



Monthly Newsletter

April 2023

ATTENTION ALL EASTER LOVERS!

Head over to page 4 for some fun activities you can do this Easter!



Important

Please note that the “office” of Pathways to Better Living will be “closing” for the Easter period at the end of the day on Wednesday, 5th April and we will “re-open” on Tuesday 11th April.

Please be advised that our after hours contact details will still be available for you to utilise if an emergency occurs.

WELCOME

PTBL would love to introduce our new support worker who has recently joined the Pathways family.

Please give a warm welcome to Daryelle

To view her profile please visit our website at:

<https://ptbl.com.au/>



REGISTERED
NDIS
PROVIDER

Website:

www.ptbl.com.au

Contact:

1300 702 845

Email:

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.

Recover Wellbeing



RECOVER WELLBEING

Recover Wellbeing specialises in Occupational Therapy for Pilates, exercise and rehabilitation for physical health and mental wellbeing.

Recover Wellbeing also specialise in oedema and lymphoedema management and treatment including manual lymphatic drainage and compression garments.

PTBL BIRTHDAYS

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



Sandra 6th

Kianu 29th

Ryder 29th



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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 Ryley to everyone and say thank You for all your support and hard work

National April awareness/event dates

1st April – April Fool’s Day

2nd April – World Autism
Awareness Day

7th April – Good Friday

8th April – Easter Saturday

9th April – Easter Sunday

7th April – World Health Day

25th April – ANZAC Day



Ryley is a very happy and bubbly individual who had found her love for working in the Disability Supports Sector just over 4 years ago and absolutely adores her job!

Ryley loves meeting new people and supporting them to live their better lives by reaching their goals.

Her experience ranges from non – verbal high needs participants to participants who may need a little help with socialising.

When she isn’t working, you can find Ryley knee deep in mud camping, exploring new places, playing for her local sports teams or cooking up a storm in the kitchen!

If you would like to find out more about Ryley, please head over to our website to read her BIO or call us on 1300 702 845.



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5 Easter Activities to try at home

1. **Make an Easter basket for a friend or family member**
2. **Organise an Easter egg hunt**
3. **Make Easter themed pancakes with your family for breakfast... or desert**
4. **Make an Easter hat**
5. **Use foam eggs to design your own Easter Egg decorations**



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March 2023 Recap: Photo Edition



What another amazing month smashing goals and living our better lives at Pathways!



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