

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

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.



MEET ANDY

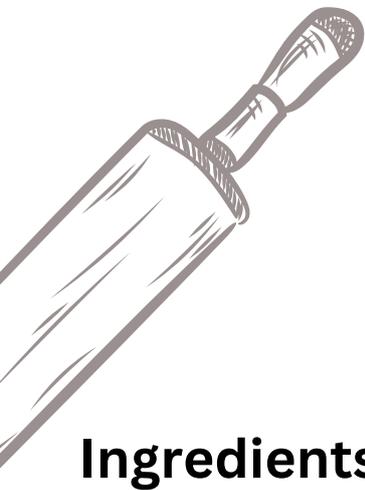
After senior management roles in media I have found my purpose working with people in the NDIS space.

This change has made me realise I had a genuine passion for making businesses, organisations and more importantly, people, achieve their goals and objectives.

I pride myself on taking an empathetic approach to Achieving Goals, Mentoring, Business Planning Problem Solving and Change Management .



Andy brings invaluable leadership to FitCare Support Services as the General Manager, where he plays a pivotal role in ensuring the seamless operation and success of our team. With his strategic vision and dedication, Andy not only oversees day-to-day activities but also fosters a collaborative environment that empowers each team member to thrive and excel in their respective roles. His commitment to excellence and effective management greatly contributes to the achievement of our organisational goals and the delivery of top-notch support services to our clients.



Lower-GI Anzac Biscuits

Ingredients

- 1 cup rolled oats
- 1 cup plain flour
- 1 cup Splenda Granular
- 1 tsp bicarbonate of soda, sifted
- 3/4 cup desiccated coconut
- 125g butter, chopped
- 2 tbsp golden syrup



Steps

Step 1

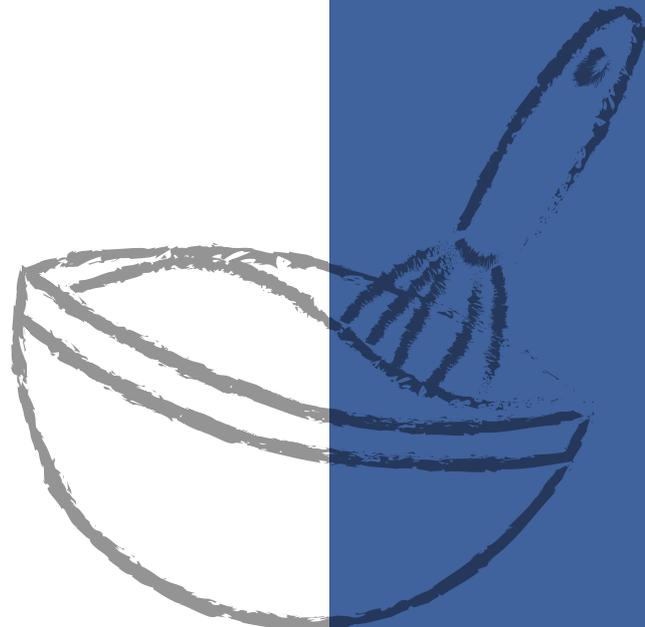
Preheat oven to 160°C/140°C fan-forced. Grease 2 baking trays. Combine oats, flour, Splenda, bicarbonate of soda and coconut in a large bowl.

Step 2

Combine butter, 1/4 cup water and syrup in a small saucepan over low heat. Stir until smooth. Add butter mixture to oat mixture. Stir until combined.

Step 3

Roll level tablespoons of mixture into balls. Place 5cm apart, on prepared trays. Flatten. Bake for 12 to 15 minutes or until golden. Loosen biscuits on trays whilst still warm. Cool on trays. Serve.



FITCare Fun Fact Sheet

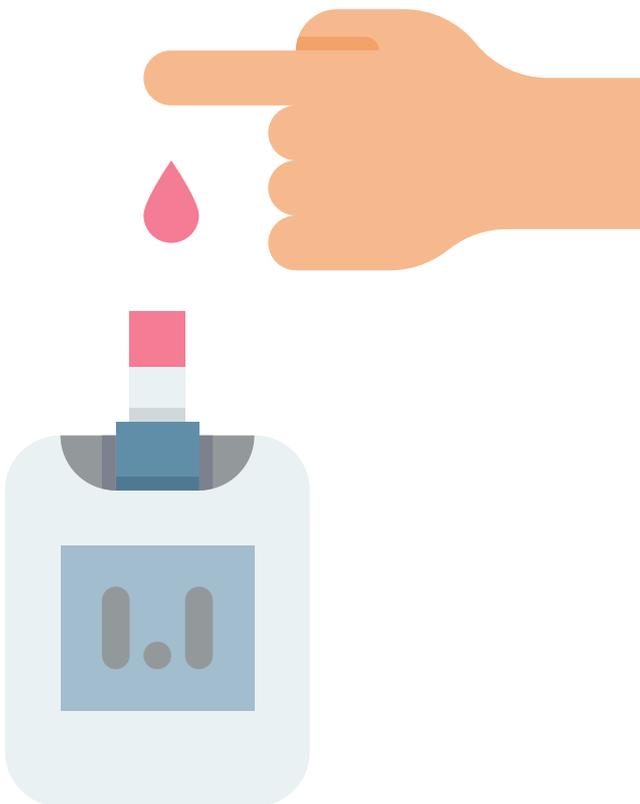
Diabetes

Diabetes what is it?

Diabetes is simply known as an endocrine disease characterized by sustained high blood sugar levels. Diabetes is due to either the pancreas not producing enough insulin, or the cells of the body becoming unresponsive to the hormone's effects.

Type 1 Presents abruptly following a pre-clinical phase.

Type 2 has a more insidious onset patients may remain asymptomatic for many years.



Symptoms

- Always Tired
- Always Hungry
- Blurry Vision
- Always Thirsty
- Numbness or Tingling in hands or feet
- Systemic weight loss
- Frequent urination

Prevention

- Exercise
- Avoid Smoking, Sugar, and Trans Fats
- See A Doctor Regularly
- Keep Record of Your Weight
- Watch food intake

**FOR MORE INFORMATION
CONTACT DIABETES AUSTRALIA**

PH: 1800 177 055

[HTTPS://WWW.DIABETESAUSTRALIA.COM.AU/](https://www.diabetesaustralia.com.au/)

Honeybee

WELLNESS RETREAT

10:30am

Every other Friday

**CANDLE MAKING
SCREEN PRINTING
KEY CHAIN MAKING
& SO MUCH MORE**

3-4 hours of creative fun

Only \$15

(includes tea, coffee & full access to the property)

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CREATIVE ARTS WORKSHOP



Honeybee Wellness Retreat invites individuals of all ages and abilities to live, work and play in our beautiful, accessible inclusive community.

www.honeybeewellnessretreat.com.au



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