

# CHANGING LIVES

SUPPORTING PEOPLE WITH DISABILITY IN SOUTH AUSTRALIA

**FREE**

ISSUE 17 2020

## **COTTAGE INDUSTRY**

New services coming to the South East and Eyre Peninsula

## **BEDFORD'S ANIMAL PROTECTION ARMY**

Our Panorama team lends a hand



## **COUNTING OUR CHIPS**

**13-WEEK TRIAL TO GET UNDERWAY AT BEDFORD**



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# Maggie's WELCOME



*One of the great memories of 2019 was the SALA Exhibition that saw clients like Jenna exhibit and sell their amazing art work.*

Taking in the amazing SALA artwork from our Day Options client Jenna

**H**ello everyone, welcome to the first 2020 edition of Changing Lives. I hope you all had a wonderful break.

20/20 is often used as a metaphor for hindsight or looking back to better understand past events. While Bedford experienced significant challenges over the past 12 months, I'd like to think the year 2020 for us is an exciting opportunity to look forward and forge ahead.

Our focus as a disability service provider has shifted back solely to South Australia now and we have already begun strengthening our metropolitan and regional sites with new commercial contracts, new services like the new Day Options Centres at Whyalla and Mount Gambier and plenty of job opportunities (have a look inside this magazine for more).

One of the great memories of 2019 was the SALA Exhibition that saw clients like Jenna exhibit and sell their amazing art work.

As the sector continues its reforms, Bedford is planning for the future. Our strategic direction must be in sync with the NDIS employment strategy of providing more choice and control for people with disability to reach their life goals.

We are already doing this by providing a broader range of holistic programs – from nutrition classes for our residential clients to L-Plates tests and social programs. We have also invested in new technology like 3D printers and state-of-the-art clean rooms for food packaging.

This has led to several new commercial contracts with innovative industries and, at the same time, helped to upskill our workforce.

This year will also see the establishment of a new NDIS Employment Model and we have been communicating and collaborating with other like organisations to ensure we can work together to provide the best outcomes for our clients.

I hope you enjoy Changing Lives and best wishes for the year ahead.

A handwritten signature in blue ink that reads "maggie".

**Maggie Dowling**  
Chief Executive Officer

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Kerry and Alexander from the  
Panorama Café

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# A CRISP NEW START AT BEDFORD

**T**he next time you buy Smith Chips from an Aldi supermarket, chances are it was packaged by our teams at Bedford.

PepsiCo, who owns the Smiths range, recently reached out to a number of Australian Disability Enterprises to assist them with increased demand in Australia for their yummy snacks and mixed box product range.

Bedford was awarded the opportunity to package the Fun Mix varieties during a 13-week trial across our metropolitan sites.

If successful, our packaging area managers, Brett Stevens and Stephen Cristofol, believe this could secure a pipeline of high-quality work well into the future.

"We are determined to safeguard our future here at Bedford – especially across our largest division which currently employs 671 people," Brett Stevens said.

"It's also a good opportunity for our clients to upskill by learning new machinery, troubleshooting and processes. And the model they're presenting us will also give our employees the opportunity to go to Smiths Chips Regency site and go in to experience their operations," Stephen Cristofol added.

The trial is expected to get underway in mid-February 2020.

**Did you know Bedford has been packing 200,000 Royal Show showbags each year for more than 25 years?**

**In fact, Bedford has high-tech packaging capabilities at a number of our metropolitan and regional sites. Last year we labelled 5 million wine bottles at our Elizabeth site and we cater for hundreds of customers in food, beverage and other industries - including San Remo, Maggie Beer, Obela and Qantas.**

**If you'd like to find out more contact Craig Markey from our business development team [cmarkey@bedfordgroup.com.au](mailto:cmarkey@bedfordgroup.com.au)**



Pictured: Lauren and Ashley are excited about the trial

*“...A good opportunity for our clients to upskill by learning new machinery, troubleshooting and processes.”*

**Stephen Cristofol**  
Packaging Area Manager



Pictured: Jacob and Genevieve having fun with Smith's Chips Fun Mix

# WHYALLA open day



**B**edford's bustling Whyalla site opened its doors and its new sustainable gardens on Shiell Street to the public recently. The aim was to raise funds for a new Day Options centre and provide a broader range of services and programs on the Eyre Peninsula.

