



# ***Breakaway Bulletin***

## *Christmas Edition*

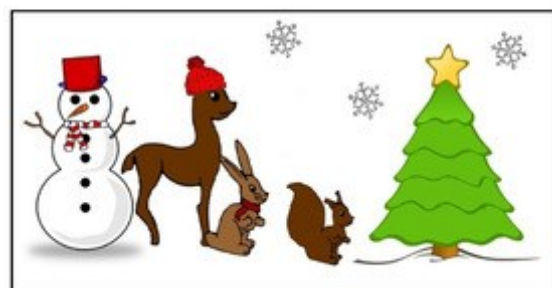
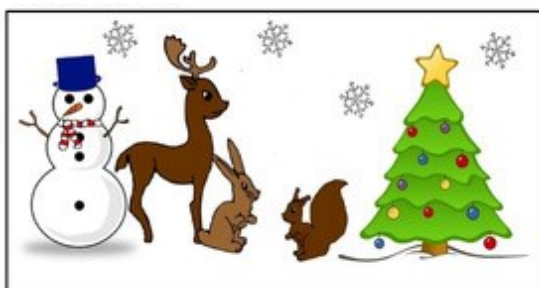


## **WELCOME TO THE BREAKAWAY BULLETIN**

Welcome to the December 2020 issue of Breakaway Toowoomba's Newsletter, the Breakaway Bulletin, Christmas Edition.

Here we will keep you informed, updated and a part of the conversation of what, how and why we do what we do. We would love for you to get involved, so if you have any comments, queries or suggestions feel free to get in touch, our contact details are on the last page of the newsletter.

## **SPOT THE DIFFERENCE**



## MESSAGE FROM THE CEO

I can't believe it is Christmas this week! This year has flown by, I can't believe it is almost 2021. While the New Year is sneaking up on us, I had some time this weekend to reflect on this year. While it has been a year full of change, ups and downs, the year has really shown us that we have a lot to be grateful for.

We have great clients, families and staff and I am grateful to all of you. We had to make quite a few changes to adapt to COVID during the year, I want to thank you for working with us every step of the way as we complied with Government regulations throughout the year. As COVID is still around us, I know that many of you might not be able to visit your families during the festive season, my thoughts are with you during this time.

We want to thank all our clients and families for joining us on the 4<sup>th</sup> of December for the Christmas Party, it was really great to see everyone again and to have a great chat with you. I want to say a big thank you to Philip who made a wonderful speech at the party, we appreciate your kind words and the many hours of practice!

In the first week of December, we commenced rolling out new Staff ID cards. From the 1<sup>st</sup> of January 2021, it will be mandatory for all Breakaway Staff to carry their Staff ID cards on them whilst on shift. This will serve as instant identification for anyone who comes into contact with Breakaway staff. Staff ID cards can be clipped to a badge or kept in a wallet to be produced whenever necessary.

Last week, we opened another Specialised Disability Accommodation (SDA) house. The house will be shared by three men who started moving in this week. We wish them lots of happy times in their new home.

I want to take this opportunity to wish all our clients, families and staff members a safe and joyous Christmas, holiday season and New Year filled with health and happiness.



*Carolina Williams*

**CAROLINA WILLIAMS**

Chief Executive Officer

## SPOTTED OUT AND ABOUT

Greg was spotted out and about, enjoying a lovely day of shopping and having a delicious lunch.



## STAFF ID CARDS

From the 1<sup>st</sup> of January 2021, all breakaway staff will be carrying a Staff ID card with them whilst on shift. This will serve as instant identification for anyone who comes into contact with Breakaway Staff. The staff ID card will bring in an aspect of familiarity with our clients.

Staff ID cards can be clipped to a badge or kept in a wallet to be produced whenever necessary.



# UNDER THE SPOTLIGHT

## MAKAYLAH LUCHTERHAND

Every month we will shine the spotlight on one of our staff members.

This month the spotlight is on Makaylah Luchterhand, she is a Supported Independent Living Client Liaison Officer.

Makaylah has been with Breakaway now for just over three (3) months.

We asked Makaylah a few questions to get to know her a bit better.

- Can you tell us a little about yourself? **I am an animal lover, particularly my two puppies. I love to make people laugh, you will very rarely catch me without a smile on my face! I never stop talking, anyone in the office will tell you that. I recently graduated from USQ with my bachelor of human services. On the side I love all things beauty and makeup related, makeup is the only sort of art I'm any good at. I'm a chatterbox so if you see me floating around the Breakaway office say hi!**
- Are you messy or organised? **I'd like to say organised mess**
- What did you do before you joined the Breakaway team? **Whilst I completed my university studies I worked as a youth worker in residential care**
- Do you prefer sweet or savoury food? **100% sweet! I always have a stash of chockies or cookies on my desk**
- Where would you like to go on a dream vacation? **Europe! Specifically Greece**
- If you were stuck on an island, what three things would you bring? **I couldn't go anywhere without my puppies Macy and Greg, so I would take my two dogs and bug spray, I'm terrified of bugs...**
- Where is your favourite travel spot? **I love to travel but so far the simplest trip has been my favourite, camping at Stradbroke Island**
- What is your favourite part about working for Breakaway? **The amazing team environment, I haven't gone a day at work without having a laugh with our amazing team! But also seeing the incredible impact our organisation has on the lives of our clients, I am so proud to be a part of such an amazing, hardworking organisation.**



