



February 2021 Issue

Breakaway News

# ***Breakaway Bulletin***



## **WELCOME TO THE BREAKAWAY BULLETIN**

Welcome to the February 2021 issue of Breakaway Toowoomba's Newsletter, the Breakaway Bulletin.

Here we will be keeping 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 at the back of the newsletter.



## MESSAGE FROM THE CEO

I want to congratulate Teagan, Paul, Ian and Wendy who received the staff Award in January. It's great to hear the wonderful feedback from your colleagues, our clients and families. Your service and commitment to our clients and families are valued.

We are so excited to announce, the Creative Life Skills group events will start up on Wednesday the 24<sup>th</sup> of February 2021. We are looking forward to seeing everyone at the events. It's a great opportunity to meet other participants and to have fun. We have a great program of events lined up and I'm happy to share that the social night's calendar has been released.

NDIS rolled out a new Worker Screening Check at the beginning of February. This is an assessment to see if someone who is working with a person who has a disability poses a risk to them. The aim is to ensure that workers who pose a risk of harm are not employed by registered providers to work in risk assessed roles.

This check will allow workers with an NDIS Worker Screening clearance to work in a risk-assessed role at registered providers. Workers would need to obtain an NDIS Worker Screening clearance before starting with the organization. Your current blue and yellow cards/ yellow card exemption is still recognized, it just means that going forward everyone will transition over to the new arrangements.

It is great to see what you are up to every day, we love it when you share photos when you are out and about. Please send us pictures of the activities or the daily tasks you are doing, we would love to share it with everyone.

To all our staff, please remember about the monthly BBQ at the Mort Street office at the end of the month. We would love to see you there. You are more than welcome to bring your client with you if you are on shift. The more the merrier!



*Carolina Williams*

**CAROLINA WILLIAMS**

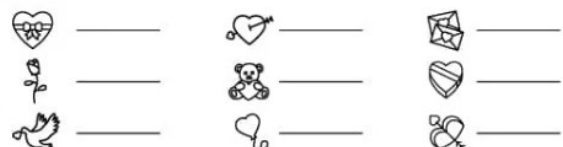
Chief Executive Officer

## SPOTTED OUT AND ABOUT



Darren was spotted at Gelatissimo enjoying an ice-cream.

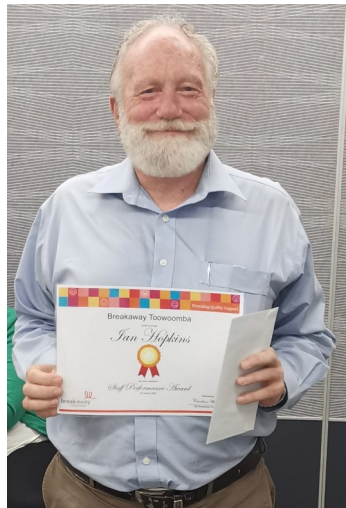
## VALENTINE'S DAY



## STAFF AWARDS

A big congratulations to our staff who received the staff award in January, your commitment to our clients and families are appreciated.

We want to recognise the following people in January who received an award.



### Ian Hopkins

Ian was awarded for his dedication and technical support he provides to our staff.



### Teagan Coleman

Teagan received the award for her wonderful service, consistency, reliability, productivity and professionalism.



### Paul Van Der Beek

Paul was nominated by one of our families, they appreciate everything he does for their son, nothing is ever too much trouble for him and he is great support.



### Wendy Lambert

Wendy was nominated by one of her colleagues for her passion and efficiency.

We are looking for nominations from Breakaway clients, carers, families and staff for the Breakaway Staff Awards for January 2021. If there is someone from the team that you think needs to be rewarded for outstanding performance or a special reason or event, we would love to hear from you.

Staff awards will take place on Friday the 26th of February 2021 at 9:30 am.

Please email any nominations to [communications@breakawaytmba.org](mailto:communications@breakawaytmba.org) by 5 pm on Tuesday the 23<sup>rd</sup> of February 2021.

## OFFICE VISIT



We recently had a lovely office visit from Brooke.

Can you get to the heart in the middle?





# UNDER THE SPOTLIGHT

## JENNIFER MICHAEL

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

This month the spotlight is on Jennifer Michael, she is the Executive Assistant to our CEO Carolina Williams. Jennifer has been with Breakaway for 5 months now, she started in September 2020.