Bedford's Chief Executive Maggie Dowling says these fantastic programs will be tailored according to the needs and wants of our clients.

"If a group wants to learn computer skills, then we run a computer program or if they love art, we could establish a gallery and sell their art. It's very much about what they want to do," she said.

Our goal was to raise \$36,000 and hundreds of people turned up for the festivities, to buy plants, wares and furniture and enjoy the sausage sizzle. By the end of the day we received many generous donations and in-kind offers - including Beyond Bank's amazing \$15,000

pledge and the Lions Club \$5,000 donation. The good news is we will reach our target and expect to start on the project soon.

Beyond Bank Community Development Manager Shane Farley said he had always been impressed by Bedford's services across South Australia.

"And then when we heard about this Day Options program at Whyalla we thought this will add great community value to the work Bedford are doing here," Shane said.

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**Did you know Bedford is the largest employer of people with disability on the Eyre Peninsula? If you or someone you know would like to reach their life goals at our Whyalla or Port Lincoln sites, contact us on (08) 8275 0211 or visit our website**

# BEDFORD COTTAGE comes to life

*"I was determined to build this classic timber furniture with my team. I have another vision impaired worker who shares the same passion for furniture making so I took him under my wing and we created measured templates and got to work."*

**Dave Wilsmore**

**A**fter a four-year make-over involving more than 200 people and the generous support of local businesses, Bedford Cottage is now officially open.

The heritage Mount Gambier home was gifted to Bedford but in a dilapidated state with rotting floors, cracked walls and even an unruly tree growing through the living room.

The repair cost was exorbitant, however, Bedford reached out to local employment provider Job Prospects who offered to help through the government's Work for the Dole scheme.

More than 180 jobseekers learnt new skills, obtained a 'White Card' construction certificate and 55 of those participants have now secured paid employment in related industries.



It was a positive experience for our supported workers too. Lead hand Dave Wilsmore and his team produced three solid timber beds and other stunning wooden furniture. Add to that donations from local businesses and our very own Women's Auxiliary who raised funds to buy a kitchen.

Bedford Cottage will be used as a respite centre and there are also plans to open a Day Options centre for one of the fastest growing regions in South Australia.

**Leaving a gift to us in your Will helps the next generation living with disability to experience a full life. If you would like more information on how we can acknowledge your legacy and gift in your Will please call us on 08 8275 0211 or email [fundraising@bedfordgroup.com.au](mailto:fundraising@bedfordgroup.com.au)**

# Our ANIMAL PROTECTION Army

*"It's a great experience for our clients to bond and care for so many animals and it has really brought everyone closer together."*

**Rachael Griffiths**



It's a tender moment when Casey looks into the eyes of a newborn kitten.

She's one of several Bedford Day Options clients now volunteering at the RSPCA to help animals in need.

Every Wednesday a team of dedicated animal-lovers heads to the Lonsdale enclosures ready to assist with washing blankets, preparing hay bundles for baby rabbits and setting up dog kennels, according to Bedford's General Manager of Community Access and Lifestyle, Rachael Griffiths.

"Aside from the new skills and developing a deeper understanding of working with animals, there's clearly a sense of pride in their work and their sense of self-worth has really improved," she said.

And when our clients are not assisting on the frontline, they're getting busy, getting entrepreneurial - by making a variety of treats and toys, which Bedford also sells online and at our head office in Panorama.

"It's a great experience for our clients to bond and care for so many animals and it has really brought everyone closer together," Rachael Griffiths said.

