

# Focus Support Services Pty Ltd

## WE NEED YOU!

Firstly, we would like to thank Kosta, our client services representative, for his commitment to being a Board Member and his monthly contributions.

We are looking for someone who:

- is a current participant of ours
- takes pride in making a difference
- enjoys having a say
- is sociable, and
- can commit to a monthly meeting



If you believe you are the best person for this role, then please send us an email describing why you are interested.

## GET TO KNOW OUR STAFF

**Name:** Jacob

**Hobbies:** Listening to music, watching the footy and going on outings with my family

**Nationality:** Australian

**Family:** My wife Melissa and my two sons Micah (6) and Korey (3)

**Pets:** My boxer called Ava

**I could become famous for:** My dad jokes

**Last book I read:** Jim Stynes – My Journey

**Childhood pastime:** Going to Dromana and watching the wrestling

**Secret Talent:** My football knowledge

**Favourite Movie:** The Castle

**Strangest food I've eaten:** Wasabi

**Favourite dessert:** Ice Cream

**Favourite holiday destination:** Gold Coast



## UPCOMING EVENTS

01/09	Father's Day
06/09	Seeing Eye Dogs – Foster Carer Info Night
07/09	Taste of Thomastown – Food Festival
10/09	Strike Bowling and Laser Tag
12/09 – 29/09	Melbourne Fringe Festival
14/09	Madfest Melbourne 2019
14/09 onwards	Tesselaar Tulip Festival
15/09	Full Moon Festival – Dandenong Market
20/09	Witches in Britches
21/09	White Night – Ballarat
21/09 – 01/10	Royal Melbourne Show
21/09 – 10/10	Dr Seuss Cat in a Hat – Live on Stage
22/09	African Festival Melbourne QVM
27/09	AFL Grand Final Friday and Parade
28/09	AFL Grand Final Day

### AFL Footy Festival 2019

Date and information not released yet

## NEW BOOKING FORM

Our website now includes a **NEW booking form!** Making a booking through our website will not only save you time, but also provides you with an alternative and easy-to-use method.

*Will you give it a go?*

### Activity Booking

Participant's Full Name\*

Please provide participant's full name

NDIS Number\*

Please provide participant's NDIS number for verification purposes

Activity Date\*

Please provide the date of support required. Format: 15 August 2019

Details of Support Required\*

Please provide details of support required

SEND MESSAGE

## BOWLING

Every Wednesday night is BOWLING night!  
 It always turns out to be a night full of competition, laughs, food and fun.  
 If you'd like to come along, please book in on our online booking form.

[www.focussupportservices.com.au](http://www.focussupportservices.com.au) ☆



## QUALITY SURVEY

If you are a participant of ours, you should have received a copy of our **Quality Assurance Standards Survey** in your email inbox (or mailbox).

We thank you in advance for taking the time to fill the survey out. Remember, the answers on your survey will be anonymous. There is no need to write your name on it.



## SCHOOL HOLIDAY SUGGESTIONS

There is still time to give us some ideas for our October school holiday program? We cater to you, so please give us your ideas.

## RESPITE CARE

Please see our current availability for respite in Mernda for Sept and Oct 2019. The dates do book in quite quickly, so if you would like to book us in for respite, please head to our online booking page ASAP.

SEPTEMBER 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 X	2 X	3 ✓	4 X	5 X	6 X	7 X
8 X	9 X	10 ✓	11 X	12 X	13 X	14 X
15 X	16 X	17 ✓	18 X	19 X	20 X	21 X
22 X	23 X	24 ✓	25 X	26 X	27 X	28 X
29 X	30 X					

OCTOBER 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	1 ✓	2 ✓	3 ✓	4 ✓	5 ✓
6 ✓	7 ✓	8 ✓	9 ✓	10 ✓	11 ✓	12 ✓
13 ✓	14 ✓	15 ✓	16 ✓	17 ✓	18 ✓	19 ✓
20 ✓	21 ✓	22 ✓	23 ✓	24 ✓	25 X	26 X
27 X	28 X	29 ✓	30 ✓	31 ✓		

