

Focus Support Services Pty Ltd

CAR DETAILING

At 82 Schotters Road, Mernda

Monday 9th December

Have your car detailed, inside and out!

Only \$25 for a car

Only \$35 for an SUV

No need to book – just drive on up!



GET TO KNOW OUR STAFF

Name: James

Hobbies: Gym and going for hikes with friends

Nationality:
Italian/Australian

Family: 1 younger brother and 1 older sister

Pets: None

I could become famous for: My rapping skills

Last book I read: Fight Club by Chuck Palahniuk

Childhood pastime: Holiday house in Angelsea

Favourite movie star: Sylvester Stallone

Strangest food I've eaten: Kangaroo

Secret talent: I can say any word backwards

Favourite dessert: Strawberry Cheesecake

Favourite holiday destination: Santorini, Greece

I will always dance to: Venga Bus by Vengaboys

I relax by: Going for runs



UPCOMING EVENTS

22/11 – 29/12	Santa's Magical Kingdom
29/11 – 01/12	Everything Cake Bake and Sweets
30/11	Frankston's Xmas Festival of Lights
01/12	FEST-able
03/12	International Day of People with Disability – Free Bowling Event
08/12	The Wiggles Concert
14/12	FSS Christmas Party in the West
14/12	Melbourne Victory V Wellington Phoenix
20/12	FSS Christmas Party at Schotters
21/12	Melbourne Victory V Melb City FC
24/12	Vision Aust. – Carols by Candlelight
25/12	Christmas Day
26/12	Boxing Day - Cricket Test Match
31/12	New Years Eve!
04/01	House Party in the West
05/01	Melbourne Victory V Newcastle Jets
11/01-14/01	Nepean Country Club – Girls' Getaway
15/01-18/01	Nepean Country Club – Guys' Getaway
18/01	House Party in the West
24/01	Melbourne Victory V Sydney FC

THANK YOU!

As we head into the end of 2019, we would like to extend a **HUGE thank you** to every single person who is a part of the **FOCUS SUPPORT SERVICES** community.

We wouldn't be able to do what we do without your support.

We wish you a Merry Christmas and a Happy New Year!



Stay safe over the break and we can't wait to continue our services next year.



EVERYBODY IS WELCOME



Friday 20th December

11.00am to 2.00pm

82 Schotters Road, Mernda

*All guests
enter a raffle
to win a
prize*



*RSVP by
10th December
for catering
purposes*



Christmas Party in the West

5.30 PM TO 10.30 PM

Enjoy a BBQ and some mocktails!

Dress up in your favourite Christmas gear.

Best dressed will win a prize!

We can pick you up,
drop you off, or
you can even sleep over.



SWIMMING

Laps and stroke correction
or **Learn to Swim**

Every Thursday
Night from 6pm



BIKE CLUB

Learn to Ride

Every Wednesday
in Kealba



*Any questions? You can discuss the above
activities with Cheryle or Damian.*

SLEEPOVERS

Sleep over in Keilor any night
in December or January. zzz

Includes healthy meals and activities,
such as swimming, gym or Bounce
trampoline park.

NOVEMBER CRUISE

The February Royal Caribbean cruise
positions are all booked and **SOLD OUT!**

Our participants are counting down the
days until their holiday begins.

Our next cruise will be in November 2020.

There will only be 10 positions available on
this cruise, so please be quick to secure
your booking.

If you want to come along, make your
interest known to Damian.

Do you know we can tailor a holiday to suit
you? Where would you like to go?





**1st and 3rd Saturday
of every month**



Cost:

\$20 per head to cover the cost
of food

Options available:

- 1 - Make your own way there
 - 2 - We provide pick ups
and/or drop offs
- or**
- 3 - Have a sleep over

2020

Mark these dates in your
calendar and don't forget
to book yourself in!

**January 4th
January 18th**

**February 1st
February 15th**

**March 7th
March 21st**

**April 4th
April 18th**

**May 2nd
May 16th**

**June 6th
June 20th**

**July 4th
July 18th**

**August 1st
August 15th**

**September 5th
September 19th**

**October 3rd
October 17th**

**November 7th
November 21st**

**December 5th
December 19th**

Q & A

I am interested in joining up to use your services. How do I begin?

