

Your Support

# CHANGING LIVES

ISSUE 1 | August 2012

WORK | LEARN | LIVE



## WELCOME TO OUR NEW MAGAZINE

READ HOW YOUR GENEROSITY  
CHANGES LIVES

## OPPORTUNITIES FOR INDEPENDENCE

THANK YOU FOR HELPING SOME  
OF THE MOST VULNERABLE PEOPLE  
IN OUR COMMUNITY

## ONE FACE OF HOMELESSNESS

DARON SHARES HIS POIGNANT  
STORY OF COURAGE AND HOPE

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# Welcome

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Welcome to our first edition of Changing Lives. In this new magazine, we'll be turning the spotlight to you and how your generous support makes a very real difference to some of the most vulnerable people in our community.

During my nine years at Bedford, including the most recent ten months as Chief Executive, I have been privileged to meet inspirational people from all walks of life. I am constantly amazed how people's lives can change with the right support.

I was recently introduced to Daron, a student taking part in our 'Abilities for All' community based training program.

Daron shared his experience of what taking part in 'Abilities for All' has meant to him, but the main focus of our conversation centred on the fact that for more than two years, Daron has not had a home. Daron doesn't fit the stereotype that springs to mind when we think about homelessness, and this is a poignant reminder of the very real need for more support in our community.

You can read Daron's story on page six, or log onto our YouTube channel - [youtube.com/ThisIsBedfordGroup](http://youtube.com/ThisIsBedfordGroup) - to watch Daron tell his story.

Daron's story stayed with me long after our meeting, and was at the forefront of my mind on 21 June, when I took part in the Vinnie's CEO Sleepout - an event that saw over 1,000 CEOs and business leaders sleep out in capital cities across Australia, raising more than five million dollars for homeless services.

On a local level, our team at Bedford are busy preparing for the Sunday Mail City-Bay Fun Run in September. For the first time, we're joining forces with other disability organisations across South Australia to raise awareness of the National Disability Insurance Scheme. Funds raised will make a real difference in our community, so please get behind 'Team Bedford'!

I hope you enjoy the stories in this edition - and please do try our tasty Winter Warmer recipe from our catering team. I'd love to hear your feedback on our new magazine.

Warm regards

*Sally*

**SALLY POWELL**  
Chief Executive



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# Thank You for Helping Bedford Change Lives

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As a not for profit organisation, community support is vital in helping us reach our goals. We simply could not help so many people work, learn and live without your generous support.

Here are just a few of the ways your help changes lives...



1	2
3	4

1. By the end of 2012, our 'Homes for 100' program will have seen 33 properties built across South Australia from Millicent to Port Lincoln; providing homes for 74 people with disabilities such as Grant and Tim.
2. Bedford provides recreational programs for almost 100 people with moderate to high support needs across SA in our Day Options centres.
3. Over the past year, Bedford has provided over 1,000 hours of life skills training every month for people with disability through programs such as Literacy and Numeracy, Pedestrian Safety, Money Management and 'Let's Cook'.
4. We provide a diverse range of meaningful supported employment opportunities for more than 800 people in Bedford's Australian Disability Enterprises.

# Winter Warmer

## About Matthew

For people with disability, finding somewhere supportive to work can be difficult. Before joining Bedford, Matthew struggled with mental health challenges and found that his previous workplace did not meet his needs. Matthew's life changed in 2003 when he joined Bedford in our hospitality team. With help and support from his supervisor Di, he has made amazing progress. Matthew started by developing skills in food preparation from arranging fruit platters to making sandwiches and quiches for deliveries around Adelaide.

Today, Matthew is the team's 'pastry champion' and is kept busy making a range of pies, sausage rolls and quiches.

