



March 2021 Issue

Breakaway News

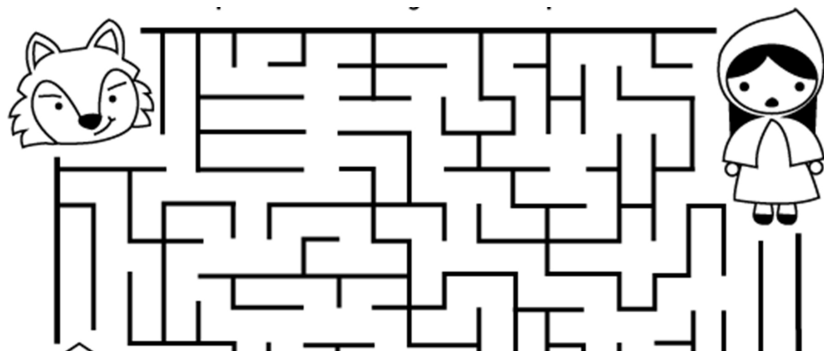
Breakaway Bulletin



WELCOME TO THE BREAKAWAY BULLETIN

Welcome to the March 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.



**What does the ocean
do when it sees its
friends?**

It waves!

MESSAGE FROM THE CEO

It's been quite an exciting month for us as the social group activities returned. It's been a while since you all have been together and it makes me so happy to see you all out laughing and having a good time. We loved seeing the activities and hearing good feedback from the events. The new calendar of events is now out, have a look in the newsletter for the upcoming events.

I loved seeing all the happy snaps and activities you guys were doing this month, it's great to see what you are up to. Please make sure that you keep sending through photos, we would love to know what you are doing.

The COVID-19 vaccine rollout started at the end of February and is still continuing. Our SIL clients and their staff have been identified as eligible for phase 1a, everyone identified as eligible has been informed. We will update you on when and where the vaccinations will take place. For everyone not eligible under phase 1a, please do the eligibility assessment to see when you can receive your vaccination.

Breakaway wants to spend some fun times with parents and families. This year the focus is on the family, not just the participants, therefore we have created two exciting programs that are family-based and parent-based. Our team have come up with ideas such as family bowling, parent sightseeing, coffee and cake tours and other exciting activities. Please contact our team to book in for these activities.

If you have any good news stories or testimonials you would like to share with us, please get in contact with the team.



Carolina Williams

CAROLINA WILLIAMS
Chief Executive Officer

SPOTTED OUT AND ABOUT



It's great to see such a big smile on Lachie's face. He enjoyed his first time back on a horse after a whole year of waiting due to COVID.

HAPPY SNAPS



Naomi showed off her baking skills by making some delicious lamingtons. Naomi is one of our participants who live independently in one of our SIL houses.



Geoffrey is enjoying his healthy morning tea at home.

MEDICINES ASSOCIATED WITH SWALLOWING PROBLEMS

A new practice alert explains which medications are associated with increased risk of choking, and how to support people with disability to reduce this risk.

Key points

- Choking is a major cause of preventable deaths for people with disability.
- Certain medications administered to people with disability can increase this risk.

These deaths can be prevented by reducing a person's exposure to factors that may increase their risk of choking.

Practice alert: Medicines associated with swallowing problems

Choking is a major cause of preventable deaths for people with disability. Certain medications administered to people with disability can increase this risk.

NDIS developed a practice alert called '[Medicines associated with swallowing problems](#)', which explains which medicines are associated with swallowing problems, and what you need to be aware of to prevent the choking risks associated with them.

They are committed to developing this and other practice alerts in response to the research undertaken by Dr Carmela Salomon and Professor Julian Trollor into the [causes and contributors to deaths of people with disability](#).

TESTIMONIALS

We would like to hear from you. We are seeking testimonials to add to our website. If you would like to share your story, comments or feedback, please send an email to communications@breakawaytmba.org

STAFF AWARDS

We are looking for nominations from Breakaway clients, carers, families and staff for the Breakaway Staff Awards for March 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.

Unfortunately, we did not have any staff award recipients in February, however we are looking forward to seeing your nominations for the March awards.

Please email any nominations to communications@breakawaytmba.org by 5 pm on Tuesday the 30th of March 2021.

ACTIVITY



COVID-19 VACCINE ROLL-OUT UPDATE

Breakaway has been contacted by the Australian Health Department to check the eligibility of our clients and staff. We have been asked to gather consent from our clients and staff eligible in phase 1a who wish to be vaccinated. A date has not yet been set by the Australian Health Department, but they have indicated that vaccinations for phase 1a will take place in the next couple of weeks.

Phase 1a started rolling out on 22 February, this process will continue until all people eligible in Phase 1a are vaccinated. Phase 1b rollout started on 22 March, which means the vaccine will then be available to people with a disability who has an underlying medical condition and their support staff.

Phase 1a – SIL houses

Phase 1a is for two (2) or more people with a disability living in residential accommodation and their staff.

If you are currently living in a SIL house where there are two or more people, you will be eligible under this phase for your vaccination. You will be contacted by the Accommodation Manager to provide you with an easy read vaccination document and talk to you about consent. You and/or your guardian need to review all the available information and make an informed decision on whether you want to be vaccinated.

Phase 1b – People with a disability with an underlying medical condition and their staff.