Call Damian to setup a time to meet and discuss your needs. We can give you a **tour** of our Daily Living Centre at Schotters Road, Mernda and talk you through the supports and services that we offer (tour is optional).



Receive a copy of our **'Welcome Pack,'** including all of the information you will need.



Fill out a copy of our **Personal Details Form** so that we can get to know you.

Personal Details	
[Data Personal Details Completed (dd/mm/yyyy):]	
Given Name(s)	Family Name
Preferred Name if applicable:	
Date of Birth:	Gender: <input type="checkbox"/> M <input type="checkbox"/> F <input type="checkbox"/> Other
Address:	
Suburb:	State: Postcode:
Postal Address (if different to above):	
Tel/Mob:	Email:
Current Living Arrangements:	
<input type="checkbox"/> Independently	<input type="checkbox"/> Supported accommodation
<input type="checkbox"/> With family	<input type="checkbox"/> With a carer
<input type="checkbox"/> Other (specify):	

Provide us with a copy of your **NDIS Goals** from your current plan.



We will give you a **Service Agreement** to read, sign and return to us.



You are ready to begin receiving support!!

FOCUS ON COOKING



Traditional Christmas Gingerbread

- 150 grams of butter
- ½ cup of golden syrup
- ½ cup of brown sugar
- 1 teaspoon of bicarbonate soda
 - 3 cups of plain flour
- 1 tablespoon of ground ginger
- 1 teaspoon of ground cinnamon
 - ½ teaspoon nutmeg
- ½ teaspoon ground cloves
- ½ teaspoon baking powder
- 1 egg, lightly whisked

1 – Preheat oven to 180°C.

2 – Line 2 trays with baking paper.

3 – Place butter, golden syrup and sugar in a saucepan over medium heat. Cook until sugar dissolves. Bring to the boil and then remove from the heat.

4 – Add bicarbonate soda to the saucepan. Set aside to cool down.

5 – Sift flour, ginger, cinnamon, nutmeg, cloves and baking powder over the butter mixture.

6 – Add egg and stir until combined.

7 – Place onto a floured surface and knead until smooth.

8 – Using a rolling pin, roll the dough out until it is about 5mm thick.

9 – Cut shapes from the dough and place on the tray.

10 – Bake for about 8 minutes.

You can eat these cookies once they are cool; otherwise have even more fun decorating them!

WHAT HAVE WE BEEN UP TO?

These guys enjoyed
their day out at the
Soccer.

>>>>>



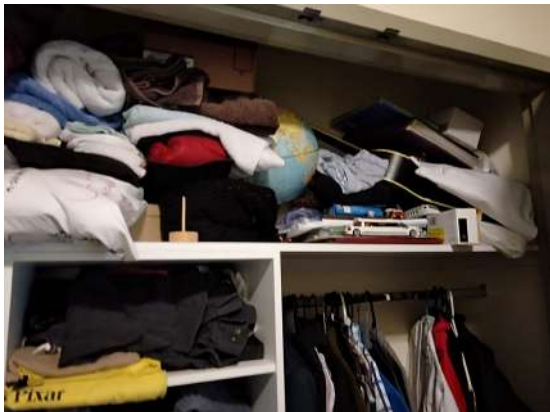
We have been
supporting
participants to
organise their living
spaces.

Before

<<<<<

After

>>>>>



Our House Parties in the West have been popular. Participants have been practising their cooking skills, eating healthy food and laughing in each other's company.

- 1) Meghan and Lynna cutting Parsley
- 2) Andrew showing Tony his karate moves
- 3) A group of participants hanging out while preparing their dinner



UPCOMING EVENTS

All bookings are to be made through the Booking Page on our website.