**X** = No rooms available for respite

**✓** = Room available for respite

**\*\*Respite Care in Keilor will be available soon!\*\***



## Q & A

*I have heard about your upcoming camping trip, could you provide more information?*

***We are going camping again!***

**When:** Friday 25<sup>th</sup> October to Sunday 27<sup>th</sup> October

**Where:** Molesworth Recreation Reserve  
Caravan and Camping Park  
(Approx. 1 hour from Mernda)

**Who:** Anyone is welcome to attend, but please make sure you book in

### What to bring:

- Sleeping bag
- Sleeping mat/mattress
- Overnight bag of clothing
  - Snacks and drinks
  - Money for meals
- Any extra equipment, i.e. fishing rods, football, cricket set...



*(Tents will be provided)*

**Extra Cost:** Camping ground fee of approx. \$10 per night

### Camp activities:

- Campfire
- Fishing
- Walking
- Visiting the local town
  - Sightseeing
  - Card games
  - Group cooking,
  - and more...



***If you want to join in the fun, please book in no later than 30<sup>th</sup> September, 2019***

## FOCUS ON COOKING



### Creamy Spinach Cob Loaf

- 1 x Cob Loaf
- 250g of fresh spinach
- 300g sour cream
- 250g of cream cheese (softened)
- 40g of French onion soup mix

- 1 – Preheat the oven to 180°C and line an oven tray with baking paper.
- 2 – Cut the top of the cob loaf to make a lid and a large hole in the centre of the bread.
- 3 – Slice the remaining bread into smaller pieces, which will later be used as a dipping bread.
- 4 – Dry the spinach and place in a mixing bowl. Mix in the creamed cheese, sour cream, soup mix, salt and pepper.
- 5 – Spoon the mixture into the loaf and bake for 15 minutes or until crunchy and golden.
- 6 – Serve with your bread pieces, crackers and chopped vegetables of your choice.

*This is one of our favourites to take to a friend's house when they are hosting a social gathering. Why not try making it for an upcoming AFL Grand Final Day event!*



## WHAT HAVE WE BEEN UP TO?

This small group of participants regularly attend our cooking program. They have a lot of fun and have gained so many skills.

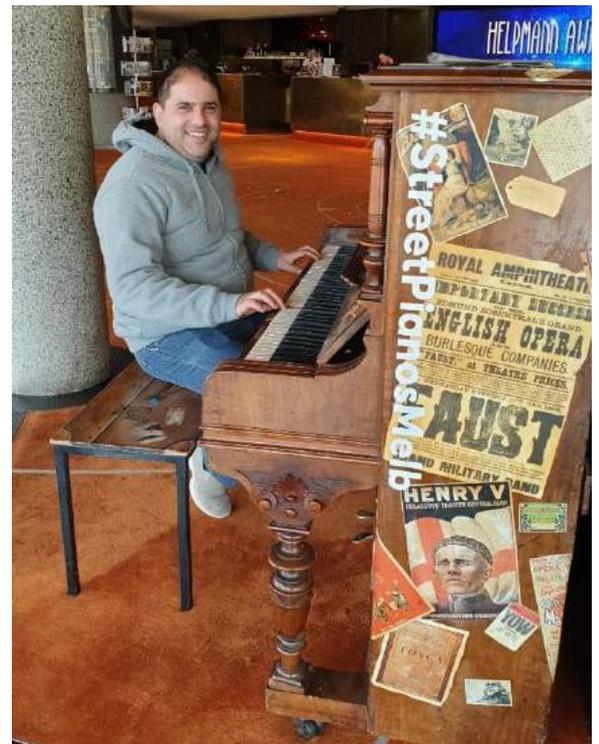


Our current groups involve cooking, swimming, art and craft or explore Melbourne. If you are interested in joining a regular group, or otherwise you have your own group idea, we would love to hear from you. We have availability for regular group activities on Mondays, Tuesdays, Thursdays and Fridays.



