



Welcome!

Dive into inspiring success stories, get to know our exceptional support worker of the month, stay informed with the latest NDIS updates, explore our monthly calendar, and savour a delightful spring recipe. Become a part of our vibrant community filled with support and exciting surprises!



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.

A Triumph of Spirit: Ballad's Inspiring Journey

At FITCare, we are fortunate to witness incredible journeys, and Ballad's story is one of resilience and triumph.

In January 2023, Ballad experienced a life-changing stroke, marking the beginning of a recovery journey that has been both challenging and inspiring.



Having already faced significant health battles, including a brain tumour diagnosis at just 16, her strength and resilience were evident from the start.

When Ballad joined FITCare in March 2023, her goals were clear: rebuild her strength, overcome anxiety about navigating stairs, and maintain her overall health to "stay out of the hospital."

Over the last 18 months, through a combination of therapies and unwavering determination, she has progressed from limited mobility to walking up to two hours—a remarkable achievement.

Ballad's journey has also reignited her passion for childcare. In June 2024, she began volunteering at a local childcare centre, a major milestone toward her goal of returning to teaching. At that time, she required a CPR certificate but struggled with performing 30 compressions due to difficulty kneeling. Fast forward to August 2024, after practicing with her supports, Ballad successfully completed the task and is now looking forward to receiving her certificate soon.

One unforgettable moment for our team was joining Ballad for a one-hour non-stop walk through Noosa National Park—an inspiring testament to her progress.

Thank you, Ballad, for choosing FITCare and allowing us to support you on this remarkable journey. We are excited to continue walking alongside you toward future success!

We hope that this will inspire others as to what is possible.

Meet John: A Life Devoted to Health, Fitness, and Compassionate Care

"I am a father of 2 who has a love for the outdoors especially surfing, rock climbing and bush walking."



Meet John!

John's life is a vibrant tapestry woven from his passions for health and fitness, the great outdoors, and his beloved puppy. A dedicated advocate for wellness, he thrives on the energy of the gym and the serenity of nature, always seeking the perfect balance between work and play.

With years of experience as a support worker and personal trainer, John has honed his ability to blend fun with compassionate care. He understands that achieving goals is not just about physical fitness; it's about fostering a supportive environment where individuals can thrive.

John's enthusiasm for helping others is infectious. He takes pride in mentoring clients, equipping them with the tools and motivation they need to succeed. Whether he's guiding someone through a workout or offering encouragement on a challenging day, John's commitment to his clients is unwavering.

In every aspect of his life, from walking his puppy to leading fitness sessions, John exemplifies a holistic approach to health and well-being. His mission is clear: to inspire and empower others on their journey toward a healthier, happier life.

NDIS

NEWS UPDATE

The NDIS came out with a document that outlines the definition of each NDIS Supports and any carve outs to the description that are not 'NDIS Supports'. See below for the NDIS Supports List and NOT NDIS Supports.

NDIS Supports

- Accommodation/ tenancy assistance
- Assistance Animals
- Assistance In Coordinating or Managing Life Stages, Transitions and Supports
- Assistance to Access and Maintain Employment or higher education
- Assistance With Daily Life Tasks in a Group or Shared Living Arrangement
- Assistance With Travel/Transport Arrangements
- Assistive Equipment for Recreation
- Assistive Products for Household Tasks
- Assistive Products for Personal Care And Safety
- Specialist Positive Behaviour Support
- Communication And Information Equipment
- Community Nursing Care
- Customised Prosthetics (includes Orthotics)
- Daily Personal Activities
- Development of Daily Care and Life Skills
- Disability – Related Health Supports
- Early Intervention Supports for Early Childhood
- Exercise Physiology & Personal Well – being Activities
- Group and Centre Based Activities
- Hearing Equipment
- High Intensity Daily Personal Activities
- Home Modification Design and Construction
- Household Tasks
- Innovative Community Participation
- Interpreting and Translation
- Management of Funding for Supports
- Participation in Community, Social and Civic Activities
- Personal Mobility Equipment
- Specialist Disability Accommodation (SDA)
- Specialised Driver Training
- Specialised Hearing Services
- Specialised Support Employment
- Specialised Support Coordination
- Therapeutic Supports
- Vehicle Modifications
- Vision Equipment

NOT NDIS Supports

- Day – to – day living costs
- Mainstream – Mental Health
- Mainstream – Child protection and Family support
- Mainstream – Early Childhood Development
- Mainstream – School Education
- Mainstream – Higher Education and Vocational Education and Training
- Mainstream – Employment
- Mainstream – Housing and Community Infrastructure
- Mainstream – Transport
- Mainstream – Justice
- Mainstream – Aged Care
- Unlawful goods and services
- Income replacement

To see the full document please see the link below

https://engage.dss.gov.au/wp-content/uploads/2024/08/2024-08-02-draft-ndis-support-lists.pdf?utm_source=hs_email&utm_medium=email&_hsenc=p2ANqtz-_o0A9mDeVw7AgRamPh9BHv3keQDLbY0RGJ4c4uq7h3eqWrkXlBWk5YWQcP_0Sp7Vriw38i



Strawberry Salad

SIMPLE RECIPE



Ingredients

Salad

- 6 cups of lettuce
- 1 cup strawberries (sliced)
- 1 cup of red grapes (halved)
- 1/2 Cup of walnuts (chopped)
- 2 Tablespoons of dried cranberries (chopped)
- 1/4 cup of feta cheese (crumbled)