## FIND THE CORRECT PATH



# RECIPE OF THE MONTH

## Christmas Cake

### Ingredients

#### Fast soaked fruit

- 300g raisins
- 150g diced dried apricots, chopped
- 75g mixed peel, diced
- 150g glace cherries, chopped
- 180g dates, diced
- 280ml apple juice OR brandy

#### Cake

- 115g butter
- 330g brown sugar
- 125ml vegetable oil
- 3 tbsp golden syrup
- ½ tsp salt
- ½ tsp all spice
- ½ tsp cinnamon
- ½ nutmeg
- 3 eggs
- ½ tsp baking powder
- 250g plain flour
- ¾ cup walnuts, chopped

#### White Christmas cake decoration (optional)

- 250g 'ready to roll' marzipan
- 250g 'ready to roll' white fondant
- Cherries dusted with icing sugar



### Instructions

#### Fast soaked fruit:

Place dried fruit and juice/brandy in a large microwavable container. Microwave 1 1/2 minutes on high or until hot. Stir to coat all fruit in liquid. Cover then set aside for 1 hour (to plump up/soak and cool).

#### Cake:

1. Preheat oven to 160°C. Grease and line a 21 - 22 cm / 8 - 9" round cake pan with baking paper.
2. Using an electric beater, beat butter and sugar until smooth and creamy (about 1 minute on speed 5).
3. Add oil and golden syrup, beat until combined.
4. Add salt, spices and baking powder - beat until incorporated.
5. Add eggs, one at a time, beating until just incorporated
6. Stir in the flour.
7. When mostly incorporated, stir in the fruit mix (including all the extra liquid in bowl) and walnuts (if using).
8. Pour into cake pan, cover with foil and bake for 3 hours 15 minutes, removing foil the last 45 minutes. Skewer inserted into middle should come out clean with no batter on it.
9. Remove from oven and cool for 20 minutes before transferring to cooling rack. Cool completely before serving.
10. Cake is moist and so full flavoured, it can be eaten plain. But see below for decorating.

#### Decorating (optional)

##### Marzipan:

Dust work surface with icing sugar. Shape marzipan into a disc then roll out so it's large enough to cover cake and sides (250g/8oz marzipan covers this cake perfectly with some excess).

Roll marzipan onto rolling pin, then unroll it over the cake.

Drape over cake, stretching and pressing to cover sides with as few pleats as possible. Use wet table eating knife to smooth pleats, doesn't need to look perfect - this is Layer 1 to smooth cake, plus also for the subtle almond flavour.

Fondant: Dust work surface with more icing sugar, shape into disc, roll out and cover cake as you did with the marzipan.

Top with cherries and dust with icing sugar.



## CLIENT CHRISTMAS PARTY

We want to thank all our clients and families who attended the Christmas Party on Friday the 4<sup>th</sup> of December. We had a great time, it was lovely to see everyone and to spend some time with you all. Here are a few photos that we took on the day.



## BREAKAWAY OPERATING HOURS DURING CHRISTMAS AND NEW YEAR

The office will close for Christmas on Thursday the 24<sup>th</sup> of December at 12.00pm and will reopen on Tuesday 29 December at 8.30am.

The office will be open as per normal operating hours on 29 December and 30 December.

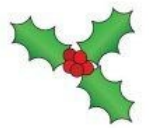
The office will close for New Year on the 31<sup>st</sup> of December at 12.00pm and will reopen on Monday the 4<sup>th</sup> of January at 8.30am.

Please call the on-call phone during this time for any urgent matters.

On-call: 0408 186 968



### Christmas Word Search



n	d	f	t	r	e	e	e	a	p
o	p	r	z	f	x	k	u	o	r
e	q	u	r	s	a	n	t	a	e
c	h	r	i	s	t	m	a	s	s
m	e	r	r	y	v	e	n	s	e
c	a	r	o	l	u	r	v	i	n
p	s	b	m	j	m	k	t	q	t
u	t	h	o	l	l	y	y	v	s
b	a	h	u	y	t	o	g	z	m
a	r	e	w	r	e	a	t	h	t

carol

merry

star

Christmas

presents

tree

holly

Santa

wreath

## COLOURING-IN



If you have any good news stories or updates you would like to share with us, please email that through to [communications@breakawaytmba.org](mailto:communications@breakawaytmba.org) to be featured in the upcoming newsletter.

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**Our mailing address is:**  
[communications@breakawaytmba.org](mailto:communications@breakawaytmba.org)