



## Monthly Newsletter November 2022

### UPCOMING BIRTHDAYS

We wish everyone who has a birthday this month a VERY Happy Birthday and we hope that you enjoy your special day!

**Debbie 4<sup>th</sup>**

**Shiloh 11<sup>th</sup>**

**Kobi 24<sup>th</sup>**

### National November awareness dates

National Diabetes  
Awareness Month - 1-30<sup>th</sup>  
November

November 1- 30<sup>th</sup>  
November

Remembrance day 11<sup>th</sup>  
November

World kindness day 13<sup>th</sup>  
November

World diabetes day 14<sup>th</sup>  
November

White ribbon day – 25<sup>th</sup>  
November

### JOKE OF THE MONTH

Why did the banana go to the  
doctor?

It wasn't peeling well!!



REGISTERED  
NDIS  
PROVIDER

Website:

[www.ptbl.com.au](http://www.ptbl.com.au)

Contact:

1300 702 845

Email:

[hello@ptbl.com.au](mailto:hello@ptbl.com.au)



## PTBL Partners

Pathways to Better Living have been fortunate to have crossed paths with many wonderful companies who provide a wide range of services. These businesses form the Pathways to Better Living network and are an invaluable resource to both us and/or our participants.



Winchester Farm is based on 5 acres in Northern NSW on the border of NSW and QLD. They have four horses all very different in size and personalities. They also have two cows, 'Salt and Pepper' as well as their dogs 'Maggie and Minka'. Most of their animals have been rescued for various reasons.

Emma has created this unique sanctuary to assist people to build connections, encourage social skills, improve self-esteem and develop practical skills in a safe and nurturing environment.

Their programs are participant dependent, where all sessions are designed on the needs and wants of the participant to ensure they get the most out of their experience and achieve their individual goals.

Wanting to view the farm or find out more information about Winchester farm?

Head over to [@10\\_winchester\\_farm](#) on Instagram or for any other enquiries you can contact via:

Email – [10winchesterfarm@gmail.com](mailto:10winchesterfarm@gmail.com)

or

Phone – [0410 247 1834](tel:04102471834)



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## Recipe of the month

### Chocolate Chip Cookies

**Prep time**  
10 mins

**Cook time**  
15 mins

**Servings**  
18 cookies



### Ingredients

- ½ teaspoon baking soda
- ½ teaspoon salt
- ¾ cup unsalted butter, melted
- 1 cup packed brown sugar
- 1 tablespoon vanilla extract
- 1 egg
- 1 egg yolk
- 2 cups semisweet chocolate chips

### STEPS

1. Preheat the oven to 165 degrees C. Grease cookie sheets or line with baking paper.
2. Sift together the flour, baking soda and salt; set aside.
3. In a medium bowl, cream together the melted butter, brown sugar and white sugar until well blended. Beat in the vanilla, egg, and egg yolk until light and creamy. Mix in the sifted ingredients until just blended. Stir in the chocolate chips by hand using a wooden spoon. Drop cookie dough 1/4 cup at a time onto the prepared cookie sheets. Cookies should be about 3 inches apart.
4. Bake for 15 to 17 minutes in the preheated oven, or until the edges are lightly toasted. Cool on baking sheets for a few minutes before transferring to wire racks to cool completely.

**These yummy treats are a great gift for friend or to share with your family!**



## Respite Camp

Are you a man that likes fishing and camping?

This may be the trip for you!

**Paul Dennes is based in the Northern Rivers and is doing wonderful things with male participants. This trip is aimed at men aged 18 – 36....a weekend fishing and camping respite!**

**When:** Saturday 26<sup>th</sup> November 2022 and return Sunday 27<sup>th</sup> November 2022

**Where:** You will be staying at Andrew Drynan Campground, near Rathdowney

**Time:** Pick up at 8.00am Saturday and Drop-off 5pm Sunday

All transport, tents, food, drinks, air mattresses, cooking and eating utensils and site fees are provided for you. However you are required to take your own bedding such as pillows and blankets as it can become quite cold.

Be sure to pack pyjamas, clothes for 3 days, toothbrush and appropriate shoes for outdoor activities.

There are a range of fun activities lined up including capacity building tasks. You will learn how to pitch a tent, cook meals and engage in other group activities including ball games, campfire singing and dancing, marshmallow toasting, bush walking and swimming.

Please note all medication must be supplied in a Webster pack with a sign sheet/chart.

If you are interested and would like to find out more information, contact:

Paul Dennes via Phone – [0419 184 415](tel:0419184415)



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## SUPPORT WORKER OF THE MONTH

PTBL would like to recognise each member of our amazing Support Team. This month we would love to introduce Amanda to everyone and say Thank You for your support and hard work

### Upcoming events this month

With each upcoming event this month we have decided to include ways in which we can celebrate / contribute / learn and educate each other during each event.

More information will be posted to our social media pages about each event as they approach.

**Remembrance day 11<sup>th</sup>  
November**

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Amanda is an amazing support worker who is always putting her hand up to ensure her participants are always supported and receive the care they require. She has a great sense of humour and has a very accepting and encouraging personality.

Amanda believes everyone deserves opportunities to become equal and make decisions to empower their lives and relationships. She loves providing supports from the small simple things through to complex situations that take care and compassion.

When she isn't working Amanda loves to go swimming in the ocean, exploring the mountains, visiting forests and going on beach walks. She enjoys music and plays the medicine drum, crystal bowls and guitar.

If you would like to find out more about Amanda, please head over to our website to read her BIO or contact our office at 1300 702 845.



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