*"I've learnt so many things thanks to Bedford. I used to work in a bakery but didn't do any actual cooking. Now I can cook all sorts of things – but my favourite has to be our original Bedford pies."*

### **PASTRY CHAMPION**

Matthew Graetz



# Bedford Steak Pie

Serves



Prep



Cooking



## Tips for the Perfect Pie

- For the best results, use a glass or dull-metal pie dish. Avoid shiny metal or disposable aluminium dishes, which reflect heat and prevent crusts from browning. Dark pans may cause crusts to brown too much.
- Egg wash plays two important roles in baking. It serves as a glue and it also gives pies a beautiful shiny golden colour.
- When making egg wash you can either use the whole egg or just the yolk. The liquid can either be water or milk. The intensity of the colour of the final product will depend on which combination of egg, yolk and liquid is used.
- To keep the edges of your pie from becoming too brown, cover the edges with foil after the first 15 minutes of baking.
- Bake with love! *“The best dishes are the ones that people have made with care”*, says Matthew. We’re sure you will agree that there’s nothing quite like biting into a flaky homemade pie that’s been baked with love.

## Ingredients

- 750g diced round steak
- 1 onion
- ½ cup cornflour
- 2 tablespoons oil
- Salt and pepper
- 2 beef stock cubes
- 1 ½ cups water
- ½ teaspoon nutmeg
- 1 tablespoon Worcestershire sauce
- 2 tablespoons fresh parsley
- Frozen shortcrust pastry or pie shells
- Frozen puff pastry sheets
- 1 Egg
- 1-2 tablespoons water or milk

## Method

1. Chop the onion – either fine or chunky – and lightly dust the beef with the cornflour.
2. Brown the beef in the oil then remove from pan. Use the excess oil to brown the onion, then return beef to the pan and add the crumbled stock cubes.
3. Add the water, nutmeg, Worcestershire sauce and finely chopped parsley, then stir.
4. Bring the mixture to the boil, then reduce heat and allow to simmer until tender, stirring occasionally. This should take approximately one hour.
5. Cool the mixture then place into pie shells. If you’re not using pie shells, cut 4 x 14cm circles from shortcrust pastry sheets and use to line bases and sides of pans.
6. Cut 4 x 15cm circles of puff pastry to form lids. Place these over the meat and press to seal. Trim if necessary, then brush the lids with egg wash.
7. Place pies onto hot tray. Bake for 20 to 25 minutes or until golden. Serve.



### WE NEED YOUR HELP

Please support people like Matthew by donating today.

[bedfordgroup.com.au](http://bedfordgroup.com.au)

1300 300 023

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# One Face of Homelessness

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“My name is Daron and I am a 43 year old father of five. Last year I started studying Certificate II in Community Services as part of Bedford’s ‘Abilities for All’ training program. I want to tell you about the time before I started the program. The only way I can sum it up is that I had no idea whatsoever which direction I was going.

Like many of us, I have suffered some health problems over recent years. However, this isn’t my only difficulty. I have also been homeless for just over two years now.

I consider myself lucky in some ways that I don’t have to live ‘on the streets’ as such. I’m not one of the people you might see huddled in a doorway, trying to keep warm. I’m one of those invisible people – one of the 1000’s of people who spend nights sleeping in their car, or occasionally getting lucky and being able to stay on a friend’s couch.

I was becoming more and more depressed and feeling very hopeless about my life. I had visited some dark places within myself that I didn’t know existed. It was frightening.

I had no qualifications; my health was worsening and due to my dire housing situation, was unable to spend time with my children. Thinking about the future was a joke – I couldn’t imagine anything positive. My prospects were bleak.

My employment consultant suggested I meet with a lady called Tricia at Taperoo Community Centre. Tricia is a Trainer at Bedford and I must admit I was very nervous about taking that first step. I hadn’t been inside a classroom for years and my self confidence was at an all-time low.

Still, I had nothing left to lose at this stage, and was grateful for Tricia’s time. I can’t put into words how it felt walking into the community centre. Enrolling in the ‘Abilities for All’ program was like the start of my transformation. I couldn’t imagine anyone as warm or approachable as Tricia. I was welcomed by what I now call my ‘Taperoo family’ and I immediately knew that this was going to be an environment I could thrive in.

