

Focus Support Services Pty Ltd

SOCIAL MEDIA NEWS

Have you heard the emoji news?
This year there will be a new release of emojis introducing icons for:

deaf people,
blind people,



people in wheelchairs,



and people with prosthetic limbs.



Many people have fun using emojis to communicate, so the release of these emojis will mean a more inclusive society for everyone.

GET TO KNOW OUR STAFF

Name: Rose

Hobbies: Baking and Shopping

Nationality: Italian

Pets: My dog Sparky

Family: My husband Anthony, 2 daughters Isabella and Bianca

I could become

famous for: Baking

Childhood pastimes: Riding my bike

Strangest food I've eaten: Kangaroo

My secret talent: Creating invites

Favourite holiday destination: Italy

Favourite movie star: Jason Statham

Favourite dessert: Sticky Date Pudding

I love dancing to: Dance With Me by 112



UPCOMING EVENTS

01/03 – 03/03	Australian International Air Show
08/03 – 09/03	Moomba Camping Trip
08/03 – 11/03	Moomba Festival
10/03	Donut Festival – Albert Park
11/03	Moomba Parade
14/03 – 17/03	Formula 1 Australian Grand Prix
17/03	Whittlesea Community Festival
21/03	Round 1 – AFL 2019 Premiership
25/03 – 02/04	FSS Holiday - <i>Carnival Cruise</i>
27/03 – 31/03	Melb. Int. Flower & Garden Show

GOOD LUCK

Andrew Bascetta, our tennis-playing participant, will be off to Abu Dhabi next week to represent Australia in the tennis at the Special Olympics World Games. We wish you all the best!



MOOMBA CAMPING

The Moomba-weekend camping trip is going ahead!

We will be heading to the campsite for a one-night stay on Friday the 8th of March. You can get involved in setting up tents, fishing, swimming, cooking dinner, taking a night time walk to see the wildlife, roasting marshmallows on the fire and end the night by singing some campfire songs.

If you are interested in camping with us, let Damian know ASAP.



WHAT HAVE WE BEEN UP TO?

Everyone is enjoying our Weekend Sessions. We kicked off our first session in February with a game of Bowling. Patricia came first and was very proud to show us



The next weekend was a visit to the Aquarium where we were kept amused by the penguins and reptiles. We spent a lot of time with the two types of penguins and learnt a lot about them. Salih was given a fright when he saw a big crocodile creeping up on him...behind the glass, thankfully!



FOCUS ON COOKING



Spaghetti Bolognese

- 1 tbsp. olive oil
- 1 x brown onion - chopped
- 1 x carrot – peeled/chopped
- 1 x celery stick – chopped
- 2 x garlic cloves – crushed
 - 500gms beef mince
 - 1/3 cup tomato paste
- 2 x 400gm cans of diced tomatoes
- 1 teaspoon oregano leaves
 - ½ cup of water
 - 500gms spaghetti

1 – Heat oil in a frying pan. Cook onion, carrot, celery and garlic until soft.
2 – Add mince and cook until browned. Break it up with a wooden spoon.
3 – Add tomato paste, canned tomatoes, oregano and water. Once the sauce begins boiling, reduce the heat to low and simmer for about 30 minutes. Season with salt and pepper.
4 – Cook the spaghetti in salted, boiling water until tender.
5 – Drain the pasta and mix it through the sauce.
6 – Garnish with fresh basil leaves and parmesan (optional) and enjoy!

Spaghetti Bolognese is a favourite in our household. We serve it with shaved parmesan!

What veggies do you normally add to your Bolognese sauce?

Q & A

I have heard there is an updated Price Guide as of 1st February, 2019. Will this affect me?

The NDIA has updated price control arrangements for providers delivering one-to-one self-care, and access to community, social and recreational facilities for participants with complex needs. Two levels of pricing have now been replaced with three levels:

- Level 1 – for standard supports
- Level 2 – for high intensity supports
- Level 3 – for very high intensity supports

For more information about the new three level pricing system, including how this affects funding in plans, service bookings and other Q&As, visit the page: *Price control arrangements for participants with complex needs*, on the NDIS website.



RUBBISH REMOVAL

Cardboard boxes, old furniture, garden waste, old appliances, estate cleanouts, general clutter, scrap metal... the list goes on.



You won't need to lift a finger, other than to point to the rubbish that you want removed.

We can even use your council rates notice to save you on tipping fees.

EMPLOYMENT

Our team of Supported Employees is growing. We now have 15 employees, working various jobs. Recently we have been adding to their skillset of cleaning gutters, drains and even overgrown vines.

Check out this before and after shot.

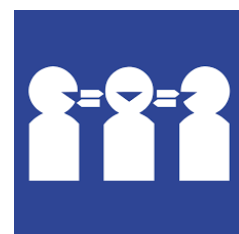
Now the sun can shine through!



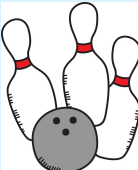



Please continue to support our employees by booking us in to do a job for you. We offer reasonably priced car washing, gardening, grounds maintenance, rubbish removal and more. Is there something we can do for you?

INTERPRETING AND TRANSLATING

If you, or someone you know, could benefit from using a translator to help with NDIS related documents, or an interpreter to assist you over the phone or in a meeting, please let us know. We offer translating and interpreting services to our participants and their families.



TUESDAY NIGHTS

Tuesday 12 th March, 2019	Bowling and Dinner Time: 4pm onwards Extra cost: Cost of Bowling Game + Dinner Bring: Concession Card, Companion Card and money	 
Tuesday 26 th March, 2019	Movies and Dinner Time: 4pm onwards Extra cost: Cost of Movie Ticket + Dinner Bring: Concession Card, Companion Card and money	 

WEEKEND SESSIONS

Saturday 2 nd March, 2019	Australian International Air Show - Geelong Time: 10am to 4pm Extra cost: \$55.00 Concession entry + cost of lunch Bring: Concession Card, Companion Card, hat, sunglasses and money for lunch and/or purchases. Wear sunscreen.	
Saturday 9 th March, 2019	Moomba Festival Includes travel training. Time: 9am to 5pm Extra cost: Cost of lunch and/or purchases Bring: MYKI card or Access Travel Card (if applicable), Concession Card, Companion Card, hat, sunglasses and money for lunch and/or purchases. Wear sunscreen.	
Saturday 16 th March, 2019 (Must pre-book)	Formula 1 Rolex Australian Grand Prix Includes travel training. Time: 10am to 4pm Extra cost: AusGP Park Pass \$58.00 Concession entry Bring: MYKI card or Access Travel Card (if applicable), Concession Card, Companion Card, hat, sunglasses and money for lunch and/or purchases. Wear sunscreen.	
Sunday 17 th March, 2019	Sky High Maze and Scones at Miss Marple's Tearoom Time: 10am to 4pm Extra cost: Approx. \$10.00 concession entry + Cost of food order Bring: Concession Card, Companion Card, hat, sunglasses and money for lunch and/or purchases. Wear sunscreen.	
Saturday 23 rd March, 2019 (Over 18 event)	Fried Rice and Schnitzels at Schotters Time: 10am – 4.00pm Extra cost: It's on us! Bring: Yourself!	
Saturday 30 th March, 2019	Scienceworks Time: 10am to 4pm Extra cost: Free entry for concession cardholders Bring: Concession Card, Companion Card, money for lunch and/or purchases.	