Moonlight Cinemas: Ride Like a Girl

PRE-BOOK
NOW

5th December



One Night in Lebanon Dinner and Show

PRE-BOOK
NOW

7th December



Carols in Queens Park Moonee Ponds

7th December



The Wiggles Concert

PRE-BOOK
NOW

8th December



Christmas Lights at Night

12th December



Carols by Candlelight South Morang

13th December



Christmas Party in the West

14th December

PRE-BOOK
NOW



Christmas Party at Schotters

PRE-BOOK
NOW

20th December



Carlton Christmas Cinema

21st December





International Day of People with Disability

This year to celebrate International Day of People with Disability, we will be supporting participants to attend FEST-able on Sunday, 1st December at Crown Street, Flemington.

The FREE event is on from 12pm to 5pm.

If you would like support to attend, please use our website to book yourself in.

- Art exhibition
- Live performance - The Hacketts
- Market stalls
- Carer's pamper corner
- Massages and pampering
- Silent disco
- Inclusive sports
- Sensory tent
- Quiet story time
- Face painting & Magician
- Arts and gardening workshops
- FREE sausage sizzle and ice-creams!



ZONE BOWLING



Zone Bowling venues are supporting International Day of People with a Disability with free bowling for people with a disability and their carers!

Join in on the **FREE** fun on Tuesday
3rd December between 10am & 3pm.

WEEKNIGHTS

Tuesday 3rd December, 2019	Movies and Dinner at Highpoint 4pm onwards Extra cost: Approx. \$18 + Cost of dinner		
Wednesday 4th December, 2019	Bowling and Dinner – EVERY WEDNESDAY NIGHT! 4pm onwards. Bring socks and money.		
Thursday 5th December, 2019	Moonlight Cinemas: Ride Like a Girl 4pm onwards Extra cost: Approx. \$30 + Cost of dinner		
Tuesday 10th December, 2019	Go Karting and Dinner 4pm onwards Extra cost: Approx. \$30 + Cost of dinner Bring: If you have previously attended bring, your Go Kart Licence, otherwise it will cost an extra \$10		
Wednesday 11th December, 2019	Bowling and Dinner – EVERY WEDNESDAY NIGHT! 4pm onwards. Bring socks and money.		
Thursday 12th December, 2019	Christmas Lights at Night See one of Melbourne’s biggest and brightest Christmas Lights displays in Ivanhoe East. 6pm onwards Extra cost: Free!		
Friday 13th December, 2019	Latitude – Final Lights Out 6.00pm onwards Extra cost: \$25 for 3 hours of thrills – includes entry, burger and drink	 	Carols by Candlelight – South Morang 5.00pm onwards Extra cost: Free! Bring: Picnic blanket
Tuesday 17th December, 2019	Movies and Dinner at Highpoint 4pm onwards Extra cost: Approx. \$18 + Cost of dinner		
Wednesday 18th December, 2019	Bowling and Dinner – EVERY WEDNESDAY NIGHT! 4pm onwards. Bring socks and money.		
Friday 20th December, 2019	Christmas Party at Schotters See page 2 for more details		 
<p>Please bring the following items to every activity: MYKI Card or Access Travel Pass, Concession Card, Companion Card, water bottle, money for entry/ticket costs, money for lunch or dinner – otherwise BYO lunch or dinner.</p>			

