



Monthly Newsletter

December 2022



National December awareness dates

1 – 31st December –
Decembeard

3rd December – International
Day of persons with disabilities

10th – Human Rights Day

25th – Christmas Day

26th – Boxing Day

PTBL Christmas Get together

We are so excited to see everyone at our Christmas
BBQ!

It will be hosted on Wednesday 7th December at
Ebenezer Park, Jack Evans Boat Harbour at 11am (NSW)
and will run until 2pm (NSW).

There will be plenty of shade provided and on site rest
rooms will be available.

***Please note all beverages are BYO**

Please contact our office via:

Email: hello@ptbl.com.au or call **1300 702 845** if you
would like to attend.

Please Note

That the “office” of Pathways to Better Living will be “closing”
for the Christmas – New Year period at the end of the day on
**Wednesday, 21st December 2022 and we will “re-open” on
Monday January 9th, 2023.**



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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.



This month we would love to introduce Blue Water Physio to everyone!

Blue Water Physio “strive to provide exceptional assistance for people with disabilities in a variety of ways, including treatment for pain management, home exercise programs for rehabilitation, professional advice on the management of specific conditions and providing recommendations for equipment and mobility aids.”

For more information please contact them via:

Email: elliott@bluewaterphysio.com.au or

Phone: 0423 988 349



UPCOMING BIRTHDAYS

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

3rd Sharryn 22nd Katie



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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 Kim to everyone and say Thank You for all 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.

7th December – PTBL Christmas BBQ

25th – Christmas Day

26th – Boxing Day



This month we give a great **BIG** thank you to Kim for the wonderful attitude she always brings to her position. She goes above and beyond to support PTBL staff and the participants she works with. She strives to obtain the best outcomes for her participants and PTBL, all while managing her own business.

Disability support is her passion as she loves to empower those who are vulnerable. She finds the happiness and smiles she brings to others to be rewarding.

When she isn't working Kim enjoys the outdoors. She loves going to the beach, taking nature walks, gardening and music.

THANK YOU Kim

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



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SATURDAY FISHING DAY

Are you a boy who loves to fish?

Paul Dennes is based in the Northern Rivers and is doing wonderful things with male participants. This trip is aimed at boys aged 9 – 17.... A day full of fishing!

When: Saturday 10th December

Where: Ballina NSW (Transport provided)

Time: Start: 10.00am (NSW) Finish 3.00pm (NSW)

An exciting day for participants to learn physical coordination, social interaction skills by making friendships and capacity building skill while learning how to make a BBQ lunch (all activities will be supervised with assistance provided).

All transport, fishing gear and lunch provided for participants.

All support workers are professionally qualified with years of experience within the disability sector and all transportation vehicles are licenced and comprehensively insured.

Don't forget to pack sunscreen and protective clothing!

**If you are interested and would like to find out more information, contact:
Paul Dennes via Phone – 0419 184 415**



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Christmas Bucket List

- | | |
|--|--|
| <input type="checkbox"/> Decorate the Christmas Tree | <input type="checkbox"/> Take Christmas pictures |
| <input type="checkbox"/> Watch a Holiday movie | <input type="checkbox"/> Drink hot chocolate |
| <input type="checkbox"/> Make a gingerbread house | <input type="checkbox"/> Visit family |
| <input type="checkbox"/> Wrap gifts with family | <input type="checkbox"/> Go for a Christmas light drive by |
| <input type="checkbox"/> Wear Christmas Pyjamas | <input type="checkbox"/> Make Christmas cards |

Complete as many items on the bucket list as you can and take photos to send through to PTBL to be featured on our social media pages!



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We are finally coming to the end of what has been another wonderfully crazy year. Thank you all for your amazing support throughout it all.

PTBL has grown so much throughout 2022 with your support. We can't wait to see what 2023 has to bring.

Merry Christmas and a happy New year everyone!



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