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

- How do you balance your career at Breakaway and your family? **Work and play and a lot of play, I cannot go a day without doing something creative**
- What advice would you have for prospective Breakaway candidates? **Great team, but be prepared to be manic sometimes :)**
- What is your favourite part about working for Breakaway? **The flexibility to work from home if you really need to get something done or to concentrate without interruptions**
- Any random facts you could share with us? **I have a rather rebellious side**
- Are you messy or organized? **Oh so organised!**
- Do you have a favourite newspaper or blog? **Anything millinery**
- Where is your favourite travel spot? **Morocco**
- If you were an animal what would you be? **Elephant**
- If you were stuck on an island what three things would you bring? **Fabric, needle and thread**
- What is the first thing you would buy if you won the lottery? **A Maserati or a fabric store, hard choice**
- Where would you like to go on a dream vacation? **Back to the Greek Isles**
- Do you prefer sweet or savoury food? **Savoury**
- If you could only have three apps on your smartphone, which would it be? **Mah Jong, Madam Sew, All things millinery**
- What did you do before you joined the Breakaway team? **I worked at St Vincent's' hospital as a patient liaison officer**

## SPOT THE DIFFERENCE



### Valentines Word Search

ARROW  
CANDY  
CUPID  
FRIEND  
HEART  
LACE  
LOVE  
PINK  
RED  
ROSES  
SWEET  
VALENTINE

I	N	H	N	F	R	F	I	D
J	V	A	R	R	O	W	L	U
L	C	U	P	I	D	I	C	I
O	R	O	S	E	S	P	A	H
V	A	L	E	N	T	I	N	E
E	X	A	G	D	F	N	D	A
W	D	C	F	K	E	K	Y	R
F	R	E	D	S	W	E	E	T
I	Y	Z	Q	T	L	C	M	L



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## NDIS WORKER SCREENING CHECK UPDATE

From the 1<sup>st</sup> of February 2021, the NDIS Worker Screening Check began to replace the different arrangements which operated in each state and territory. The Worker Screening Check is an assessment of whether a person who works or seeks to work with people with a disability poses a risk to them. The aim of this check is to ensure workers who pose an unacceptable risk of harm to NDIS participants are not engaged by registered providers to work in risk assessed roles.

The NDIS Worker Screening Check will:

- Support registered providers recruitment, selection and screening processes and assist in an ongoing review of the suitability of workers
- Increase self-managed participants choice and control by giving them the option to ask workers who provides them with support to obtain an NDIS Worker Screening clearance before engaging with them
- Allows workers with an NDIS Worker Screening clearance to work in risk assessed roles with registered NDIS providers in any state or territory across Australia
- Assist in improving the quality and safety of NDIS supports and NDIS participants

As a registered provider, we only engage workers who have been cleared in any role that is risk assessed. Please note, workers in risk assessed roles **do not** need to apply for an NDIS Worker Screening Check immediately if they currently hold a valid acceptable check (blue card and yellow card/yellow card exemption), as these are still recognised. This gives everyone time to transition to the new arrangements.

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## COVID-19 VACCINE ROLL-OUT UPDATE

People with disability, workers and supporters who are eligible under Phase 1a of the COVID-19 vaccine roll-out includes:

- A person with a disability living in residential accommodation (in settings with two or more people with disability only)
- A paid worker providing support to people living in residential accommodation with two or more people with disability.

The Department of Health has published a [dedicated web page for people with disability](#), which will be updated regularly as they confirm more details.

**The COVID-19 Vaccine is free and voluntary.**

On 16 February, the Therapeutic Goods Administration (TGA) approved the [AstraZeneca COVID-19 vaccine](#) for use in Australia.

**Phase 1a: people with disability in residential accommodation commencing from Monday 22 February.**

A small number of sites across Australia have been identified by the Department of Health as the first locations to receive Phase 1a vaccinations.

An implementation plan for the disability sector has been developed with key stakeholders and will be published on the Health Website shortly.

To access further information about the COVID-19 vaccine you can visit the Department of Health vaccine website at [www.health.gov.au/covid19-vaccines](http://www.health.gov.au/covid19-vaccines). Information on these sites will be updated regularly as new information becomes available.

## BREAKAWAY SOCIAL NIGHTS

Breakaway social night programs offer a range of experiences for everyone in a group setting. We encourage you to enjoy the range of activities available for you to choose from each evening.