WEEKEND SESSIONS

Sunday 1st December, 2019	Fest-ABLE (See page 7 for more details) 10am to 5pm Extra cost: Free event!		
Saturday 7th December, 2019	Cooking at Schotters 9am to 4pm Extra cost: It's on us!		One Night in Lebanon – Dinner and Show 5pm onwards Extra cost: \$35.00
	Archery – Come n' Try Session + Lunch afterwards (Wear closed toe shoes) 9am to 4pm Extra cost: \$20 for archery + Cost of lunch		Carols in Queens Park – Moonee Ponds 4pm onwards Extra cost: Free event!
Sunday 8th December, 2019	Wiggles Concert 9am to 4pm Extra cost: \$36.90 + Cost of lunch		 
Saturday 14th December, 2019	Cooking at Schotters 9am to 4pm Extra cost: It's on us!		Christmas Party in the West 5.30pm to 10.30pm Extra cost: It's on us!
Sunday 15th December, 2019	Myer Christmas Windows (Includes travel training) 9am onwards Extra cost: Free!		 
Saturday 21st December, 2019	Cooking at Schotters 9am to 4pm Extra cost: It's on us!		Carlton Christmas Cinema – How the Grinch Stole Christmas + Dinner on Lygon Street 5pm to late Extra cost: Free movie + Cost of dinner
Sunday 22nd December, 2019	Fish and Chips on Altona Beach 10am to 4pm Extra cost: Cost of lunch		Village Cinemas + Pancake Parlour 10 to 4pm Extra cost: Cost of movie ticket as per Village website + Cost of Pancake Parlour order
Saturday 28th December, 2019	Cooking at Schotters 9am to 4pm Extra cost: It's on us!		Latitude Trampoline Park 9am to 3pm Extra cost: \$33 for 2 hours
Sunday 29th December, 2019	Trout Fishing at Yarrambat Lake 9am to 4pm Extra cost: Free!		Ride the Melbourne Star (includes travel training) 10am to 3pm Extra cost: Approx. \$25

Please bring the following items to every activity:












MYKI Card or Access Travel Pass, Concession Card, Companion Card, water bottle, money for entry/ticket costs, money for lunch or dinner – otherwise BYO lunch or dinner.

SCHOOL HOLIDAY PROGRAM

21ST DECEMBER 2019 TO 28TH JANUARY 2020

As a minimum, please bring the following items to every activity: MYKI Card or Access Travel Pass, Concession Card, Companion Card, water bottle, money for entry/ticket costs, money for lunch or dinner – otherwise BYO lunch or dinner, hat and sunscreen.	
Saturday 21st December, 2019	
See Weekend Sessions Cooking at Schotters	See Weekend Sessions Carlton Christmas Cinema
Sunday 22nd December, 2019	
See Weekend Sessions Fish and Chips on Altona Beach	See Weekend Sessions Village Cinemas + Pancake Parlour
Monday 23rd December, 2019	
Christmas Craft Day 10am to 3pm Extra cost: It's on us!	 Watermarc Swimming Pools 10am to 4pm Extra cost: Casual Swim \$6.30 or Casual Swim with Waterslide Access \$14.70
Billiard Competition and Pizza Day at Schotters 10am to 4pm Extra cost: It's on us!	
Tuesday 24th December, 2019	
Vision Australia's Carols By Candlelight 3pm to late Extra cost: Tickets start at \$47.90 depending on seat selection	 Dinner at Bridge Inn Pub + Doreen Christmas Lights + Christmas Movie at Schotters 4pm onwards Extra cost: Cost of dinner
Wednesday 25th December, 2019 (Christmas Day)	
<p style="color: red; text-align: center;">We extend a BIG thank you for all of your ongoing support this year!</p> <p style="color: red; text-align: center;">Stay safe over the Christmas period and we hope you enjoy the festive season with your family!</p> <p style="color: green; text-align: center;">If you would like some company on Christmas day, come to Schotters for lunch or dinner.</p>	
Thursday 26th December, 2019 (Boxing Day)	
Cricket - Boxing Day Test: Australia V New Zealand (includes travel training) 8am to 4pm Extra cost: Ticket prices vary	 Boxing Day Shopping 8am to 2pm Extra cost: Cost of purchases
Friday 27th December, 2019	
YMCA Sports Day including Volleyball, Football, Soccer and more 9am to 2pm Extra cost: Cost of purchases	 Gumbuya World 8am onwards Extra cost: \$49 for entry + Cost of lunch
Movies, Karaoke and/or Bowling and Lunch – (Let's decide on the day) 10am to 4pm Extra cost: Cost of chosen activity (approx. \$20) + Cost of lunch	
	

