

Focus Support Services Pty Ltd

LEAVE US A REVIEW



If you're happy with the services and supports that we are providing to you, we would **LOVE** to hear from you!

The reviews that you write on our Facebook page will help others to make informed decisions.

If you'd prefer to write us an email, that would also be appreciated!

UPCOMING EVENTS

03/08	Essendon V Port Power
03/08	Melbourne V Richmond
04/08	Collingwood V Gold Coast Suns
04/08	Carlton V West Coast Eagles
10/08	Melbourne V Collingwood
10/08	Essendon V Western Bulldogs
11/08	Richmond V Carlton
16-18/08	Melbourne Home Show
17/08	Carlton V St Kilda
17/08	Storm V Raiders – AAMI Park
18/08	Richmond V Eagles
18/08	Hawthorn V Gold Coast Suns
22-24/08	White Night Melbourne 2019
23/08	Richmond V Brisbane Lions
24/08	Collingwood V Essendon
24/08	West. Bulldogs V Adelaide Crows

GET TO KNOW OUR STAFF

Name: Jag
Hobbies: Chess and watching movies
Nationality: Indian
Family: Beautiful wife and a son
I could become famous for: my honesty and hard work



Last book I read: Game of Thrones
Childhood pastime: Video gaming with friends
Favourite movie star: Denzel Washington and Morgan Freeman
Favourite Movie: The Prestige
Strangest food I've eaten: Crab
Favourite dessert: Baklava
Favourite holiday destination: Maldives
I will always dance to: The Lazy Song by Bruno Mars

BASKETBALL TEAM

We are still looking for a few more interested participants to join our Basketball team. Once we have filled numbers, we will be able to provide more details on location, time, etc.



SPRING CLEAN

Spring is nearly here...Do you need some assistance with a spring clean?
Need your gutters emptied, lawns mowed, trees pruned, rubbish removed or anything done at all?
Book us in NOW!



CAR WASH SPECIAL

Have you ever wondered what the bubbles on our logo represent?

Focus Support Services began as a small company with only a few supported employees providing car-washing services to the community.

To celebrate our growth we have a special price to offer you all...

Bring your car on **Monday 5th August** or **Monday 19th August** (between 9am and 2pm) to see our supported employees in action. Get your car washed, inside and out, for **just \$20!**

What a bargain!



SCHOOL HOLIDAY SUGGESTIONS

Do you have any suggestions for our October holiday program? We are looking for excursion ideas that our participants would be interested in! We are open to hear everyone's ideas.



CATALYST TRAINING

We have hit the ground running! 18 participants have commenced their Certificate I in Work Education with Catalyst Training at our Daily Living Centre. If you are interested in enrolling to complete this certificate, please make your interest known to us.

RESPITE CARE

Having a break or taking some time to relax can be good for both you and the person you care for. This is often called respite.

With Focus Support Services, you can access respite care for a few hours, a few days, or even longer. This can be in the form of a short getaway for the person you care for.

For more information on respite, or to find out what respite options may be available for you and the person you care for, please give us a call.



We are just about ready to send out our annual **Quality Assurance Standards Survey**. We kindly ask you to spend some time filling it out and sending it back to us.

It is in your best interest to provide us with feedback, as we will read every single survey that is returned to us. Feedback has helped us to continue improving the supports and services we provide to you.

We are after true and reliable data, therefore you will notice that our surveys do not have space to provide your name. This way all respondents can remain anonymous.

Q & A

What is a Companion Card and am I eligible for one?

A Companion Card promotes the rights of people with a disability, who require a carer, to fair ticketing at events and venues across the country.

The Companion Card is for people with significant permanent disability who can demonstrate that due to the impact of the disability they are unable to attend most community activities or events without attendant care, and that need is life-long.

Application forms can be found on the Companion Card website, otherwise ask Damian for a copy.

www.companioncard.org.au

If you need some help applying, we are always happy to support you.



NEW NDIS RATES

On 1st July, 2019, the new NDIS Price Guide and Support Catalogue came into effect with many maximum prices updated.
All NDIS plans have also been indexed to reflect the CPI increases.



