

CHANGING LIVES

ISSUE 11 APRIL 2017

ARE YOU NDIS READY?

Latest news and FAQ

CHANGING LIVES IN NEW SOUTH WALES:

One mother's NDIS experience

⊕ INSIDE BEDFORD BUSINESSES

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Changing Lives



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Autumn 2017



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Sally's WELCOME



Welcome to our first edition of Changing Lives for 2017! I hope you have settled into the New Year well after a relaxing holiday period.

It's hard to believe we've reached autumn already and Easter is upon us. We've had a busy start to the year, from hosting a successful Big BBQ and unveiling our renovated Mount Gambier site, to welcoming His Excellency the Governor of South Australia for a tour at Panorama and continuing with our NDIS preparation.

With the NDIS roll out on our doorstep, we've now run over 100 workshops which will continue across the state. Our tailored workshops arm parents, carers and future participants with as much information as possible to ensure a smooth transition into the scheme. In this edition you'll find more NDIS news, answers to some frequently asked questions and hear from a New South Wales parent, and member of the Bedford family, whose son has transitioned into the NDIS.

While the NDIS has kept our entire team busier than usual, this hasn't slowed down our commercial businesses in manufacturing, landscaping and horticulture, packaging and hospitality. Not only do these divisions provide valuable services to our customers, but they also provide meaningful work and development opportunities for our people. The New Year has brought some exciting new developments for our businesses which we look forward to sharing with you.

So before we move full steam ahead, let's take a moment to celebrate the success of our businesses and more importantly, our people. We are constantly blown away by our team members' hard work and achievements and I look forward to seeing what we accomplish together in 2017. I also thank our generous community – your support means we can continue to change the lives of people with disability every day.

Don't forget to 'like' our Facebook page and check our blog regularly to keep up to date with all of the exciting things happening around our sites!

Best wishes,
Sally Powell
Chief Executive

Bedford LOVES...



Mount Gambier upgrade up and running!

Our upgraded Mount Gambier manufacturing site was unveiled on 19 January, following a \$1.05m upgrade – \$527,000 of which was awarded as part of the Commonwealth Government's National Stronger Regions Fund program.

Federal Member for Barker, Tony Pasin officially opened the upgrade, which included the installation of a new timber moulder, large-scale increased warehouse for extra storage, fire protection and power upgrade.

An additional 18 full-time equivalent jobs for people with disability and three full-time equivalent support staff positions have been created as a result of the upgrade and the Mount Gambier site's output is expected to improve by more than 30 per cent.



Bedford in Bendigo

A big congratulations to Harry, Wayne, Brad, Katie and Juanita who travelled to Bendigo in February to represent South Australia at the U20 & Ivor Burge Basketball Championships!

Competing in the Ivor Burge competition, they came up against teams from Victoria, New South Wales, ACT, Western Australia, Tasmania and even Japan!

The boys came away with a silver medal, narrowly missing out on gold to Victoria in the grand final. What an amazing achievement to represent the state at such a high level!



Governor of South Australia visits Bedford

Bedford Panorama was excited to welcome His Excellency the Honourable Hieu Van Le, Governor of South Australia for a tour on 1 March. His Excellency visited a group undertaking an art program, as well as our packaging, manufacturing and hospitality workforce.

He also met some of the Bedford leaders who welcomed His Excellency to their workplace.

The tour finished with lunch, featuring an amazing spread of delicious creations by Lisa, Kimberly, Angie, Lee, Harrison, Kayla and Matthew from the hospitality team.

We extend our gratitude to His Excellency for his ongoing support of Bedford.



Opening CAREER DOORS

Since launching in mid-2016, Bedford's Orange Brick Road program has gone from strength to strength.

The program aims to help people with disability enter the workforce in a tailored and supported way; setting them up for success and providing varied career pathways.

Over 50 interns have graduated from the program so far and transferred into meaningful work. Graduate, Hanh, has worked in manufacturing at Gepps Cross for three months – a job he came to love through the internship program.

"There is really good communication throughout the program, which I need, being dyslexic," he says. "I got to try a lot of different job options and learn things like safety processes at work."

"I like the hands-on type of work in furniture – it can be hard work but it feels awesome at the end of the day."

Hanh says the program opened the door to a supportive and friendly work environment.

