

Welcome!

Welcome to FITCare community newsletter! We hope this is a useful resource and will help enhance our connection and supports for our NDIS participants. The FITCare Capacity is 50 hours per week in the Gympie and Moreton Bay regions and over 100 hours on the Sunshine Coast



MEET OUR *Amazing* TEAM



Andy

General Manager



Keagan

Head of HR



Joanne

Business Development



Lynda

Participant Liaison
Officer



Rachel

Participant Liaison
Officer



Megan

Participant Liaison
Officer



Krista

Participant Liaison
Officer



Ebony

Participant Liaison
Officer

Meet Ebony



I love being able to make a difference in our participants every day life and seeing everyone grow and achieve their goals is one of the reasons why I love working at FITCare.

My enthusiasm for being part of FITCare is driven by my deep-seated passion for working alongside individuals. Approximately a year ago, I embarked on my journey with FITCare, initially as a Support Worker. Since then, I've had the privilege of joining our outstanding PLO team based here on the Sunshine Coast.

Transitioning into this role has enabled me to connect with our participants on a more personal level. I derive immense satisfaction from making a positive impact on their daily lives. Witnessing their growth and accomplishments is one of the many reasons why I find fulfilment in my work at FITCare.



Green Curry Lamb Shanks

SIMPLE RECIPE



Ingredients

- 4 frenched Coles Australian Lamb Shanks (about 250g each)
- 2 tbsp canola oil
- 4 garlic cloves, crushed
- 1 lemongrass stalk, pounded
- 5cm-piece ginger, sliced
- 1 shallot, sliced
- 1 cup (250ml) salt-reduced chicken stock
- 1/2 cup (150g) Green Curry Paste (see notes below)
- 200ml coconut cream
- 1/4 wombok (about 350g), thinly sliced (about 4 cups)
- 2 cups steamed jasmine rice
- 1/3 cup basil leaves
- 1/3 cup coriander leaves
- 2 limes, halved, charred



Steps

1. Preheat oven to 160C (140C fan-forced). Season lamb with salt
2. Heat 2 tbs oil in a large heavy pot over medium-high heat
3. Add the lamb and cook, turning as needed, for 8 mins or until browned all over. Transfer lamb to a plate
4. Drain fat from pot, reserving 1 teaspoon. Add garlic, lemongrass, ginger and shallot to pot cook, stirring, for 1 min or until fragrant
5. Add stock. Return lamb to pot and bring to a simmer, cover and transfer to oven
6. Cook for 2 hours or until lamb is completely tender
7. Carefully transfer lamb to a plate and set aside to rest in a warm place.
8. Strain cooking liquid through a fine-mesh sieve into a jug skim any fat that rises to the top, discard solids.
9. Heat another wide saucepan over medium heat, add the curry paste and stir for 5 mins or until fragrant, add coconut cream and 1/2 cup (125ml) of reserved cooking liquid
10. Bring to a simmer and cook, stirring occasionally, for 3 mins. Add wombok and simmer for 1 min or until just wilted, remove from heat and season as needed
11. Divide rice among 4 serving bowls, spoon wombok and some of the curry sauce over rice.
12. Top with lamb and spoon over any remaining curry sauce.
13. Sprinkle with basil and coriander leaves and serve with lime
14. Enjoy!

Practice kitchen safety:
Avoid burns and fires while cooking hot food. Use oven mitts, handle pots carefully, and keep flammable objects away from the stove. Always supervise cooking, turn handles inward.



FITCare Quick Health Fact Sheet

Multimorbidity



Chronic conditions persistently contribute to significant health challenges, disability, and premature mortality, thereby emerging as a pivotal concern on global, national, and individual health agendas. These ailments, alternately termed chronic diseases, non-communicable diseases, or long-term health conditions are typically distinguished by their enduring and lasting impact.

Many people with chronic conditions do not have a single, predominant condition, but rather they experience multimorbidity – the presence of 2 or more chronic conditions in a person at the same time.

People living with multimorbidity often have complex health needs and report poorer overall quality of life.

People Living with Multit morbidity

- People living with multimorbidity can experience difficulties with everyday activities, poorer overall quality of life and more complex health needs
- Studies have found that exercise therapy seems safe and beneficial for people with multimorbidity



DID YOU KNOW?

- 1-5 (20%) of Australians had multimorbidity in 2017-18
- Females and older people are more likely to have Multimorbidity
- Half of people (50%) aged 18 and over with multimorbidity activities
- People with multimorbidity are less likely to work (2 in 3, 67%) than people with no chronic conditions (4 in 5, 83%)

FITCare Support Services

NDIS Industry Updates

One of the hot topics and news headlines of this year already has been the released of Bill Shorten's 'Getting the NDIS back on track' bill for proposed changes to the NDIS ACT 2013. The bill was released on the 27th of March. Key Target areas include:

- Enhanced pathways for early intervention, children under 9 years old, and accessing NDIS supports that would function differently to others.
- Improve NDIS participant budgets and offer clearer information on how they might be spent.
- Strengthen the NDIS Quality and Safeguards Commission.

If the bill is passed and made law, it will see sweeping changes, some of which could take immediate effect for the NDIS and all stakeholders involved. Such change sets the ball rolling to improve the scheme. We hope this will result in better, more efficient use of funds to enhance the lives of participants, family and support network. How this will affect the provision of support from all providers is yet to be fully understood. We see this as an essential time to open communication with all providers and participants as the rollout of changes from the Royal Commission's recommendations to continue providing high-quality services.

For information about the changes, click the link below.

<https://www.dss.gov.au/disability-and-carers-programs-services/ndis-reforms>



REGISTERED
NDIS
PROVIDER





1 300 348 227

FITCare Support Services and Suncoast Fitness is supporting the Million Moves Challenge. We want to encourage our community and greater community to get moving, 75 moves a day for 21 days. We have daily community walks and hikes planned for the 21 days, and in addition Suncoast would like to provide free passes. Please reach out or stop by to find out more.



Scan the QR code to pledge your commitment to move and registration pack.

For More information go to <https://millionmoves.org.au/pledge-now>






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