There are always mixed emotions from the Day Options team, when an animal is re-homed, however Rachael says they still feel an overwhelming sense of achievement that they have, in some way, ensured a bright new future for one of their furry friends.



Mary Lane  
enjoying some  
tips from her CAL  
worker Emily

# In the RIGHT LANE

**F**or many of us, mastering technology is a daunting prospect.

Bedford employee Mary Lane struggled to answer her new smart phone and would often miss important calls. However, the 52-year-old was determined to increase her life skills, so a few months ago she signed up for a digital literacy course as part of her NDIS plan.

Once a week, Mary spends three hours at our Panorama site, learning the basics, getting computer savvy and overcoming some of those technology fears with Community Access and Lifestyle support worker, Emily O'Connell.

Now, Mary can answer calls, navigate through her phone and even bought herself a laptop.

"I take photos and I talk to Mum and Dad a LOT more than I used to," Mary said with her trademark cheeky giggle.

Alongside all this, the packaging worker has been practicing her numeracy skills using different strategies to assist with counting, adding or subtracting numbers.

And when there's down time, the creative soul loves to draw and has filled several sketch books, based on her life experience or sometimes works of pure imagination.

Would you like to get computer savvy? Bedford runs Community Access and Lifestyle programs at Panorama, Torrensville, Elizabeth, Port Pirie, Port Lincoln and Wallaroo. Register your interest today.

# HOW TO GET INVOLVED

There are many ways to get involved with Bedford and help change the lives of people living with disability. Here's how you can do it and make a difference in 2020.

## GIVE

Every donation – big or small; monthly or one off – makes a vital difference. You can call our Fundraising Hotline on **1300 300 023** to become a regular giver or make a secure donation at [bedfordgroup.com.au/donate](https://bedfordgroup.com.au/donate)

## SUPPORT BEDFORD LOTTERIES

When you purchase a ticket in a Bedford Lottery the money comes directly to us and helps people living with disability. Visit [bedfordlottery.com.au](https://bedfordlottery.com.au) or call our Lotteries Hotline on **1300 981 519**.

## GIVE IN MEMORIAM

A memorial donation is a thoughtful way to remember someone special. Families can request a donation to Bedford in lieu of flowers and we also provide In Memoriam envelopes to funeral homes. Call us on **1300 300 023** and we can help you over the phone.

## FUNDRAISE FOR US

Why not make you next cupcake stall, garage sale, movie night or marathon count and fundraise for a cause close to your heart? You can use a platform like Everyday Hero to get social and **share your fundraising** efforts for Bedford or simply make a donation.

## VISIT YOUR LOCAL BUNNINGS

Did you know that Bedford Furniture is one of the largest suppliers of flat pack cupboards, wardrobes and storage solutions available through Bunnings nationally? Visit [bunnings.com.au](https://bunnings.com.au) to find your nearest store.

## SHOP AT DRAKES SUPERMARKETS

Did you know that we pack around 18,000 show bags for Drakes Supermarkets each September? Proceeds from the highly-anticipated annual Charity Showbag is split between us and three other local charities.

## SUPPORT OUR EVENTS

The Big Sports BBQ is one of Bedford's most popular networking, fundraising and social events. Held annually at the Derby Pavilion, Morphettville on February 28 this is our signature corporate event.

# HOW TO GET INVOLVED



**GIVE**



**SUPPORT OUR EVENTS**



**SUPPORT BEDFORD LOTTERIES**



**VISIT YOUR LOCAL BUNNINGS**



**SHOP AT DRAKES SUPERMARKETS**



**GIVE IN MEMORIAM**



**FUNDRAISE FOR US**

# GROWING our business

If you or someone you know with a disability loves working outdoors, contact us today.

**F**rom beautiful open spaces at Lightsview to the picturesque parks at Bluestone, Mount Barker, it's no wonder our horticulture and grounds maintenance teams are in high demand.

APG (Adelaide Property & Gardens) is now the third largest landscape business in S.A. and offers great diversity for employment and skill-building for people with disability.