"I'm the kind of person who really likes to help others at work. If someone gets overwhelmed or is finding something hard, I jump over to help them and when that's all smoothed out, I go back to my work."

"At the same time I'm quite fast in my work and I can be pretty competitive," he adds with a smile.

Ready for a change and new challenge, Dragana joined the paid internship program at Torrensville in early February.

"So far, so good – I'm really enjoying meeting new people and I don't have any problems here," she says.

Dragana says the program will help her achieve some personal goals while finding the type of work that suits her.

"It's a supportive environment and they've taken the time to sit down with me and talk about what work would suit me and what wouldn't," she says.

"At the moment I like packaging because it's a nice environment and I can sit down which is easier for me, but I am also up for trying new things."



"A goal of mine was to get better at communicating with people, and I think the program will help me with this."

For Dragana, the internship is more than just an opportunity to try new career paths.

"Before I started working seven years ago, I was just at home doing nothing. Now I get out of the house, meet new people and make new friends. Going to work gives me something to do."

Interested in Bedford's Orange Brick Road program? Give us a call on 8275 0211 and speak with our friendly team today.



Skills to last **A LIFETIME**

At Bedford, we focus on promoting individual choice and control to empower people with disability. Our four business arms not only allow us to maintain and evolve our support services, but also create real work experiences and career progressions in a competitive commercial environment. The work our businesses produce continues to broaden the perceptions about what it means to live with disability.

Landscaping and HORTICULTURE



Adelaide Property and Gardens, APG, is our landscaping and horticulture maintenance service. Built on 30 years of experience, APG offers a wide range of services such as landscaping, broad acre mowing, weed control and revegetation.

APG employs 140 people with disability across 11 sites in metropolitan Adelaide, Mount Gambier, Millicent, Port Lincoln, Port Pirie and Kadina.

Our APG teams have completed some major works over the past year.

In the south, APG planted some 1,200 street trees for the City of Onkaparinga and provided grounds maintenance services at Seaford Rise.

In the north, APG installed a number of streetscapes at Blakes Crossing and their construction work at Playford Alive earned them a state landscaping award.

In February this year, APG finished a premium reserve project at Lightsview Estate in Northgate, complete with a bocce green, rolling hills and sandstone feature walls.

Michael Todd has a number of qualifications and licences under his belt after working with APG for almost four years.

“I’ve learnt to drive a manual vehicle, got my truck licence and my Workzone Traffic Management licence as well. I’m now working towards getting my excavator ticket, which is something I’ve wanted to do for a while.”

“I like planting trees, installing irrigation and working with heavy machinery. I love being able to work outdoors in a hands-on role.”

Michael says he is proud of the work the APG team produce.

“I really like seeing the finished product of the places we work on.”

“Everyone at APG is really polite and I get along well with everyone. It’s a really supportive and hard-working environment.

“I come to work 30 minutes early every day because I love my job.”

PACKAGING



Bedford Packaging delivers commercial services to a broad mix of national and global companies.

Providing employment to 700 people with disability, Bedford Packaging operates from eight locations in South Australia and New South Wales.

We offer services across the wine, beverages and food industries as well as project management, light assembly and print and mail management.

Last year, we packed approximately 12.5 million individual items and also expanded our client base to include the New Royal Adelaide Hospital, with a state-of-the-art medical grade sterile room created at Torrensville leading to additional jobs to complete the contract.

A highlight on the packaging calendar is collating over 280,000 showbags for the Royal Adelaide Show. This remains a major highlight for our employees and we also enjoy partnering with NAB volunteers who help us with this important project every year.

Allan (pictured left) has worked at Bedford for five years and currently works in the fast moving consumer goods (FMCG) area at Elizabeth.

“

We pack over 280,000 showbags for the Royal Adelaide Show.

He says Bedford continues to give him more responsibility in his job and the opportunity to learn new skills.

“I’m working with the interns and teaching them about configuration – how to pack wine bottles from start to finish and how to load them properly on pallets, ready to be transported,” he says.

“I like the variety of the work and doing different things each day.”

“I’ve learnt how to use multiple machines, how to sign off for and receive items that come into the factory, make labels on the computer and fill out inspection forms and things like that.”

Colleague Todd has worked at Bedford for 15 years and enjoys the positive work environment.

“I work on polishing the bottles after they’ve dried, and I’m also a quality checker so I make sure everything is ok with the bottles,” he says.

