

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 THE MONTH

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.



Testimonial from Krista

What captures your interest in pursuing a career at FITCare?

The foundation that FITCare brings, by far, captures my interest in pursuing an ongoing career at FITCare. The mission to make a difference in someone's life, to reach someone's goals, support staff & management who have a passion for health and well-being, the thorough efforts in the background to piece everything together. I have never worked for such an integrated company; we are a family here and we are all so proud of what we do.

Is recommending FITCare to your loved ones something you believe to be worth doing?

Absolutely. Without being biased, I know how FITCare operates in the background, but I also have been in the field of work for 14 years. I have worked for 3 different companies in the past, but the groundwork being done at FITCare to ensure the best support services to an individual is outstanding- It's genuine, valuable, and an overall positive experience. I know that my loved one would be well taken care of by the liaison officers & the amazing support workers.



“ A typical workday in the office, starts with conversing with my colleagues for a quick catch up (we're a great team that get along well!) we all like to create good energy before a busy day – a good music playlist and coffee always helps too. What I do, is ensure that I have organized the best support service for each individual I liaison. For example, I match make! I match up our support staff that best suits the participant & vice versa, and I also structure the support day to align with the participants goals.”

1 REFER

Intake; where FITCare want to hear about you and arrange a meet and greet.



2 MEET AND GREET

Meet and Greet, where one of our Participant Liaison Officers (PLO), will meet with you to arrange how you would like your services to look and sign a service agreement.

3 FOLLOW UP

Our PLO will email you, and your network a follow up email to clarify all details and topics discussed in the meet and greet.



4 BUILD

Our PLO will formulate a team of our trained support workers to fit what you need and want.



5 BEGIN SERVICES

Your PLO will arrange with you when your services will start and have one of your team begin services.

Self Care

FITCare Fun Fact Sheet

Why Is Self-Care Important?

Practicing self-care regularly can bring about both short- and long-term benefits that lead to improved well-being and an improved health status.

Benefits

In the short term:

- Reduced stress levels
- Increasing self-worth

Some long-term benefits include:

- Managing chronic conditions
- Disease prevention
- Stress reduction
- Healthier relationships
- Improved job satisfaction
- Reduced burnout
- Improved quality of life



Types of Self Care

Physical

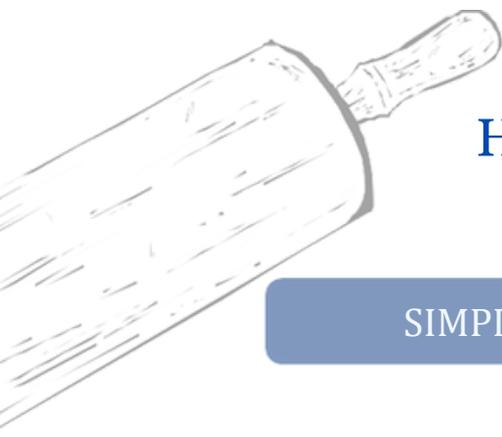
- Getting enough sleep
- Getting regular medical and dental care
- Getting the proper amount of exercise
- Eating regular, well-balanced meals that are mostly whole foods and staying hydrated

Relationships

- Regularly scheduling get-togethers (coffee, a walk, a meal, going to the movies, or just hanging out) with friends or family members
- Connecting with community groups
- Volunteering for a local organisation

Mental

- Participate in creative activities you enjoy.
- Read a book or do a puzzle.
- Play games such as Scrabble, crossword puzzles, or other brain teasers.
- Try a new hobby.



Healthy Banana Pancakes



SIMPLE RECIPE

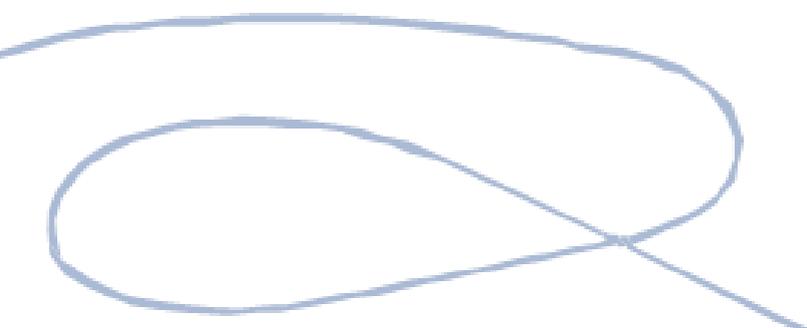
Ingredients

for 4 servings

- 2 ripe bananas
- 2 eggs
- 1 teaspoon vanilla extract
- ½ cup quick-cook oats(70 g)
- 1 teaspoon cinnamon

Steps

1. Mash bananas in a large bowl until smooth. Mix in eggs and vanilla until well combined, then mix in oats and cinnamon.
2. Heat a skillet to medium and add in a scoop* of the pancake batter. Smooth out to form an even layer. Cook for about 2-3 minutes until you start to see bubbles releasing from the top of the batter. Flip and cook until the other side is golden brown, about 1-2 minutes.
3. Garnish your pancakes with your favorite toppings! We used banana slices, chopped walnuts & maple syrup.
4. *Note: Use ½ cup (65) for scooping the batter to yield 4 thicker pancakes; Use ⅓ cup (40 g) to yield 6 smaller pancakes.
5. Enjoy!



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)

Call **0481 230 866**



CREATIVE ARTS WORKSHOP



We ♥
ndis

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



CONTACT INFORMATION

 fitcaresupportservices.com.au

 info@fitcaresupportservices.com.au

 +61 1300 348 227

 Suite 10, 102 Wisers
Road, Maroochydore,
QLD, 4558, Australia

 [fitcare.supportservices](https://www.instagram.com/fitcare.supportservices)

 FITCARE Support Services

 [FitcareSupport Services](https://www.youtube.com/FitcareSupportServices)



FIT *Care*
SUPPORT SERVICES