The course itself amazed me – there was so much to learn about the roles available in the Community Services industry. Learning about discrimination and disadvantages faced by young people was eye-opening.

The program has ultimately empowered me with the ability to re-evaluate my own circumstances and paint a picture of how I want my future to look. Although this process has been extremely confronting, I am now at the point where I’m on my way to a career in Community Services – one where I know I can make a positive impact on the lives of others, as well as my own.

On a personal level, I have renewed faith in my outlook for the future – for both me and my family. I am still Daron, a 43 year old father, but now I am also Daron, with confidence, a glimmer of hope and a real sense of purpose.


I can’t express my gratitude enough to people like you who make these programs possible by supporting organisations like Bedford. Tricia and the team at Taperoo Community Centre have helped me start again. Without this opportunity, I’d be standing at a station, watching the trains go past. Instead, I’m on the train – and excited about my journey.”

## WE NEED YOUR SUPPORT

Please help people like Daron by giving today.

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*"Enrolling in the 'Abilities for All' program was like the start of my transformation... I immediately knew that this was going to be an environment I could thrive in."*

**DARON'S ACHIEVEMENT**

Daron Elliott with Bedford Trainer Tricia Murphy at Taperoo Community Centre.

# Positive Futures

Your continued support has allowed Bedford to grow significantly over the past five years, meaning we can provide opportunities to even more people in need.

Whilst we continue to provide opportunities to many people with disability in our traditional supported employment areas, with your help Bedford changes the lives of many people in the wider community with disability, disadvantage or complex barriers to participation.

Your generosity enables us to support some of the most vulnerable people in our society through specialist training programs, including our dedicated youth services team; who change the lives of young people experiencing barriers to the mainstream education system.

## Providing Hope

Mission Australia's 2011 Youth Survey found that 37% of young people do not feel positive about their future. School or study problems were the issues worried about most by young people across Australia.

At Bedford, we believe that all young people should have the opportunity to successfully move through their adolescent years and into adulthood, well prepared for life ahead.

Your generosity allows us to provide support to young people experiencing family breakdown, unemployment, homelessness and mental illness.



### PATH TO SUCCESS

Amanda Trout, pictured with Bedford Trainer Jenni Wright, is studying Certificate II Business at Bagster Community Centre.

## How we Help

Bedford is a Registered Training Organisation (RTO) and can also help young people get the training they need in a learning environment that makes sense to them. We deliver accredited training in many fields as well as programs to assist students to gain their SACE and pursue their chosen career pathway.

Our programs enable young people to focus on their strengths, develop new skills and make positive life decisions. Our range of youth programs includes prevention and

early intervention, counselling, case management, education and skills development, mentoring and residential programs. We also offer innovative services to encourage young people to stay at school, as well as take advantage of further education to increase their employment opportunities.

Our services are delivered throughout South Australia, from metropolitan Adelaide to our Riverland centre in Berri and beyond. By working with the individual interests and goals of our young people, we're able to provide fun, relevant and customised training.

## Disadvantage - A Snapshot

We recently carried out a study of the young people we support to ensure we can provide the best opportunities. The term 'disadvantage' can be confusing - whilst 'disability' is often more obvious, 'disadvantage' can be much less prescriptive.

This snapshot will enhance your understanding of the challenges faced by the young people we support.

## YOU CAN CHANGE LIVES

Please help create positive futures for vulnerable people.