“I really like the job that I do here.”

HOSPITALITY

Bedford Hospitality provides exceptional skills and training in food preparation, cooking and food service to its 40 employees.

Anchored by two large commercial kitchens, the service provides meals and refreshments for residents at Clapham (Balyana), the Conference Centre and hundreds of employees based at Panorama.

Our catering service delivers to various corporate clients and over 70 kilos of Bedford Biscuits are made at our Panorama site and distributed across Adelaide every week.

In the past year, food services were extended to our Torrensville site, with a café established to provide meals to employees while building hospitality skills. A new café is also under construction at our Elizabeth site.

Our hospitality employees develop a range of highly transferable and confidence building skills from barista training through to large-scale catering, menu management and cash handling.

Employees are encouraged to make their own recipe choices and adaptations, leading to more creative menu options on offer.

Harry discovered his passion for working in hospitality when he came to Bedford through the Orange Brick Road internship program.

The 20-year-old now works full time in the café at Panorama.

“Since starting at Bedford I’ve learnt lots of things like how to make tropical yoghurt, pizza dough from scratch and coffees,” he says.

“I really enjoy going on the lunch and coffee runs and being involved in food preparation.”

“One day I’d really like to work in catering.... I think what I’m learning at Bedford will help me achieve that.”

Supervisor Beni says he enjoys seeing his team develop strong skills and confidence in the kitchen.

“I really like seeing what the team can achieve. For me it’s about what they can cook at home so if I can teach them something here that they can take some and show off to their parents and friends, that makes me really happy and proud,” he says.



Over three tonnes of Bedford Biscuits were sold last year.



MANUFACTURING



Bedford is one of Australia's largest manufacturers of ready-to-assemble furniture, delivering storage solutions to customers across Australia and New Zealand.

Bedford Manufacturing employs more than 250 people with disability across six sites in Adelaide, Mount Gambier, Port Pirie and Kadina, and provides four distinct services.

Bedford Furniture produces ready-to-assemble melamine products sold through Bunnings stores across Australia and New Zealand, while Contract Cutting supplies cut melamine board to kitchen and wardrobe retailers.

Our Mount Gambier team produces componentry for Bedford Furniture and undertakes timber processing and milling for the building industry, while Port Pirie and Kadina produce timber products for promotional lines, including those for Bunnings Australia.

Bedford has also fostered a strong, 20-year relationship with bunk bed and bedroom furniture specialists, Bunkers. Every product Bunkers manufacture will have some input from our team.

Using state-of-the-art machinery and modern commercial manufacturing techniques, our employees build relevant and useful vocational skills to last a lifetime.

Christopher has been part of our manufacturing team at Gepps Cross for 32 years and enjoys coming into work every day.

"Most days I am working on assembling beds and other furniture," he says.

"I've learnt so many skills since starting here, like how to use the sanders, hand tools and different machinery."

Completing an order from start to finish gives Christopher a real sense of accomplishment.

"I like seeing the end products that we work on. I like seeing what jobs come through from different clients – it's all about making sure we produce quality work on all our orders."

"I'm really proud of what we do."

For Christopher, the past three decades at Bedford have shown him the many benefits of having a job.

"The supervisors here are supportive and recognise our strengths."

"I went through a hard time recently, but I realised work is something you need to bring yourself back together; something to get up for every morning, to keep you busy, and keep your mind off some things."

"If I didn't have this work I would probably be bored, too. I just really enjoy it here"



NDIS: ARE YOU READY?



As the NDIS rollout for adults in South Australia approaches, it's important to start preparing now for you or your loved one's entry into the scheme.

With the NDIS to expand to 460,000 participants nationwide by 2020, the NDIA has started implementing a number of strategies to help streamline intake and improve processes.

One change was to encourage participants to have their planning conversations over the phone rather than face-to-face.

People are entitled to ask for a face-to-face meeting, however given the large number of plans that need to be developed, the NDIA has limited capacity to meet participants in person.

A growing number of planning conversations are being facilitated by Local Area Coordinators (LACs). It is likely that a large number of Bedford employees, members and residents will have their planning conversations over the phone with an LAC.

Given the likelihood of a planning session taking place over the phone, it is important that you have taken

the time fill out the Bedford NDIS Planning Workbook – our tailored, step-by-step manual that will help you prepare for and get the most out of the NDIS.