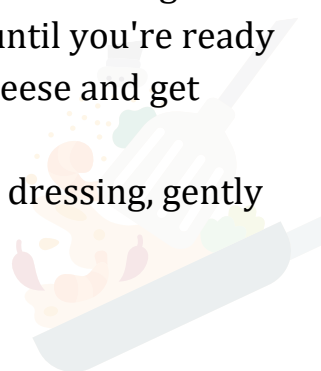
Dressing

- 1/4 Extra Virgin Olive Oil
- 1 Large Lemon (zested and juiced, about 1/4 cup)
- 2 teaspoons Honey
- 1 Teaspoon Dijon Mustard
- Salt and Pepper to taste

Steps

1. Combine dressing ingredients in a mixing bowl and whisk while slowly drizzling in olive oil until it's creamy (also called emulsion). Refrigerate dressing until it's time to dress the salad.
2. Add strawberry salad components to a salad serving bowl. You can cover and refrigerate it like this until you're ready to serve. When ready, crumble the feta cheese and get ready for the best part!
3. Dress the salad with that gorgeous lemon dressing, gently toss, and devour!

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

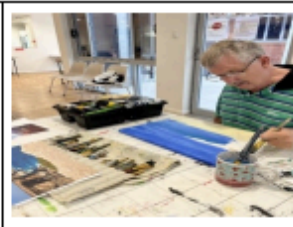


North Brisbane



Moreton Bay

October 2024



FITCare
SUPPORT SERVICES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
<p>All Public transport is now 50c.till Jan 2025 Would you like to learn how to catch the bus or train?</p>	<p>10am Hit room class</p> <p>11:30am Bowling at Strike. Get your support person to confirm on Tommy.</p>	<p>10am Nature Walk: Maroochydore Wetlands Boardwalk, Bli Bli. Ask your support person to check on Tommy for more details.</p>	<p>10:15am Hit Room Class</p> <p>Let's go fishing 10am Picnic Point BYO Gear. Get your support person to confirm on Tommy.</p>	<p>Marcoola Twilight Markets from 4pm. Stalls have something for everyone from food to shopping to music</p>	<p>7am Kawana Parkrun Meeting spot: Kawana Surf Club. FREE. Ask your support worker to help you register following the link!</p>	<p>Mary Cairncross, Maleny. Adventure through the forest tracks and pack a picnic to enjoy!</p>
7	8	9	10	11	12	13
<p>Great Botanic Clue Hunt. FREE Any day of the week. Come into the office and we can print out the hunt map</p>	<p>10am Hit room class</p> <p>10am – 11:30am Scone Time Cooroy. \$8 Entry. Get your support person to book using link</p>	<p>10am Nature Walk: La Balsa Park. Ask your support person to check on tommy for more details!</p>	<p>10:15am Hit room class</p> <p>All Abilities Dance Party, 6pm – 9pm. Venue: The station, Birtinya. \$30 Live bands, food trucks & performances Ask your support person to show you the link to book.</p>	<p>Lawn Bowls 10.30am \$5.00 Mooloolaba</p> <p>Get your support person to confirm on Tommy for you.</p>	<p>7am Nambour Parkrun Meeting Spot: Nambour Parklands. FREE. Ask your support worker to help you register following the link!</p>	<p>Fisherman Markets. 6am – 12pm Browse through dozens of stalls of fresh fruit, preloved clothes and food.</p>
14	15	16	17	18	19	20
<p>All Public transport is now 50c.till Jan 2025 Would you like to learn how to catch the bus or train?</p>	<p>10am Hit room class</p> <p>11:30am BBQ & Lawn Games @ Cotton Tree Park. Ask your support person to check on Tommy.</p>	<p>Mooloolaba Coastal Walk to the river entrance. 10.30am. Ask your support person to check on Tommy.</p>	<p>10:15am Hit room class</p> <p>Adventure to big pineapple. Ask your support person to check on tommy.</p>	<p>Currimundi Twilight Markets. 4pm – 8pm. Stalls have something for everyone from food to shopping to music</p>	<p>Pilates in the Botanic Gardens. \$5.00 Healthcare/Pension card holders. 8am, bring your mat. Ask your support person to show you the link to book.</p>	<p>Fun run or walk (2.5km, 5km or 10km) at Lake Kawana for Wishlist Foundation. Cost is \$15 - \$40, ask your support worker to help you book following the link!</p>
21	22	23	24	25	26	27
<p>Great Botanic Clue Hunt. FREE Any day of the week. Come into the office and we can print out the hunt map</p>	<p>10am Hit room class</p> <p>11:30am Maroochy waters mini golf. Get your support person to confirm on Tommy.</p>	<p>10am Nature Walk at Ewen Maddock Dam. Ask your support person to confirm on Tommy.</p>	<p>10:15am Hit room class</p> <p>Let's go fishing 10am Picnic Point BYO Gear. Get your support person to confirm on Tommy.</p>	<p>Lawn Bowls 10.30am \$5.00 Mooloolaba</p> <p>Get your support person to confirm on Tommy for you.</p>	<p>7am Golden Beach Parkrun. Meeting spot: Golden Beach Esplanade. FREE. Ask your support worker to help you register following the link!</p>	<p>Aussie World. FestEviL 5:30pm – 9:30pm. \$45. Ask your support person to show you the link to book.</p>
28	29	30	31			
<p>Amaze World. 274 Tanawha Tourist Drive. \$30 health/ pension card.</p>	<p>10am Hit room class</p> <p>11:30am Bowling at Strike. Get your support person to confirm on Tommy.</p>	<p>10am Walk at Point Cartright. Ask your support person to confirm on Tommy.</p> <p>Bingo at the Station, Birtinya. 6pm – 8pm. FREE. Ask your support worker to help you</p>	<p>10:15am Hit room class</p> <p>UniSC art Gallery. Check out the art display 10am – 4pm</p>			




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