However, with new contracts at Moana (Hickinbotham) and the Football Park re-development at West Lakes (Commercial and General) we constantly need more people to fill our outdoors team and keep up with demand.

One of our latest projects is stage one of a major landscaping overhaul at Woodside called The Crest. The site once housed army personnel and was also the former Inverbrackie Detention Centre.

The new \$27 million housing development by Mill Hill Capital will boast 150 landscaped homes, cafés, nature play spaces, walking trails and even a tourist park.



Pictured: APG's new nature play space at The Crest



# Who let the DOG BONES out?

**Y**ou may have seen the South Australian Museum's latest exhibition 'Dogs: a story of our best friend' which explores the history of canines – from wolves to whippets. But did you know our cutting-edge technology was used as part of the show? Bedford's new 3D printers produced all the dog skulls for a variety of breeds.

Previously replica bones were usually made from imported plastic, however we have gone down the biodegradable route by using corn starch.

Other items of interest produced by Bedford for South Australia Museum include a marsupial lion skull, a fossil wombat and Aboriginal artefacts and the high-tech work ensures our wonderful employees learn new skills and master new technology.

**The exhibition is on until late April. For more information visit [samuseum.sa.gov.au/event/dogs](http://samuseum.sa.gov.au/event/dogs).**

Bedford's new 3D printers produced all the dog skulls and skeletons for a variety of breeds.



Pictured: Bedford skulls on display. Photo courtesy of the South Australian Museum.



When Bedford all-rounder Kym Mackenzie isn't working at our Panorama site, he's often seen on stage, delighting theatre audiences around the world.

Pictured: Kym at home on the stage. Photo courtesy of Tony Virgo.

## KYM wows audiences in Korea

**F**or 20 years Kym has been involved in the SA-based theatre company 'No Strings Attached' and in fact he has just returned from sell-out shows in South Korea.

The latest production, "I Forgot to Remember to Forget" is a poignant piece about how Kym and other cast members deal with resilience, change and the challenge of having memory loss and then having to relearn everything.

"It's very funny though. In one scene I go to a café and say, 'that lady makes the best cappuccino with two sugars and extra chocolate' and then my friend remembers that's her coffee order too and we end up fighting over the cup!" Kym said.

Writer and director Alirio Zavarce says the play came about after a series of workshops with the actors, based on their own experiences.

"It was great developing a performance that allowed us to play with forgetting, in a world of theatre, where everything is about remembering," Alirio said.

*No Strings Attached* is a Registered Provider with the NDIS and works exclusively with performers living with disability.

**Would you like to be a performer or get involved in the arts? There are inclusive theatre and dance troupes in Adelaide plus Bedford has its own choir and we have nearly completed our art space at Panorama which will be running classes soon. Watch this space...**

# SOPHIE'S CHOICE

**W**e tend to punch above our weight here at Bedford and there's no shortage of sporting superstars.

Recently hospitality worker, Sophie Kneebone and the all-disability Phoenix team joined 33 thousand aspiring cheerleaders at the National Titles in Melbourne. The girls practised their routines hard and performed brilliantly but then had to endure an agonising wait before finding out they had won the gold in their category.

Sophie also loves netball and recently teamed up with fellow Bedford clients Ashlea and Scott to compete for South Australia in the Special Olympics.

"We played lots of games and I loved it – especially the friendships we made on the day," Sophie said

"It was the first time we won a silver medal and we even beat Victoria and Queensland," Ashlea added.

"I'm a veteran with a disability and I never played netball before as I have a background in martial arts and football, but my girlfriend told me I should give the mixed team a go. It was such a fast-paced, fun game. I really enjoyed the challenge," Scott said



Pictured: Sophie reaching for the stars with her teammates.