In many cases, planners already have access to some information about participants' existing funding arrangements when they begin a planning conversation.

Remember, when families are contacted for an NDIS planning conversation, they are allowed to request a time that is more suitable.

They are also able to request that a Bedford staff member support them during this call. A participant may be the primary contact instead of their parent or carer, so it is important they are aware they may be contacted.

Once a planning conversation takes place, the participant will receive their NDIA plan. Bedford will not be automatically notified, so it is essential that families let Bedford know that they have commenced their plan.

If you have any questions or would like to attend an upcoming NDIS workshop, please email ndis_help@bedfordgroup.com.au

NDIS: FREQUENTLY ASKED QUESTIONS



Bedford Psychologist and Disability Advisor, Joanne Russell has played a key role in helping our team prepare for and transition into the NDIS. Through her work across our multiple sites, in particular Silverwater in NSW, Joanne has established herself as one of our NDIS experts. She answers some common NDIS question below...

How long does a planning session usually go for?

A meeting with a Planner or LAC either over the phone or in person, goes for about an hour.

What types of questions are asked during planning meetings?

The Planner or Local Area Coordinator will ask a series of questions like:

- Who does your family consist of?
- What is your disability and how does this impact you?
- What activities do you enjoy?
- What activities do you go to on each day of the week? And how do you get to them?
- What goals do you have?
- Rate your support needs on a scale of 1 to 5, with low being 1 and 5 being high support.
- Rate your health on a scale eg. good, very good, excellent, poor.

They will also ask how you would like to manage your funding, whether you need behavioural support and if you have any questions of your own.

Many of these questions are outlined in Bedford's NDIS Planning Workbook, so taking the time to write down your answers in this book will help you remember what you want to say.

Who usually attends the planning meeting?

An eligible person with a disability, family members, carers, advocates and even a Bedford staff member. Anyone can be present if the participants would like them there.

How has government support for participants changed since they entered the NDIS?

The mobility allowance gets transferred into the NDIS plan. The first plan should contain all the funding the participant currently gets from State or Federal funding packages. Remember, the Disability Support Pension is separate from NDIS funding.

What if you are unhappy with the planning process or final plan?

If you are unhappy with your NDIS plan, or it doesn't meet your needs, Bedford can work with you and the NDIA to resolve the issue. However, the better prepared you are before your planning meeting, the more likely you are to receive your desired plan.

What do I do once I get my plan?

It is important that once a participant gets a plan that the providers of all current services, like Bedford, are notified and either provided with a copy of the plan or given details from the plan so a service agreement can be written.

Changing lives in NSW



In keeping with our values, Bedford has focussed on “finding a better way” to support people with disability in our community. In particular, we have committed to readying ourselves for the upcoming NDIS roll out in South Australia.

We’ve learnt some valuable lessons from our Silverwater site in New South Wales, where we have already helped over a dozen employees transition into the scheme.

New South Wales mum, Estelle knows firsthand what it’s like to make the switch. Her 39-year-old son Daniel has been working full time at Silverwater for three years and transitioned into the NDIS in September last year. She says despite some initial “teething problems”, it’s been a relatively straightforward process.

“Since I’ve signed all the forms, the money is coming out of his portal - I watch it every month,” says Estelle, who chose to manage Daniel’s funds herself.

“So that part is all good, I’ve had no hassle with the process. While there have been some teething problems, we agree that in principle it’s a wonderful idea.”

Estelle says it’s important for parents to go through their child’s support needs with a fine tooth comb.

“My advice to other parents would be to imagine what it would look like if your loved one was supported by a stranger,” she says.

“We thought we only offered Daniel a couple of hours of support a day...but when he moved into

his own place we realised he needed one-on-one support and can’t be left alone.

“For parents of people with disability, it becomes so much part of the fabric of your life that you forget what you do on a day-to-day basis.

“It’s quite a leap for parents as it’s not something you can do in 5 or 10 minutes, you really have to sit own and think it through their day, minute by minute.”

For Daniel, his goal through the NDIS is to maintain his current living and work situations.

“Our goals for Daniel are very specific. Daniel likes his life as it is and we want everything to stay in place,” says Estelle.

“I am positive we are going to be able to show the NDIA that Daniel’s needs are a high as we say they are.”

From offering NDIS planning support, to providing a positive work environment for Daniel, Estelle says Bedford has changed her son’s life for the better.