Andrew and Steven spending the day together in the city after being supported with travel training. (Photo above)

Salih stopping to play the piano while exploring Melbourne >>>



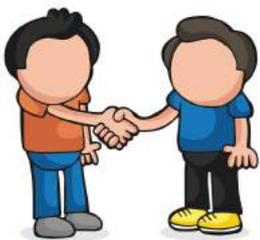
Our supported employees working hard to wash the cars of our local community! (Photo below)



## SUPPORTED EMPLOYMENT

If you have 'Finding and Keeping a Job' on your NDIS Plan and you are keen to begin working, we have some positions available.

Unlike other providers, we pay our employees a wage as we value their hard work.



*Call Damian to discuss your employment needs.*

## RE-AUDIT

We are beginning to prepare for our next audit, which is booked in to happen in the next few months.

Although we were audited not very long ago, since the changes from 1<sup>st</sup> of July, 2019, NDIS Commission requires us to be re-audited.

No doubt, it is a busy time for us, but it is very rewarding to hear all the things we are doing right and have some feedback about changes we need to make.

We can't wait to continue to show off our 5 ticks of accreditation.



DHSS



NSDS

### NEWS

# Meeting challenges head on

Teen, mum praise NDIS for support

**Courtney Beaumont**  
[courtney.beaumont@news.com.au](mailto:courtney.beaumont@news.com.au)

Ivanhoe teen Brayden Gill has cerebral palsy and autism, but is proud at being able to meet his challenges with some special support.

The 17-year-old's mum, Carmel Zammit, desperately needed help and turned to the National Disability Insurance Scheme in 2016.

"I needed a bit of a break. I haven't got any support and I was really struggling," Ms Zammit said.

The NDIS provided funding for support workers to manage Brayden's behaviour and help him engage in the community through basketball, cooking and going to the footy.

Brayden said his behavioural consultant, Alicia Bakker, was very supportive and taught him how to react appropriately.

"Before I would swear a lot, I would break my glasses and I felt like there was a really bad knot all over my body but now I'm really happy," Brayden said.

Ms Zammit said Ms



Brayden Gill

Bakker was like an angel. "She had the time and experience, she really understood Brayden's needs and was able to start putting things in place and also gave me the right tools to continue that," she said.

Ms Bakker worked with Brayden once a fortnight for the past 18 months and said he had changed remarkably.

"It's really important that this support is here, there's a lack of understanding and stigmas in the broader community," she said.

**Anyone who thinks they might be eligible to access the NDIS, phone NDIA on 1800 800 110.**

Brayden Gill, a participant of ours, has been recognised for the hard work he has put in to managing his behaviours. This has helped him to better engage in the community.

*Fantastic effort Brayden! We are proud of you!*

# UPCOMING EVENTS

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

## WITCHES IN BRITCHES

20<sup>th</sup> September



## Charlie and the Chocolate Factory

21<sup>st</sup> September



## ROYAL MELBOURNE SHOW

21<sup>st</sup> and 22<sup>nd</sup> September



## AFL GRAND FINAL PARTY

(at Schotters)