SCHOOL HOLIDAYS

Saturday 28 th December, 2019	
See Weekend Sessions Cooking at Schotters	See Weekend Sessions Latitude Trampoline Park
Sunday 29 th December, 2019	
See Weekend Sessions Trout Fishing at Yarrambat Lake	See Weekend Sessions Ride the Melbourne Star
Monday 30 th December, 2019	
BBQ at Yan Yean Reservoir Park + Cricket Game 10am to 4pm Extra cost: It's on us! 	Laser Tag at NRG Force + Lunch at 'That's Amore' 10am to 4pm Extra cost: \$15 for 4 games + Cost of lunch 
Tuesday 31 st December, 2019 (New Years Eve)	
New Years Eve – Mocktail / Cocktail Night! + NYE Fireworks at Footscray Park (Parents welcome too) 5pm onwards Extra cost: \$40 includes dinner, 1 mocktail, cocktail or glass of champagne per person 	End of Year Movie and Lunch at 'Tables of the Green' 10am to 4pm Extra cost: Cost of movie (as per Hoyts website) + Cost of lunch 
Wednesday 1 st January, 2020 (New Years Day)	
Sand Sculpture Festival at the NEW Boneo Discovery Park!! 8am to 5pm Extra cost: \$15 entry 	Free choice of activity for participants who may want support on this Public Holiday
Thursday 2 nd January, 2020	
IMAX + Lunch on Lygon Street (includes travel training) 10am to 4pm Extra cost: Approx. \$15 for concession entry 	Adventure Mini Golf and Lunch 10am to 4pm Extra cost: \$14 for 18 holes + Cost of lunch 
Friday 3 rd January, 2020	
Cooking at Schotters 9am to 4pm Extra cost: It's on us! 	Melbourne Museum and Carlton Gardens (includes travel training) 9am to 4pm Extra cost: Free entry for concession and children 
Saturday 4 th January, 2020	
Cooking at Schotters 9am to 4pm Extra cost: It's on us! 	House Party in the West 5pm onwards Extra cost: \$20 

SCHOOL HOLIDAYS

Sunday 5 th January, 2020	
Elwood Beach 9am to 4pm Extra cost: Cost of lunch	
Monday 6 th January, 2020	
Picnic at Westerfolds Park 9am to 3pm Extra cost: \$5.00 for picnic food purchases	
Eastern Beach Geelong (Bring your swimming gear) 9am to 4pm Extra cost: Cost of lunch	
Tuesday 7 th January, 2020	
Old Melbourne Gaol (includes travel training) 10am to 4pm Extra cost: \$23 concession entry	
Village Cinemas + Pancake Parlour 10am to 4pm Extra cost: Cost of movie ticket as per Village website + Cost of Pancake Parlour order	
Wednesday 8 th January, 2020	
Escape the Heat by Ice Skating at Ice HQ 10am to 4pm Extra cost: \$22 with skate hire	
Queen Victoria Summer Night Market (includes travel training) 4pm onwards Extra cost: Cost of dinner	
Thursday 9 th January, 2020	
National Gallery of Victoria + Lunch in CBD (includes travel training) 9am to 4pm Extra cost: Free entry! + Cost of lunch	
European Bier Café – Comedy Night 5pm onwards Extra cost: \$13 comedy show + Cost of dinner	
Friday 10 th January, 2020	
Day trip to Torquay 9am to 5pm Extra cost: Cost of lunch	
Melbourne Zoo 9am to 5pm Extra cost: \$29 concession entry	
Saturday 11 th January, 2020	
Cooking at Schotters 9am to 4pm Extra cost: It's on us!	
Yum Cha at Dragon Boat + Explore Melbourne (includes travel training) 10am to 4pm Extra cost: Cost of lunch	
Sunday 12 th January, 2020	
Werribee Open Range Zoo 9am to 5pm Extra cost: \$29 concession entry	