Please remember to attend a Creative Life Skills program you need a current service agreement and you need to make sure your details are updated.

Bookings close one week prior to the program date.

If you want to attend a program, please call the office on 07 4639 5100 or email Marinda at [marindag@breakawaytmba.org](mailto:marindag@breakawaytmba.org)

**Wednesday, 24<sup>th</sup> February 2021**

**9:30AM – 2:30PM**

### BBQ & SWIMMING - \$20.00

27 Mort Street, Toowoomba – Back Car Park next to Lady Daisy (Breakaway Bus)

No early drop off and no late pick ups will be permitted.



Book prior to attending program call 07 4639 5100

Or email [marindag@breakawaytmba.org](mailto:marindag@breakawaytmba.org)

**Friday, 26<sup>th</sup> February 2021**

**6:00PM – 8:00PM**

### Group Dinner CITY GOLF CLUB

254 South Street, Toowoomba



Please book prior to attending program call 07 4639 5100

Or email [marindag@breakawaytmba.org](mailto:marindag@breakawaytmba.org)

**Friday, 5<sup>th</sup> March 2021**

**6:00PM – 8:00PM**



### Sunset Supper bowls & Dinner

527 South Street, Glenvale

**Cost approx.**

**\$30.00**

Please book prior to attending program

07 4639 5100

Or email

[marindag@breakawaytmba.org](mailto:marindag@breakawaytmba.org)

**Wednesday, 10<sup>th</sup> March 2021**

**5:00PM to 7:00PM**

Mini Golf Toowoomba & Light Dinner  
258 South Street, Toowoomba

**Cost approx.**

**\$25.00**

Please book prior to attending program

07 4639 5100

Or email

[marindag@breakawaytmba.org](mailto:marindag@breakawaytmba.org)



**Friday, 19<sup>th</sup> March 2021**

**6:00PM – 8:00PM**



### LADIES NIGHT OUT

Sushi Machi

Grand Central Shopping Centre – Kmart side

Please book prior to attending program call 07 4639 5100 or email [marindag@breakawaytmba.org](mailto:marindag@breakawaytmba.org)

**Friday, 19<sup>th</sup> March 2021**

**6:00PM – 8:00PM**

### MEN'S DINNER

Royal Hotel

189 Ruthven Street, Toowoomba

Please book prior to attending program call 07 4639 5100 or email [marindag@breakawaytmba.org](mailto:marindag@breakawaytmba.org)



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## BREAKAWAY COVID SAVE GUIDE

COVID safe guide for attending Breakaway Evening Programs & Excursions

- Stay at home if you have any cold or flu symptoms. Seek medical advice.
  - Keep 1.5 metres away from others when attending.
  - Hands off policy – No physical greetings such as handshaking, hugs and kisses.
  - Practice good personal hygiene.
  - Hand sanitiser to be used during the programs.
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## RECIPE OF THE MONTH

### Ingredients

4x 400g plump sweet potatoes, scrubbed, dried, halved lengthways

4 tbs (80g) butter

Salt and pepper to taste

125g can sweet corn kernels

2 spring onions, thinly sliced

2 cups (200g) Cheese

125g bacon rashers

Sweet chili sauce, lime wedges & coriander leaves to serve (optional)



### Method:

1. Preheat oven to 200°C fan-forced. Place sweet potatoes cut-side up on a large baking tray lined with baking paper. Bake for 1 hour or until tender when tested with a skewer. Remove sweet potatoes from oven; set aside to cool
2. Using a spoon, scoop out the flesh from the centre of each sweet potato, leaving a 1/2cm shell of flesh and being careful not to tear the skin. Place sweet potato flesh into a bowl. Add 2 tablespoons butter and mash until smooth. Season with salt and pepper to taste. Stir in corn, spring onions and 1 cup cheese. Mix until well combined
3. Return sweet potato skins to the baking tray. Roast for 12-15 minutes until just crisp. Meanwhile, heat a non-stick frying pan over medium heat. Add remaining 2 tablespoons butter and heat until bubbling. Add bacon and cook, tossing often, until crisp. Drain on a paper towel
4. Spoon sweet potato mixture into skins. Sprinkle with bacon and remaining 1 cup cheese. Bake for 12-15 minutes or until hot and cheese melts. Serve with sweet chilli sauce, lime wedges and a sprinkle of coriander leaves. Team with a leafy green salad, if liked



## 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)