“I have nothing but praise for Bedford. Bedford is the slickest operation and we are so thrilled with the staff at Silverwater and with the complete change in Daniel’s life since he started three years ago,” she says.

“We’ve seen the most wonderful changes. He’s so active and lost weight, his health has improved, he’s off blood pressure medication and he has a much stronger sense of himself.”



Going from STRENGTH TO STRENGTH: MEET ANTON

In 2015, Anton was working two days a week with our hospitality team, learning new skills, becoming familiar with the work and, most importantly, receiving the right support to make the potentially stressful transition from school to work a success.

This was only possible because of the generosity of Bedford's loyal supporters.

Thanks to that support, Anton is now working full time at Bedford and, after trying a few different jobs, is part of the furniture manufacturing team. Our dedicated staff provide ongoing training and support to ensure Anton is happy, learning and comfortable in his chosen career.

Anton has gone from strength to strength and continues to grow in his workplace, at home and in his social

life. This new-found confidence has given Anton the boost he needed to grow, develop new skills and make new friends.

Bedford not only benefits Anton, but also his entire family. For Anton's mother Annette, Bedford is so much more than a place of employment.

It's a place she can rely on to give Anton the very best opportunity for success. She knows that for Anton to reach his goals and become as independent as possible, he needs to learn new skills and have his own social network.

Annette has seen Anton mature and grow during his time at Bedford.

"I'm so happy Anton is at Bedford. He has grown as a person, become more independent and made some wonderful friendships all under the caring staff," says Annette.

"It gives me peace of mind knowing that Anton will cope well with the future and has a rewarding career path... helped every step of the way. This is what I wanted for him and, together with Bedford, we are making it happen."

Bedford is also helping Annette and other parents understand the NDIS, and is pleased to offer our families guidance and support to ensure their loved ones maximise their social and economic participation.

However, without generous donors, none of this would be possible. We love sharing these success stories and Anton proves what is possible with the right support.

To show you support for people with disability, you can make a tax deductible donation by calling 1300 300 023. Your gift, of whatever you can afford, will help us continue to change lives.

B Safe campaign WINS NATIONAL AWARD



Some of you may be familiar with our B Safe campaign, which was designed to encourage workers to think about their commitment to safety at work, including the choices they make each day to carry out their work safely.

The key message was 'See Something, Say Something' and used a mix of video, regular awards, badge presentations, mascots and personalised noticeboards.

B Safe was recognised on a national scale last year, when Bedford was awarded the Safe Work Australia's National Workplace Participation Reward for the campaign in December.

Bedford was selected from over 90 entrants nationally for the accolade, which represents the highest award possible for excellence in safety practices and culture.

Safe Work Australia congratulated Bedford on the 'fun, engaging and positive way' we encouraged employees to champion the safety message themselves.

Bedford's safety team and all our operational business units have put in enormous effort over the past 12 months to bring all sites up to a consistent and high standard and create innovative practices to get all involved.

It is wonderful to have the National Regulator recognise this work and affirms the effort and importance we put into safety at Bedford.

Great work team!



Friendly FACES



Meet LEE

A familiar face at our Panorama and Balyana sites, Lee has enjoyed working at Bedford for close to a decade.

From making lunches to serving customers, Lee juggles many jobs in the kitchen.

"In my job I make soups, serve coffees, come up with new menu ideas, serve people on the till, cook lunches and help with the biscuits," he says.

"My favourite part of my job is making coffees and giving the customers a smile."

Lee says working at Bedford gives him the opportunity to broaden his skillset on a daily basis.



"Since I started at Bedford nine years ago, I've developed food preparation and knife skills and learnt how to put together recipes, handle money and use the coffee machine. I can now also finely dice an onion to about one millimetre thick."



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Meet ELEANOR

"I've been perfecting my recipes at home, but everyone knows I love my chilli so come and see me if you want hot food!"

Always on the lookout for a new challenge, Lee is known to mix it up every now and then in the café.

"I like to experiment with my coffees and make lots of different flavours, like Vietnamese coffee and Spanish hot chocolate with chili in it," Lee says.

"It gives the customers a bit of variety and changes things up a bit."

For Lee, honing his culinary skills is just one of the reasons he enjoys working at Bedford.