[bedfordgroup.com.au](http://bedfordgroup.com.au)

1300 300 023



# What is Disadvantage?

## A Snapshot

29%

have experienced family long-term unemployment

38%

of young people supported by Bedford are suspected of having a mental illness that has not been officially diagnosed

26%

live in rural isolation

55%

of high school aged young people have experienced bullying, sexual or physical abuse or been victims of crime

59%

do not have age-appropriate literacy or numeracy skills

66%

are struggling financially

13%

have a diagnosed disability

31%

have experienced homelessness

14%

are young carers

40%

say they have difficulty managing their anger

23%

have experienced domestic violence in the home

32%

live in transient or unstable conditions



## Work | Learn | Live

The following are examples of some of the training programs we offer:

- Certificate II in Retail
- Certificate II in Horticulture
- Certificate II in Community Services
- Certificate I & II in Automotive
- Numeracy & Literacy
- Beats (Behaviour, Environment, Attitude, Trust, Support)
- Let's Cook
- Job Ready
- Let's Go Driver Training



**TOP**

Kayla Huntley and Lavinia Kwon study Certificate II Business with Bedford.

**ABOVE**

Jayden Smith has taken part in our ICAN program at Aldinga, working towards his Introductory Vocational Education Certificate (IVEC). Jayden is pictured here with Bedford Trainer/Case Worker Ken Moyle.

## Does someone you know need our help?

If someone you care about could benefit from being supported by Bedford, please contact us on (08) 8275 0225 or email [hmeynell@bedfordgroup.com.au](mailto:hmeynell@bedfordgroup.com.au)

More information on our training programs can be found on our website, [bedfordgroup.com.au](http://bedfordgroup.com.au)

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# Opportunities for Independence

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With your ongoing support, Bedford can provide opportunities for people with high support needs to learn new skills and take part in recreational activities through our Day Options centres. Run from five locations across South Australia, these programs enable almost 100 people to increase their independence and participate in their communities.

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## David's mother sums up what Day Options means to their family:

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*“When David left school, I worried he wouldn't have a reason to get out of bed in the morning. I was terrified what the future might bring. At Bedford, David is surrounded by friends and people who care about him. Day Options provides vital services for people like my son. David is encouraged to develop the life skills that you and I take for granted, increase his social network and make his own choices. Without Bedford, we would be lost. To now think that David has a happy, fulfilling life is just incredible, he's achieved so much more than I could have ever imagined.”*

**HEATHER REID**  
David's Mum



**TOP**  
Day Options member Ryan is pictured here with Disability Support Worker Sally Johnson.

**ABOVE & RIGHT**  
Day Options member David Weaver.



## Calendar

### 9 AUGUST

International Day of the World's Indigenous People

### 12 AUGUST

International Youth Day

### 17 AUGUST

Disability & Ageing Expo,  
Adelaide Showgrounds

### 7 SEPTEMBER

Bedford Charity Golf Day,  
North Adelaide Golf Course

### 16 SEPTEMBER

Sunday Mail City-Boy Fun Run,  
Adelaide – Glenelg

### 18 OCTOBER

Bedford Big Battle,  
National Wine Centre

For more information about any of these events, visit [bedfordgroup.com.au](http://bedfordgroup.com.au) or give our Events Coordinator, Tracy Fisher a call on (08) 8275 0352

## About You

### Would you prefer to receive this magazine by email?

By choosing to receive your copy of Changing Lives by email, we reduce our print costs, meaning we can direct more funds into supporting people in need. If you'd like to receive future editions of Changing Lives via email, please send your details to [feedback@bedfordgroup.com.au](mailto:feedback@bedfordgroup.com.au)

### Want to get involved?

If you would like to take a tour of Bedford or have a chat about opportunities to get involved, please contact Lauren Marshall, Relationship Manager on (08) 8275 0221 or [lmarshall@bedfordgroup.com.au](mailto:lmarshall@bedfordgroup.com.au)

### Updated your contact details?

Have you recently moved house, changed your email address or got a new phone number?

Please ensure we can keep in touch by sharing your new details with Jenny Burton, Database Coordinator on (08) 8275 0255 or [jburton@bedfordgroup.com.au](mailto:jburton@bedfordgroup.com.au)

## About Bedford

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