



January 2021 Issue

Breakaway News

# *Breakaway Bulletin*



hello  
JANUARY

## WELCOME TO THE BREAKAWAY BULLETIN

Welcome to the January 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.



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TOOWOOMBA

## MESSAGE FROM THE CEO

I am honoured to lead this wonderful organisation this year is extra special because it marks a big milestone for us, this year marks our 35<sup>th</sup> anniversary. It's been quite a journey for Breakaway and I am lucky enough to have been part of the ride for the last 2.5 years. I am excited about the future of Breakaway.

I look forward to sharing our plans, work and success with you throughout the year. I'm excited to share that our Creative Life Skills group will return this year, but slightly different than what it was before. We will send out the program soon for the upcoming activities.

I want to congratulate Phillip on his bowling trophy. I saw the pictures of how proud he looked and that makes me so happy to see. We would love to see what you are up to, please send through photos of what you are doing we would love to share it in our newsletters and social media. We love hearing your stories and seeing your photos.

We are starting with the Staff Awards again this month, we are so proud of our staff and we would like to thank you for all that you do. If you know of anyone you would like to nominate for the Staff Awards please send that through to our communications team.

I'm also excited to try the recipe this month as it comes from one of our participants. Thank you Brooke for sharing the recipe. She even delivered some baked goods at the office for us to try.

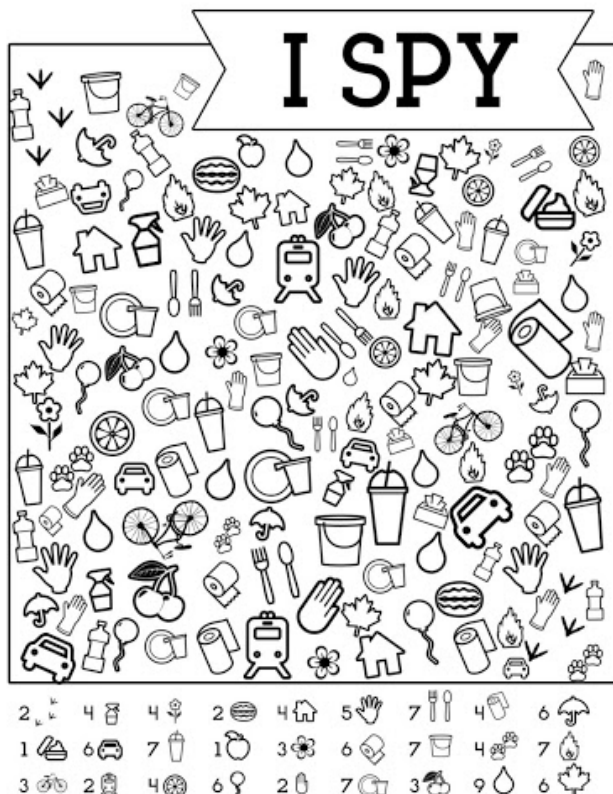
The year ahead will bring its own challenges, but I'm sure if we keep focusing on our mission and work together, we can achieve our goals and make this a great year for Breakaway.



*Carolina Williams*

**CAROLINA WILLIAMS**

Chief Executive Officer



### Farm Animals Word Search

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

CHICKEN  
COW  
DONKEY  
GOAT  
HORSE

PIG  
RABBIT  
SHEEP  
TURKEY



## RECIPE OF THE MONTH

### Ginger bread men

Thank you to Brook Bovel for the Ginger Bread Men recipe. We were lucky enough to try her backed goods over the Christmas period.

If you have a recipe you would like to share, please send it to [communications@breakawaytmba.org](mailto:communications@breakawaytmba.org) and we can feature it in the next newsletter.