"Since I started here, I've learnt to work with new people and ask customers about what they like and dislike with their food so I can tailor recipes," he says.

"I've become confident in myself and more open to trying new things and going out on the weekends – I like to go out with my friends and play football and basketball."

Always going above and beyond to ensure top customer service and a wide range of menu options, it's clear Lee has found a career he's passionate about at Bedford.

"I think Bedford is a nice place to work, I think it's a friendly and easy-going environment and it's just a fun place. Bedford recognises people's skills and abilities and offers a lot of opportunities for different people."

"It's been a good nine years."



Eleanor has always enjoyed knitting in her spare time. Little did she know that she would end up making custom orders for her colleagues, friends and family.

Eleanor's first teddy bear outfit, made in her beloved Adelaide Crows colours, caught many people's attention and before long, orders started flowing in.

"I've just always liked knitting, I find it really relaxing," she says.

"I started making teddy bear outfits for myself in my spare time, and then I started to get requests from other people."

"I make them in AFL and rugby team colours, I've made about 30 outfits in total so far and get new orders every week."

Each outfit includes a singlet, scarf, jacket, beanie and shorts.

"The outfits don't take too long to make, I can normally get most of it done in one weekend. However, scarves take the longest."

Since starting at Bedford 37 years ago, Eleanor says she's grown in many ways both personally and professionally.

"I like meeting new people and working here has made me more confident and helped me improve my organisational skills," she says

"I've become quicker and more efficient at my job over the past few years."

"It's a real family environment here and I've really come out of my shell."

Packaging supervisor Chelsea, who ordered a New Zealand All Blacks teddy bear outfit, says Eleanor is a positive influence among her colleagues.

"Eleanor has grown more confident in herself and with others and it shows a lot through her work," she says.

"I can now leave her with a task and she uses her initiative to get it done. She also encourages fellow team members to better themselves."



Bedford Big BBQ

Bedford hosted another successful Big BBQ at the Adelaide Convention Centre on 10 February.

Over 540 guests from more than 130 companies enjoyed a jam-packed afternoon MC'd by Bedford Ambassador Amanda Blair and joined in on an animated live auction and lucky dip in the popular wine wall.

The Bedford Big BBQ is always a great opportunity to network across different industries and raise much needed funds for a great cause while passing the sauce bottle.

A big thank you also to our sponsors for their generous support: NAB, Orix, Holidays of Australia, Maxima, Pro Paint 'n Panel, Escape Hunt, easyflowers, The Good Guys, Marion, Bunnings, Carlton & United Breweries.

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James' HOT CROSS BUNS

Make this popular
Easter treat from scratch!

Makes: 12 buns

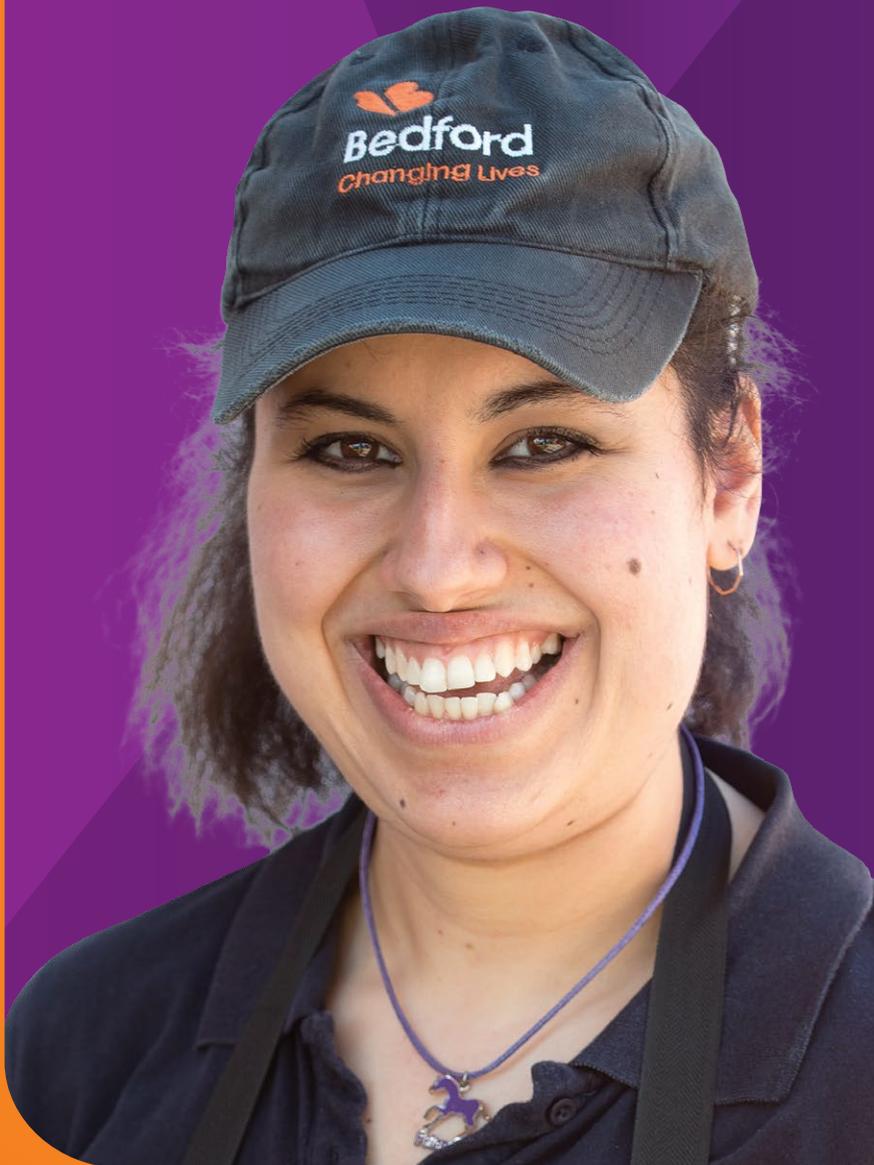
**Total cooking and
preparation time:** 2hr 30 mins

