



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.



We're thrilled to announce that FITCare Support Services is now offering an additional 100 hours of capacity across Sunshine Coast, Moreton Bay, and Gympie!

PARTNER OF FITCARE

Honeybee Wellness Retreat is an inclusive, values-based community whose leadership team invites people with likeminded values to come and enjoy the lifestyle on offer.

Honeybee Wellness Retreat is an accessible country community situated on 25 acres in the scenic Mary Valley. From the moment you arrive, you will begin to absorb the peace and tranquillity of this very special property.

Introducing Keziah!

I'm a joyful and quirky individual with some unique hobbies like martial arts, fire-twirling, archery, and knife throwing. Additionally, I enjoy hiking, kayaking, reading, and exploring various forms of art. On top of that, I'm a competitive arm-wrestler; having secured a spot on Australasia's podium, I'm now gearing up to represent Australia in an upcoming world-class event in Turkey! Growing up in a diverse environment has given me a profound appreciation for humanity's diversity.

Located: Gympie Region



Participant Success Story

Introducing Jenny!



Jenny acquired an ABI following a brain aneurysm. Upon our initial meeting, she faced challenges with mobility, strength, and coordination, often needing breaks during activities due to breathlessness. She relied on assistance for walking and had specific goals in mind when she began receiving support from FITCare:

- To care for her 3 grandchildren
- To shop independently
- To travel by car and eventually resume driving

After nearly a year of collaboration with Jenny, she now walks long distances with the support of our staff. Just last month, she achieved a significant milestone by walking 4.35km, her farthest distance since her accident. Notably, Jenny now confidently cares for her grandchildren. We remain committed to helping her achieve further progress and eagerly anticipate her continued improvement.

NDIS

NEWS UPDATE

As you likely already know, the NDIS Amendment to get the NDIS back on track No1 Bill 2024, was tabled in parliament in late March, which was then passed by the House of Representatives on the 5th of June after a range of new amendments from the Government.

Jason McKey the Queensland general manager has contributed to the following through the NDS Queensland.

And states “It was important for us to listen to provider issues at first hand. It confirmed to us that government need to understand the barriers rural and remote Queenslanders face in providing services.

So many of the providers we met raised the lack of transport, the severe workforce shortages, the lack of suitable accommodation and the difficulty in accessing allied health professionals.”

Jason is set to roll out presentations and consultations throughout Queensland in July and August this year to address the following amendments:

- Why do we need a definition of NDIS support?
- What is the new definition of NDIS support?
- Why wasn't this done from the beginning?
- Can a participant only receive funding for impairments that meet the access requirements?
- Can I spend my NDIS budget on my impairments that don't meet the access criteria?
- What is the new planning framework?
- How will foundational supports for children work? Home-schooled students and students in isolated areas have not been factored into the foundational supports recommendations. How will they be supported?

For more information on NDS update feel free to type in:

<https://www.nds.org.au/news/queensland-in-focus-by-jason-mckey-june-2024>

For more updates please feel free to following FITCare's Newsletter.





One- Pot Apricot Chicken Rice Bake

SIMPLE RECIPE



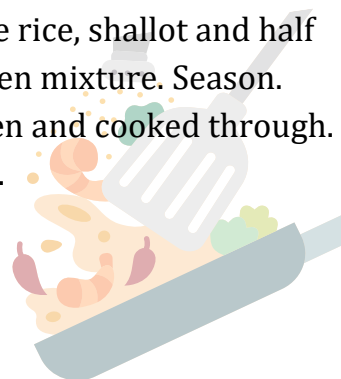
Ingredients

- 450g pkt microwave white rice
- 250g pkt microwave white rice
- 35g pkt Maggi Apricot Chicken Recipe Base
- 1 Massel Chicken Style Stock Cube
- 125ml (1/2 cup) boiling water
- 2 tbsp olive oil
- 4 chicken thigh cutlets, skin on, bone removed
- 410g can apricot halves in juice
- 6 green shallots, thinly sliced
- 1 1/2 cups chopped fresh continental parsley leaves
- 1 bunch broccolini, trimmed, blanched
- 60g (1/3 cup) roasted almonds, coarsely chopped



Steps

- 1. PREPARE RICE & SAUCE** Preheat oven to 220C/ 200C fan forced. Microwave both rice packets according to packet directions. Place the apricot chicken recipe base, stock cube and water in a heatproof bowl. Stir until combined.
- 2. COOK CHICKEN & SAUCE** Meanwhile, heat the oil in a large ovenproof frying pan over high heat. Cook the chicken for 2-3 minutes each side or until golden brown. Set aside in a large bowl. Reduce heat to low. Place apricot halves, cut-side down, in pan. Pour over juice and apricot sauce mixture. Stir for 2 minutes or until slightly thickened. Pour over the chicken in the bowl.
- 3. ASSEMBLE & BAKE** Remove pan from heat. Add the rice, shallot and half the parsley to pan. Toss to combine. Top with chicken mixture. Season. Bake for 15-20 minutes or until the chicken is golden and cooked through. Top with broccolini, almond and remaining parsley.



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 Service Areas

FITCare is a leading registered NDIS provider with a team of exceptional support workers servicing the Sunshine Coast, Gympie, Moreton Bay and North Brisbane regions.

Sunshine Coast



Gympie Region



North Brisbane




Moreton Bay




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