



Bea Care Newsletter

Bea Care Quarterly
Update

SUPPORTING INDEPENDENCE.
EMPOWERING LIVES.





Welcome Message

WELCOME TO OUR WINTER NEWSLETTER

Welcome to the latest edition of the Bea Care Winter Newsletter!

As the cooler months settle in, we're delighted to connect with you and share what's been happening across our services and community. This season, we're celebrating the achievements of our participants, highlighting memorable experiences, and showcasing the dedicated supports we provide through our Supported Independent Living (SIL), Specialist Disability Accommodation (SDA), Short Term Respite (STR), and Medium Term Accommodation (MTA) services.

At Bea Care, our focus remains on empowering individuals to live fulfilling, independent, and meaningful lives. We are grateful for the opportunity to support our participants, families, and communities, and we're proud to share some of the inspiring stories and milestones from the past few months.

Thank you for being part of the Bea Care family. We hope you enjoy this edition and gain insight into the positive impact we continue to create together.

Stay warm and enjoy reading!

The Bea Care Team

Our Services at a Glance

Supported Independent Living (SIL)

Our Supported Independent Living (SIL) services are designed to help participants build confidence, develop daily living skills, and increase their independence in a safe and supportive home environment. Through personalised support tailored to individual goals, participants are empowered to take greater control of their everyday lives while receiving the assistance they need.

What we offer:

- Tailored 24/7 support to meet individual needs
- A strong focus on skill development and independence
- Safe, stable, and supportive home environments
- Encouragement to participate in daily household activities and community life



Recently, **Melisa** has been developing her cooking skills and confidence in the kitchen. She enjoyed preparing a delicious Caesar salad and making mashed potatoes, demonstrating her growing independence and enthusiasm for learning new skills. Activities like these not only build practical life skills but also foster confidence, choice, and a sense of achievement.



Specialist Disability Accommodation (SDA)

Vacancy – Kangaroo Flat

We currently have a vacancy available in a modern, robust SDA home located in Kangaroo Flat, offering a comfortable, secure, and accessible living environment for eligible participants.

This single-occupancy home has been thoughtfully designed to support independence, safety, and everyday living, with durable finishes and contemporary features throughout.



Property Features:

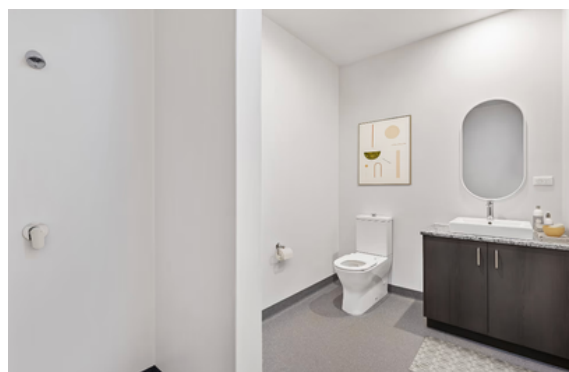
- Single-occupancy accommodation
- Robust SDA design category
- Modern, accessible layout
- Spacious living areas and quality finishes
- Safe and supportive environment
- Convenient location close to local amenities

Ideally Located Near:

- Public transport options
- Kangaroo Flat Library
- Kangaroo Flat shopping strip
- Gurri Wanyarra Wellbeing Centre
- Parks, community facilities, and essential services

This vacancy presents an excellent opportunity for participants seeking a modern home with easy access to community activities, services, and recreational facilities while enjoying the benefits of specialist disability accommodation.

For more information or to enquire about this vacancy, please contact the Bea Care team. info@beacare.com.au



<https://www.inplaceliving.com.au/houses/hope-kangarooflat>

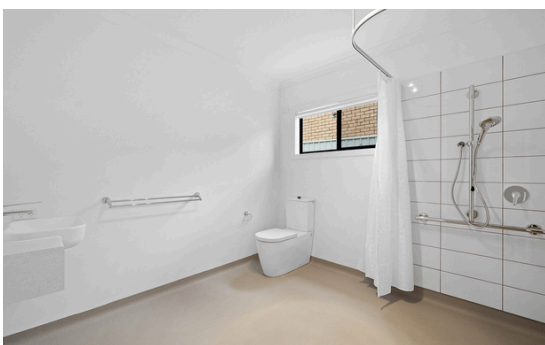
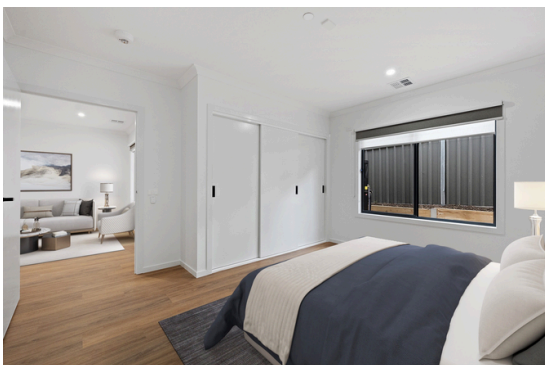


Specialist Disability Accommodation (SDA)

MTA and Respite Vacancies Available at [McKenzie Street Villas](#)

We currently have availability for both Medium Term Accommodation (MTA) and Respite at our beautiful purpose-built McKenzie Street Villas.

Designed with comfort, independence, and accessibility in mind, our fully accessible villas provide a welcoming home-away-from-home environment for participants requiring short-term or medium-term accommodation.