FOCUS ON COOKING



Apple Turnovers

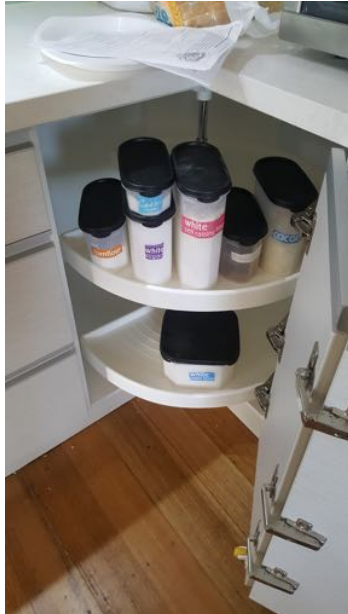
- 4 apples
- 2 tablespoons of butter
- 1 cup of brown sugar
- 1 teaspoon of ground cinnamon
- 1 tablespoon of cornflour
- 1 tablespoon water
- 1 package of frozen puff pastry sheets

- 1 – Preheat the oven to 200°C
- 2 - Peel, core and slice the apples.
- 3 - Melt the butter in a large pot over medium heat.
- 4 - Add the apples to the pot and cook for about 2 minutes.
- 5 - Add brown sugar and cinnamon and cook for another 2 minutes.
- 6 - Stir the cornflour with the tablespoon of water. Pour this mixture into the pot and mix well, cooking for a further minute.
- 7 - Remove the pot of apples from the heat to cool slightly.
- 8 – Separate the sheets of puff pastry and cut each sheet into 4 smaller squares.
- 9 – Spoon apple mixture onto the centre of each small square. Fold over from corner to corner to create a triangle and press edges together with a fork to seal.
- 10 – Place turnovers onto a baking tray and bake for 25 minutes.

These apple turnovers are delicious, yet so easy to make. They taste even better when served with vanilla ice cream!

WHAT HAVE WE BEEN UP TO?

We have spent some time working together to organise our pantry to label our ingredients for cooking classes.



Matt and Kevin enjoying some time together at the Melbourne Zoo (photos above)



Our day trip to the snow was cancelled due to dangerous and unpredictable weather conditions on the mountain. Our participants were quite disappointed that they didn't get to see the snow, but we needed to put the safety of everyone first. If anyone is still interested in attending the snow, on a safer day, please do let Damian know.

Instead, we spent the day in Phillip Island instead (photos below).



JULY SCHOOL HOLIDAY PROGRAM



MONSTER JAM

5th October



Call now to book your ticket!



Crusty Demons

12th October

Call now to book your ticket!

WEEKNIGHTS

Thursday 8th August, 2019	Dinner in Williamstown – Let's decide on a restaurant together 4pm onwards Extra cost: Cost of dinner		
Tuesday 13th August, 2019	Movies and Dinner 4pm onwards Extra cost: Cost of movie ticket and dinner		
Wednesday 21st August, 2019	Queen Victoria Night Market and Dinner at the market 4pm onwards Extra cost: Cost of dinner		
Thursday 22nd August, 2019	Witches in Britches Cabaret Show and Dinner 4pm onwards Extra cost: \$79 – includes 3-course dinner, two-hour live comedy show and entry into the dungeon disco.		
Tuesday 27th August, 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		
EVERY WEDNESDAY NIGHT	Bowling and Dinner 4pm onwards Extra cost: Cost of bowling and dinner Bring: Socks		

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.

WEEKEND SESSIONS

Saturday 3 rd August, 2019	Cooking at Schotters – Shepherd's Pie 9am to 4pm Extra cost: It's on us! 	IMAX – Hobbs and Shaw + Lunch beforehand 11am onwards Extra cost: \$26 movie ticket (concession price)
Sunday 4 th August, 2019	AFL – Collingwood V Gold Coast Suns 11am onwards Extra cost: Ticket prices vary 	AFL – Carlton V West Coast Eagles 1.00pm onwards Extra cost: Ticket prices vary 
Saturday 10 th August, 2019	Cooking at Schotters – Singapore Noodles 9am to 4pm Extra cost: It's on us! 	AFL – Essendon V Western Bulldogs 5.30pm onwards Extra cost: Ticket prices vary 
Sunday 11 th August, 2019	AFL – Richmond V Carlton 1.00pm onwards Extra cost: Ticket prices vary 	
Saturday 17 th August, 2019	Cooking at Schotters – Homemade Sausage Rolls 9am to 4pm Extra cost: It's on us! 	AFL – Carlton V St Kilda 11.30am onwards Extra cost: Ticket prices vary 
Saturday 24 th August, 2019	Cooking at Schotters – Homemade Spring Rolls 9am to 4pm Extra cost: It's on us! 	White Night Melbourne – includes travel training 5pm onwards Extra cost: Cost of dinner – otherwise BYO 
	AFL – Collingwood V Essendon 10.00am onwards Extra cost: Ticket prices vary 	
Saturday 31 st August, 2019	Cooking at Schotters – We will decide on the meal as a group 9am to 4pm Extra cost: It's on us! 	Race Night Dining @ TabCorp Park – includes admission and 3 course meal 4pm onwards Extra cost: \$45  
	Archery at Diamond Valley Archers + Lunch out (Wear closed toe shoes) 8am onwards Extra cost: \$20 for a 2 hour session of archery + Cost of lunch  	
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