#### Ingredients:

125g soft butter  
 2/3 cup golden syrup  
 ¼ cup brown sugar  
 3 eggs  
 ½ tsp bicarb soda  
 1 tsp ginger and cinnamon  
 2 ½ cups of plain flour

#### Method:

1. Combine all ingredients in a bowl to make a dough
2. Cut the dough into 4 pieces and wrap it separately
3. Place the dough in the fridge for 10 min until its hard (this will make the dough easy to work with)
4. Preheat the oven to 150 degrees
5. Between 2 pieces of baking paper, roll out your dough with a rolling pin
6. Use cookie cutters to cut out the shapes and remove the excess dough
7. Place it in biscuit trays
8. Bake the cookies for 10-15 minutes

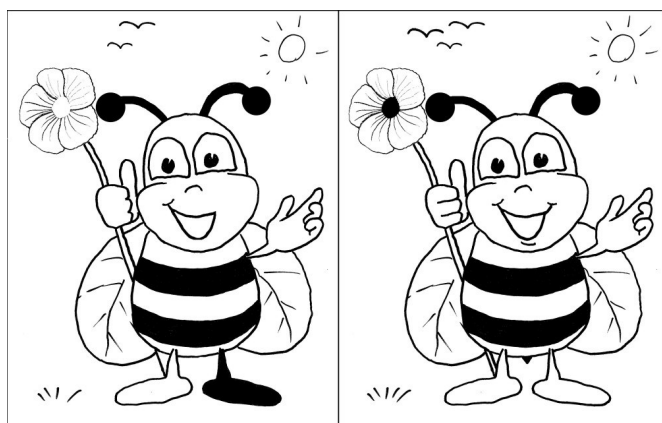
You can also cling wrap and freeze the dough for another day.

#### Icing ingredients

2 egg whites  
 2 cups icing sugar  
 vanilla essence  
 food dye



## SPOT THE DIFFERENCE



## STAFF AWARDS

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 for a special reason or event, we would love to hear from you!

Please email any nominations to [communications@breakawaytmba.org](mailto:communications@breakawaytmba.org) by 3pm on Wednesday the 27<sup>th</sup> of January 2021.



## UNDER THE SPOTLIGHT

### LANDRI VAN DER WESTHUIZEN

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

This month the spotlight is on Landri Van Der Westhuizen, she is our Marketing Manager. Landri has been with Breakaway for 4 months now, she started in October 2020.

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

- If you were an animal what would you be? **A dog, I think they have the best life and they give so much love.**
- Any random facts you could share with us? **You can't breathe and swallow simultaneously.**
- Are you messy or organized? **Both, I sometimes start organised and when creativity takes over, the mess grows, but it is all under control.**
- Where would you like to go on a dream vacation? **I want to do a train trip through Scotland**
- If you could only have three apps on your smartphone, which would it be? **Instagram, WhatsApp and ebay (can't go without doing a bit of online shopping)**
- What is your favourite part about working for Breakaway? **The people, we have a great team and I love meeting the clients when they come into the office.**



## 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.

**Why is Cinderella bad at soccer?**

Because she's always running away from the ball!

## FIND THE CORRECT PATH



## SIL HOUSE UPDATE

In December we opened a new SIL house in Toowoomba and we want to share some happy news.

Travis moved into the home and he is very happy in his new place. He was all smiles when he moved in.



## CONGRATULATIONS

### PHILLIP!

We are so proud of Philip! He came into the office to show off his bowling trophy.

Well done Philip!

It's always great to hear what you all are up to.



## COVID-19 UPDATE

The team at Breakaway works hard to ensure the safety and quality of service provided by our staff to your family members is maintained to the highest standards. We continue to follow the directive of the Chief Health Officer as updates comes through.

Please note that when you visit your family in an accommodation setting with Breakaway, you will be required to sign in for your visit and confirm that you do not have any COVID-19 symptoms.

To prevent the spread:

- Stay home if you are sick
- If you have any COVID-19 Symptoms, no matter how mild, get tested then isolate at home until you get the results and your symptoms are resolved.
- Stay 1.5 meters away from other people – think two big steps
- Wash your hands with soap and water or hand sanitizer
- Leave a location if its crowded

If you have any concerns about your health, or are unsure if you need to get tested or isolate, contact **13 HEALTH (13 43 25 84)**.

Visit the [QLD health website](https://www.health.qld.gov.au/) for more information.



### COVID-19 UPDATE

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## 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)