



### **Monthly Newsletter** May 2023



#### **MOTHER'S DAY SPECIAL**

Head over to page 4 for some meaningful gift / activity ideas you can do this mother's day.

#### WELCOME

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

Please give a warm welcome to Matthew

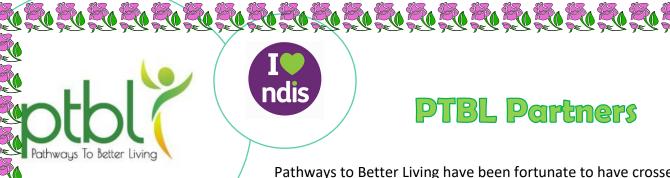
To view his profile please visit our wesite at: https://ptbl.com.au/





**Email: Contact:** Website:

www.ptbl.com.au 1300 702 845





#### 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.

#### **Pro-Assist**

Karina established Pro-Assist in 2016 to provide high quality support to Australian allied health practices.

Pro-Assist specialise in streamlining and automating business processes and supporting dayto-day and NDIS/PRODA administration.

Pro-Assist are passionate about what they do and really want to make a difference to allied health practitioners' lives and practices.



#### BIRTHD

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

Janine 3rd

Jack 17<sup>th</sup>

Barbara 18th





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

National May awareness/event dates

1<sup>st</sup> May – Melanoma Monday

10<sup>th</sup> May – World Lupus Day

14<sup>th</sup> May – Mother's Day

18<sup>th</sup> May – Donor Hero Night – Leave a light on

26<sup>th</sup> May – National Sorry Day Sienna is a happy and bubbly individual who enjoys being out in the community and trying new experiences.

Sienna has been working within the disability sector for over a year now and would like to pursue this area of work once she graduates as an Occupational Therapist.

Sienna is passionate about assisting individuals to regain their independence and achieve their lifestyle/personal goals.

When she isn't working, you can find Sienna at the beach or spending quality time with her friends and family.

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



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# 5 DIY gift ideas / activities to try this mother's day

Make a basket with your mums favourite items e.g candles or sweets

- 2. Make a special homemade breakfast, lunch or dinner with your mums favourite food
- Create a photo album with your favourite memories of you and your mum
- DIY a bouquet of paper flowers (these will last longer than regular flowers)
- Plan a special day out with activities your mum enjoys



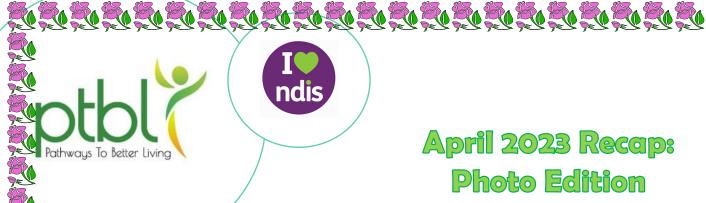






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### April 2023 Recap: **Photo Edition**



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





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