and popular participants. She's a regular attendee at Bethany, joining us every Tuesday and Thursday through our Club BC program.

Jessica has a strong, independent mindset and a clear sense of her individual preferences and boundaries. With this in mind, Bethany always makes efforts to provide Jessica with as much advance information as possible. This empowers her to process details and decide how she wishes to meaningfully engage.

To give a recent example, the Bethany group had recently planned a movie outing at The Junction. A week prior, Jessica's mother and Bethany engaged in conversations with Jessica to help her prepare for the activity. We reminded her that pick-up time would be different, at least half an hour earlier than usual.

To our delightful surprise on the morning of the event, Jessica woke up on her own, got out of bed, and made her way to the kitchen to prepare her breakfast.

This might seem like a small achievement, but it was a significant milestone for Jessica. She had never done anything like this before.

Kudos, Jessica! You're making incredible progress, and we're truly proud of you.



TIPS FOR JOBSEEKERS WITH A DISABILITY

Entering the workforce with a disability can present unique challenges, but it's important to remember that you have valuable skills and contributions to offer. Here are some tips to help you navigate the process:

- Be comfortable discussing your disability and any accommodations you may need. Clearly communicate your needs to your employer or potential employer.
- Highlight Your Strengths: Emphasize your skills, experience, and accomplishments. Focus on what you can do rather than what you can't.
- Research Employers: Look for companies known for their inclusive and diverse workplace environments. Consider reaching out to current employees with disabilities for insights.
- Networking: Attend industry events, workshops, and seminars. Connect with professionals on platforms like LinkedIn. Networking can open up opportunities and help you learn from others who have navigated similar situations.
- Explore Accommodations: Discuss with your employer or potential employer about the accommodations you may need. These can range from physical changes to the workspace, assistive technologies, or modified work hours.
- Be Confident: Believe in your abilities and what you bring to the table. Confidence can be a powerful asset in any job search.
- Practice common interview questions and be ready to address how you can perform essential job functions with or without accommodations. Showcase your problem-solving skills.
- Cultivate Soft Skills: Skills like communication, teamwork, adaptability, and problem-solving are highly valued by employers. Emphasize these in your resume and interviews.
- Persistence and Patience: Job hunting can be challenging for anyone, and it may take time to find the right fit. Stay persistent, and don't get discouraged by setbacks.

Remember, your disability is just one aspect of who you are, and it doesn't define your capabilities or potential in the workplace. By advocating for yourself and leveraging your strengths, you can find fulfilling and meaningful employment opportunities.



EPILEPSY MANAGEMENT—NEW POLICY AND TRAINING



Epilepsy is one of the most common neurological disorders globally. It affects people of all ages, races, and socio economic backgrounds. Number of People Affected: According to the World Health Organization (WHO), approximately 50 million people worldwide have epilepsy. Epilepsy can be a disabling condition, especially if seizures are frequent, severe, or difficult to control. It can impact a person's ability to work, drive, and engage in various activities of daily living. Some individuals with epilepsy may experience additional disabilities, such as cognitive impairments, learning disabilities, or physical disabilities.

Bethany takes your health requirements very seriously. In the event of an epilepsy incident, it is important you feel secure and know that our Support Workers are trained give the best possible care to you or your loved ones. In addition to its recent updated Epilepsy policy, Bethany requires all staff to undergo annual online training to ensure they are constantly uptodate and familiar with the best practice in this area.

Another measure to improve our epilepsy response is to organise face to face workshop training. This practical training is designed to provide staff with the knowledge and skills needed to ensure that each participant with epilepsy and a medication regime that includes midazolam will receive support relevant and proportionate to their individual needs.

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



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

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Pastor Justin Reid

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Director
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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.