Phase 1b started on 22 March. In this phase, you will be required to schedule your own appointment at a vaccination hub. You need to complete your consent form and take it with you to your appointment. We do not require a copy of your consent form, however, we require proof of your vaccination once you have received it for our records.

If you are a person with a disability who has an underlying medical condition you will be eligible for your vaccine in Phase 1b. You will receive your vaccination at a vaccination hub at a date and time that suits you.

How to make your booking:

You need to complete the [COVID vaccine eligibility checker](#) to see in which phase you can get your vaccine and click on MAKE A BOOKING.

The vaccine will help protect you, your family, our clients and the wider community. The COVID-19 vaccine is safe, free and voluntary, however strongly encouraged.

Thank you for your continuous support as we continue to learn more about the vaccination process.

If you would like to find out more about the COVID-19 vaccine, please visit the Department of Health website: <https://www.tga.gov.au/>

HAPPY SNAPS



Joanne enjoying a lovely pamper session with her mother. Joanne is one of our participants living in one of our SIL houses. Joanne had a great visit with her mother.

VISION EXERCISE PHYSIOLOGY



Cathy did awesome work at Vision Exercise Physiology with Kirby. Cathy is doing her latest exercises.

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.

We would like to share a few pictures from the past social group events.

Social Group Dinner



Group Bowling Night



Ladies Night



Upcoming Events:

Friday, 26th March 2021

6:00PM till 8:00PM

Group Dinner
El Attar Middle Eastern Grill
34A Neil Street, Toowoomba City

Please book prior to attending program
call 07 4639 5100 or email
marindag@breakawaytmba.org



Thursday, 1st April 2021

11:30AM till 1:30PM

Easter Egg Hunt & BBQ
Laurel Bank Park

Bookings only and \$15.00 per person



Friday, 9th April 2021

6:00PM till 8:00PM

Family Friendly Sunset Supper Bowling & Dinner
527 South Street, Glenvale

Cost approx.
\$30.00 pp



Friday, 23rd April 2021

6:00PM till 8:00PM

ZACKS GROUP DINNER

554 Ruthven Street, Toowoomba
Approx. \$30.00



Thursday, 13th May 2021

11:00AM till 1:00PM

LADIES PAMPER DATE PROFESSIONAL NORTH
POINT & SUSHI TRAIN LUNCH



Please book prior to attending program
Call – 07 4639 5100

or

Email: marindag@breakawaytmba.org

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

We can't wait to see you there!

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.

FAMILY AND PARENTS ENGAGEMENT ACTIVITIES

This year we want to engage with, the parents and families. We have planned a calendar full of exciting activities for the year that you can be part of.

The parent focused activities are only for the parents and the family activities are for the whole family to enjoy. Join our Breakaway staff for fun nights out, day trip activities and catch-ups.

The Breakaway bus will be available to take you to some of the activities, however you will have to pay for the events and activities.

Bookings are required in advance, with bookings for all experiences closing one week prior to the program date.

Please call the office on 07 4639 5100 or send an email to communications@breakawaytmba.org to make your booking.

Parents activity in April:

Friday, 23rd April 2021

5:30pm till 9:00pm

Movie & Dinner



Family activities in April:

Thursday, 1st April 2021

11:30am till 1:30pm

\$15.00 per person

Easter Egg Hunt and BBQ

Laurel Bank Park

Toowoomba



Friday, 30th April 2021

5:30pm till 7:30pm

Mini Golf & Dinner

Approx. \$30.00 per person



RECIPE OF THE MONTH

Lamingtons

Ingredients:

- 1 cup caster sugar
- 1 tsp vanilla extract
- 3 free-range eggs, lightly beaten
- 2 cups self-raising flour, sifted
- 125 ml milk
- 2 cups desiccated coconut

Chocolate icing:

- 3 cups icing sugar mixture
- ¼ cup cocoa powder
- 160 ml boiling water
- 25g butter, melted

Method:

1. Preheat the oven to 160°C fan-forced (180°C conventional). Grease a 3cm-deep, 20cm x 30cm lamington tin with butter. Line base and sides with baking paper, with the paper extending 2cm above the tin edge.
2. Put extra chopped butter in a large bowl and add sugar and vanilla.
3. Beat with electric hand beaters until light and fluffy.
4. Add eggs, 1 at a time, beating well after each addition.
5. Sift half the flour over the butter mixture. Stir until almost combined. Add half the milk. Stir to combine.
6. Repeat step 5 with the remaining flour and milk.
7. Spoon into prepared pan, smooth surface. Bake for 30 minutes or until a skewer inserted in the centre comes out clean. Set aside in tin for 10 minutes, then remove from tin and cool completely on a wire rack. Cover with a clean dry towel. Set aside for 6 hours or overnight to cool and slightly dry out.
8. On the day of serving, make chocolate icing. Sift icing sugar and cocoa into a large bowl.
9. Cut cake into 15 pieces.
10. Put a wire rack over a tray lined with baking paper. Put coconut in a wide bowl. Using a fork, dip 1 piece of cake into chocolate icing, carefully turning to coat completely. Gently tap off excess.
11. Transfer to coconut and gently toss to coat.
12. Transfer to prepared wire rack. Repeat with remaining cake pieces, icing and coconut. Set aside for 1 hour or until the icing has set. Serve.



SPOT THE DIFFERENCE



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 to be featured in the upcoming newsletter.

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Our mailing address is:
communications@breakawaytmba.org