Ingredients:

- 2 x 7g sachet dried yeast
- 455g strong bread flour, plus extra for dusting
- 1 teaspoon sea salt
- 1 teaspoon mixed spice
- 1 teaspoon cinnamon
- ½ whole nutmeg
- 55g caster sugar
- 2 pieces stem ginger
- 1 large free range egg
- 2 tablespoons plain flour
- 55g sultanas or raisins
- 30g dried cranberries
- 2 tablespoons mixed peel
- Runny honey, to glaze
- 200ml semi-skimmed milk
- 55g unsalted butter

Method:

1. Add the milk and 50ml water to a small pan and place over a low heat for a few minutes, or until slightly warm – you should be able to dip your finger in without scalding it.
2. Meanwhile, add the butter to a separate pan and place over a low heat for a few minutes, or until melted, then set aside.
3. Transfer the warmed milk mixture to a medium bowl and stir in the yeast. Set aside.
4. Sift the flour into a large bowl, then add the salt, spices, a few good scrapings of nutmeg and the sugar. Finely chop the stem ginger and stir it into the mix.
5. Make a well in the centre and pour in the melted butter, followed by the yeast mixture. In a separate bowl, beat the egg and add it to the bowl.
6. Using a fork, mix well until you have a rough dough, then transfer to a clean flour dusted work surface and knead for around 10 minutes, or until soft and springy.
7. Return the dough to a flour dusted bowl, cover with a damp tea towel and leave to rise in a warm place for at least an hour, or until doubled in size.
8. Transfer the dough to a clean flour dusted work surface. Knock the air out by bashing it with your fist, then sprinkle over the dried fruit and mixed peel and knead into the dough for 1 to 2 minutes.
9. Preheat the oven to 190°C. Grease and line a large baking tray.
10. Divide the dough into 12 equal pieces and roll each into balls. Evenly space them out on a lined baking tray as you go.
11. Cover with the tea towel and leave in a warm place for a further 30 minutes, or until doubled in size.
12. Meanwhile, place the plain flour and 2 tablespoons water into a small bowl and mix to a thick paste.
13. Gently pat down the risen buns then use the batter to carefully trace a cross over the top with a piping bag or spoon.
14. Place the buns into the preheated oven for 15-20 minutes, or until golden brown.
15. Transfer to a wire cooling rack, brush over a little honey and leave to cool.
16. Slice open the sticky hot cross buns, spread with a little butter and serve.



Here at Bedford I learn lots of new things every day, everyone is friendly and we have a lot of fun. I have made a lot of friends here, we all have.

JACQUI GOUMAS



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Changing Lives

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