SCHOOL HOLIDAYS

Monday 13 th January, 2020		
Funfields 9.30am to 4pm Extra cost: \$49.50 entry + Cost of lunch		City Self-Guided Walking Tour – BYO Camera (includes travel training) 10am to 4pm Extra cost: Free!
Tuesday 14 th January, 2020		
Puffing Billy 8am to 4pm Extra cost: \$48.00 for a return train ticket + Cost of lunch		Inflatable World Oz + Lunch 9am to 4pm Extra cost: \$17.00
Wednesday 15 th January, 2020		
Morning Melodies – Elvis Tribute Show (Eltham Hotel) 9am to 3pm Extra Cost: \$16 for scones, two-course lunch and show		South Melbourne Night Market (includes travel training) 2pm onwards Extra Cost: Free!
Thursday 16 th January, 2020		
Morning Melodies – Early Rock Legends – Moonee Ponds Club 10am to 4pm Extra Cost: \$17 for lunch and show		Film at Astor Theatre: Ford V Ferrari + Dinner in St Kilda 4.00pm to 11.00pm Extra cost: \$15 + Cost of dinner
Friday 17 th January, 2020		
Luna Park + Dinner in St Kilda 12pm to 8pm Extra cost: \$49.95 unlimited ride ticket or \$10.95 per ride + Cost of dinner		Movie Marathon at Schotters 10am to 4pm Extra cost: Free!
Saturday 18 th January, 2020		
Cooking at Schotters 9am to 4pm Extra cost: It's on us!		House Party in the West 5pm onwards Extra cost: \$20
Sunday 19 th January, 2020		
Australian Open Tennis – Girls Day Out concert (includes travel training) 11am onwards Extra cost: Approx. \$20 + Cost of lunch		Kokoda Track Memorial Walk 9am to 4pm Extra cost: Free!
Monday 20 th January, 2020		
Australian Open Tennis (includes travel training) Day session: 9am onwards Night session: 5pm onwards Extra cost: Approx. \$85.00 (dependent on seat availability) + Cost of lunch/dinner WE CAN SUPPORT YOU TO ATTEND THE TENNIS ON ANY OTHER DAY TOO		Escape the Heat at Ice Bar Melbourne + Lunch in CBD (includes travel training) 10am to 4pm Extra cost: \$40 includes snow gear, mocktail and JPEG photo

SCHOOL HOLIDAYS

Tuesday 21 st January, 2020	
Altona Beach Market + Fishing off the Pier 9am to 4pm Extra cost: Cost of lunch 	Caribbean Market (Including Jungle Safari and Train) 10am to 5pm Extra cost: \$2.50 entry to market + \$7 for jungle safari + \$7 for train + Cost of lunch 
Wednesday 22 nd January, 2020	
Moonlight Cinemas: Like a Boss + Dinner out 4pm to late Extra cost: \$21.50 per ticket + Cost of dinner  	Queen Victoria Summer Night Market (includes travel training) 4pm onwards Extra cost: Cost of dinner 
Thursday 23 rd January, 2020	
Eastern Beach Geelong (Bring your swimming gear) 9am to 4pm Extra cost: Cost of lunch 	Living Legends – Visit the Horses 9am to 3pm Extra cost: \$10 entry + Cost of lunch 
Friday 24 th January, 2020	
Spend the Day in Docklands (includes travel training) 10am to 4pm Extra Cost: Cost of any activities you choose 	Bundoora Animal Farm 9am to 3pm Extra cost: \$7.20 
Saturday 25 th January, 2020	
Cooking at Schotters 9am to 4pm Extra cost: It's on us! 	Come From Away – Musical + Lunch in CBD 12pm to 6pm Extra cost: Approx. \$89 depending on seat selection  
Sunday 26 th January, 2020 (Australia Day)	
Australia Day Parade – Swanston Street (includes travel training) 9am to 4pm Extra cost: Free event! 	Australia Day BBQ – Schotters + Local Australia Day Fireworks 3pm onwards Extra cost: It's on us!  
Monday 27 th January, 2020	
Yarra Valley Chocolaterie 10am to 4pm Extra cost: Free! 	Movie and Lunch at 'Tables of the Green' 10am to 4pm Extra cost: Cost of movie (as per Hoyts website) + Cost of lunch 
Tuesday 28 th January, 2020	
Fairfield Boathouse and Tea Gardens 10am to 4pm Extra cost: Cost of lunch 	Scienceworks 9am to 4pm Extra cost: Free entry + Cost of lunch 