Ideally located in the heart of Golden Square, the villas offer easy access to a range of local amenities. Participants can enjoy being within walking distance of cafés, shops, the local pub, walking trails, and the swimming pool, making it easy to stay active, connected, and engaged with the community.

Whether you're looking for a supportive respite stay or medium-term accommodation while transitioning to your next home, McKenzie Street Villas offer quality accommodation in a convenient and vibrant location.

For more information about availability and services, please contact our team.
info@beacare.com.au

Visit to the Social Studio

A Special Visit from Maree Edwards MP

Recently, [Bea Care Social Studios](#) had the pleasure of welcoming Maree Edwards for a morning of connection, conversation, and community.

Staff, participants, and family members came together to enjoy a lovely morning tea and share the vibrant and inclusive environment that Bea Care strives to create every day. The visit provided a wonderful opportunity to showcase the meaningful work taking place across our services and the positive impact these supports have on the lives of participants.

One of the highlights of the morning was when [Tamara](#), a Bea Care participant, proudly presented Maree with a beautiful handmade card. Tamara's thoughtful gift was warmly received and reflected the creativity, talent, and personal achievements that are nurtured through participant engagement and support.



"[Tamara](#) presents [Maree Edwards MP](#) with a handmade card during her visit to Bea Care Social Studios, where participants, families, and staff enjoyed a morning tea and shared stories about the impact of quality disability support services."

Throughout the visit, we were able to discuss Bea Care's commitment to providing high-quality, person-centred supports, including our Supported Independent Living (SIL), Specialist Disability Accommodation (SDA), Short-Term Respite, and Medium-Term Accommodation services. We also shared our vision of empowering participants to build skills, increase independence, and live fulfilling lives within their communities.

We would like to thank Maree for taking the time to visit Social Studios, meet with our participants and families, and learn more about the important work being undertaken by the Bea Care team. We look forward to continuing to advocate for inclusive and supportive communities where people of all abilities can thrive.

Social Studio Cooking Program

The Social Studio Cooking Program has been a wonderful success, bringing participants together to learn new skills, build confidence, and enjoy delicious home-cooked meals. Each week, participants have enjoyed preparing a variety of lunches and special treats, while sharing laughter, conversation, and teamwork in the kitchen.

One of the most popular meals has been the classic favourite, bangers and mash, which was enjoyed by everyone. Participants have also had the opportunity to try new recipes and develop their cooking skills in a fun and supportive environment.

The program is facilitated by Grace, who brings a wealth of knowledge from her background in catering and professional cooking. Grace is passionate about sharing her skills with others and enjoys helping participants gain confidence in the kitchen. Her enthusiasm and encouragement have made the program a welcoming and enjoyable experience for all.

Grace has kindly shared her much-loved recipe for Irish Scones to be enjoyed with jam and cream

Irish Scones

2 cups self- raising flour
1 pinch of salt
2 tablespoons butter chopped
 $\frac{3}{4}$ cup of butter milk
Milk for glazing
Oven temperature 210c

Step 1. Sift all dry ingredients into a large bowl

Step 2. Lightly rub in butter with fingertips until mixture looks like breadcrumbs

Step 3. Add butter milk and combine to make dough

Step 4. Turn dough onto floured surface

Step 5. Cut dough into rounds using a cookie cutter or glass.

Step 6 . Place scones onto lined baking tray and brush each scone with a little milk

Step 7. Cook for 10 to 15 minutes until golden brown.

Step 8. Remove from oven and allow to cool.



The Social Studio Cooking Program continues to provide a space where participants can connect, learn, and celebrate the joy of cooking together.

Melisa's Art

Melissa's Creative Achievement



Melissa, a valued SIL participant, has recently showcased her creativity and artistic talent by creating two beautiful artworks. With great pride and generosity, she gifted both pieces to the **Bea Care** main office, where they are now displayed and admired by staff and visitors alike.

The artworks reflect **Melissa's** dedication, patience, and unique creative style. Sharing her creations with the Bea Care team was a meaningful gesture that brought joy to everyone who received them.

Her achievement highlights the importance of encouraging individual talents and celebrating personal accomplishments within the community.

Melissa's artistic contribution is a wonderful example of creativity, self-expression, and community spirit. Her thoughtful gift has been greatly appreciated and serves as an inspiration to others to pursue and share their own talents.





Warm and fun winter ideas

Winter is not a season to endure, it is a season to enjoy in a different way. Slow down, stay warm, and make time for the little things that bring comfort, connection, and joy. ❄️

- Enjoy a warm hot chocolate, tea, or coffee with friends.
- Try a creative activity such as painting, drawing, colouring, or crafts.
- Read a good book or listen to an audiobook.
- Cook or bake a comforting winter recipe, such as soup, muffins, or biscuits.
- Have a movie afternoon with cosy blankets and snacks.
- Take a brisk walk on a sunny winter day and enjoy the fresh air.
- Complete a puzzle, play board games, or try a quiz with others.
- Start an indoor herb garden or care for houseplants.
- Create a photo journal of winter moments and things that make you smile.
- Learn a new hobby such as knitting, crocheting, or embroidery.
- Listen to your favourite music and have a sing-along.
- Write a thoughtful card or note to someone who could use a little encouragement.
- Create a cosy space with soft lighting, warm blankets, and your favourite activities.





Thank you for your partnership and for the incredible work you do in supporting participants every day.

Contact Us

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