*"I would love to open my own place. I love cooking with Asian flavours at home, so I figured why not take that further and forge a career with it!"*

Lee

# LEE ROBERTS

Age 32, Team Leader, Bedford Panorama

**M** eet Lee, an aspiring chef and team leader at our Bedford Café.

If you ask him what he enjoys most about his job, his answer is simple – teaching and coaching the hospitality team. Second to that, he loves to see his customers smile.

"I have to make sure everyone knows what they're doing each day and find the right job for the right person," Lee said.

"I also write the menu for the coming week and help create recipes.

"It's an early start and we all work hard and fast, but the people are great, and I look forward to coming in every day."

Working for Bedford for almost 12 years, Lee is renowned for his barista prowess and creativity. Now he's taken his skills even further by creating his own muffin masterpieces – Chocolate Espresso.

"Everyone likes coffee, so what better to enjoy coffee than to pair it with chocolate! That's how I came up with the idea," he explains.

They're certainly a hit at Panorama, outselling our other muffin offerings by 300 percent. Check out the recipe on the next page!

Lee says while he loves his job, he has hopes of one day opening his own café and is even working on a curry-inspired cookbook.

"I would love to open my own place. I love cooking with Asian flavours at home, so I figured why not take that further and forge a career with it!"

# LEE'S CHOCOLATE ESPRESSO MUFFINS



## Ingredients:

### MUFFINS

- 3 cups plain flour
- 1 cup unsweetened cocoa
- 1 tsp baking powder
- 2 tsp bicarb soda
- 1 tsp ground cinnamon
- 1/2 tsp salt
- 1 cup caster sugar
- 1 cup brown sugar
- 2 large eggs, slightly beaten
- 1 1/2 cup full cream milk
- 120ml espresso coffee
- 1 cup butter, melted
- 2 tsp vanilla essence
- 1 cup walnuts, coarsely chopped
- 1 cup dark chocolate chips

### CRUNCHY TOPPING

- 4 tbsp brown sugar
- 4 tbsp walnuts, chopped
- 4 tbsp dark chocolate chips

## Method:

1. Preheat oven to 190C.
2. Line 2 x 6 Texas muffin trays with muffin liner papers.
3. In a large bowl, sift together flour and cocoa powder.
4. Add baking powder, baking soda, cinnamon, salt, and sugars and mix to combine.
5. In a medium bowl, mix together egg, milk, coffee, melted butter, and vanilla extract.
6. Pour the wet ingredients into the flour mixture and fold with a wooden spoon or rubber spatula just until combined. Do not overmix. The batter should be quite thick and lumpy.
7. Fold in nuts and chocolate chips.
8. Divide the mixture evenly between the muffin cups.
9. Make the topping by tossing together sugar, pecans, and chocolate chips in a small bowl, then sprinkle evenly on top of the batter.
10. Bake for 15-20 minutes, or until a toothpick inserted into the center of the muffins comes out clean.
11. Transfer pan to a wire rack and let cool for 10 minutes, then remove muffins from pan and let cool completely.
12. Muffins will keep for 2 days in an airtight container at room temperature.
13. They can also be frozen for up to 2 months. To thaw, leave them on the counter, still covered, or overnight in the fridge.

**Makes 12 muffins**

# A TIME TO CELEBRATE

*Lawn bowls, popcorn machines, magicians, face-painters, disco music, photo-booths and dunking machines were all part of the entertainment along with a surprise visit to our Panorama site by Bedford Ambassador and Crows football player, Tom Doedee.*

**T**he date was December 3 – International Day of People with Disability: a United Nations – sanctioned day celebrated internationally with the aim of increasing awareness, understanding and acceptance of people with disability and celebrate their achievements and contributions.

At Bedford, there was much to celebrate, we also marked the festivities by recognising 155 of our hard-working Clients and staff across the state for their years of service. Some notched up 10 or 20 years, however two of our superstars, Alan Dix and Joyce Cotton notched up a grand total of 106 years of service between them or 53 years a piece!







Bedford

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April 2020

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*All proceeds from the Freedom Lottery go to Bedford*