28<sup>th</sup> September



## MONSTER JAM

5<sup>th</sup> October



## Crusty Demons

12<sup>th</sup> October



## WWE LIVE

23<sup>rd</sup> October



## Arriba! Mexican Festival

26<sup>th</sup> October



## One Night in Turkey Dinner and Show

9<sup>th</sup> November



## AFL OPEN TRAINING DAYS

**4<sup>th</sup> September**

9am onwards  
Holden Centre Oval



**30<sup>th</sup> August**

8am onwards  
Punt Road Oval



**2<sup>nd</sup> September**

1.30pm onwards  
OR

**5<sup>th</sup> September**

8am onwards  
Vic Uni Whitten Oval

**WESTERN  
BULLDOGS**



**2<sup>nd</sup> September**

8.30am onwards  
Essendon FC



## STRIKE

**Laser Tag & Bowling**

**ONLY \$4.00** + Cost of Dinner

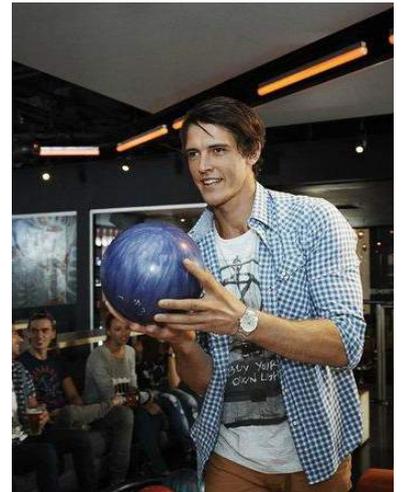
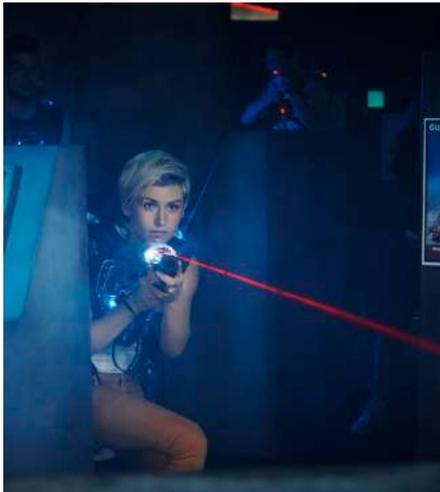
**Tuesday 10<sup>th</sup> September**

Meet us at 4.30pm  
at Strike Bowling Bar - Highpoint

Pick-ups available upon request

**You must make a booking on our  
website**

Limited places available! Book NOW!



## NEPEAN COUNTRY CLUB

**Spend Summer in Rye!**

**\$165 for 3 nights at the Nepean Country Club located just minutes from Rye!**

(This price is for accommodation only)

Limited places available – First in best dressed!

Bookings must be paid in full by mid-October, 2019

**Girls Getaway**

11<sup>th</sup> to 14<sup>th</sup> January 2020



**Guys Getaway**

15<sup>th</sup> to 18<sup>th</sup> January 2020





## A night full of:

- Dinner
- Music
- Chilling
- Chatting
- Laughing
- Life Skills
- Friendships



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

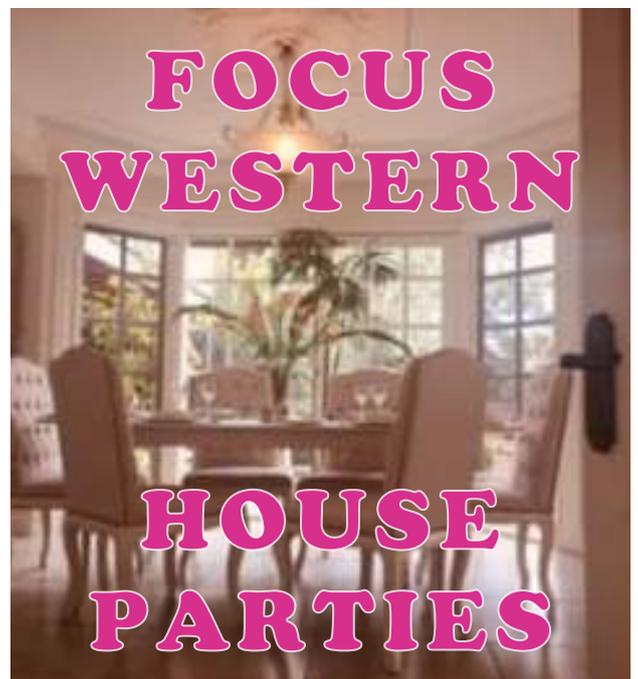
**August 31<sup>st</sup>**  
**September 14<sup>th</sup>**  
**October 19<sup>th</sup>**  
**November 2<sup>nd</sup>**  
**November 16<sup>th</sup>**  
**November 30<sup>th</sup>**  
**December 7<sup>th</sup>**  
**December 21<sup>st</sup>**

### Cost:

\$15 per head to cover the cost of food

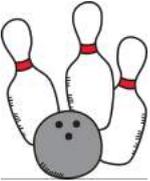
### Options available:

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



## FOCUS WESTERN - WEEKLY ACTIVITIES?

Are you free of a weeknight and looking to join into a social activity? Why not try out one of the activities below:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>“Bowling Mondays” at Highpoint 4.30pm</p> <p>Bowl in a team and even register in the Special Olympics</p> 	<p>“Movie Tuesdays” night at Highpoint 4.00pm</p> <p>Movies and Dinner (Fortnightly or weekly)</p> 	 <p>“Bike Club and Learn to Ride” in Kealba (COMING SOON) or “Bocce” in North Sunshine</p> 	<p>“Lap Lane Thursdays” in Essendon 7.00pm</p> <p>Enquire about Learn to Swim</p> 	<p>Exercise Program at Windy Hill (COMING SOON) 6.00pm</p> 	<p>Explore Melbourne 10.00am</p> <p>Includes Travel Training and Visiting Great Places around Melbourne</p> 

For more information about any of the above activities, please email Cheryle: [westernfss@gmail.com](mailto:westernfss@gmail.com)

## EXPRESSIONS OF INTEREST

### Footscray Community Arts Centre (FCAC)

Each Wednesday until 16<sup>th</sup> October, FCAC will be hosting Let's Dance sessions between 7pm and 8pm.



The cost of one session is \$16.00

The dance themes are:  
 11<sup>th</sup> and 18<sup>th</sup> September: Afrobeats  
 25<sup>th</sup> and 2<sup>nd</sup> October: Bollywood  
 9<sup>th</sup> and 16<sup>th</sup> October: Hip Hop

**The classes are open to all ages, levels and abilities.**

If this is something you are interested in, please enquire on the Booking Page on our website.

# CAMP OUT AT FOCUS WESTERN

3 day-2 night sleepover camp over the School Holidays  
 Including many activities, such as fitness, grooming/pampering, travel training to Melbourne CBD, visiting fun destinations in Melbourne, and a one-day excursion to Ballarat Wildlife Reserve (or similar, depending on decision by the group)

**Girls Camp**  
 30<sup>th</sup> Sept to 2<sup>nd</sup> Oct  
 and  
 7<sup>th</sup> Oct to 9<sup>th</sup> Oct

Limited places available – First in best dressed!

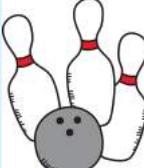
**Guys Camp**  
 3<sup>rd</sup> Oct to 5<sup>th</sup> Oct  
 and  
 10<sup>th</sup> Oct to 12<sup>th</sup> Oct

**Bookings Essential – to be made on our online booking form**

Please enquire with Damian or Cheryle for more information



## WEEKNIGHTS

<p><b>Thursday 5<sup>th</sup> September, 2019</b></p>	<p><b>Billiards at Q Room and Dinner</b>                      4pm onwards                      Extra cost: Approx. \$10 + Cost of dinner</p>		
<p><b>Thursday 12<sup>th</sup> September, 2019</b></p>	<p><b>Movies and Dinner</b>                      4pm onwards                      Extra cost: Approx. \$20 + Cost of dinner</p>		
<p><b>Wednesday 18<sup>th</sup> September, 2019</b></p>	<p><b>Queen Victoria Night Market</b>                      The Hawker 88 Night Market brings the sights and sounds of Asia to QVM this spring. This week's theme is "Mooncake Festival".                      4pm onwards                      Extra cost: Free entry and entertainment + food and drink available for purchase</p>		
<p><b>Tuesday 24<sup>th</sup> September, 2019</b></p>	<p><b>Go Karting and Dinner</b>                      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</p>		
<p><b>EVERY WEDNESDAY NIGHT</b></p>	<p><b>Bowling and Dinner</b>                      4pm onwards                      Extra cost: Cost of bowling and dinner                      Bring: Socks</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.

## WEEKEND SESSIONS

<p>Saturday 7<sup>th</sup> September, 2019</p>	<p><b>Cooking at Schotters – Creamy Coconut Dhal</b>                  9am to 4pm                  Extra cost: It's on us!</p> 	<p><b>Taste of Thomastown Food Festival</b>                  9am to 3pm                  Extra cost: Free event! + Cost of lunch – otherwise BYO.</p> 
<p>Saturday 14<sup>th</sup> September, 2019</p>	<p><b>Cooking at Schotters – Vietnamese Meal</b>                  9am to 4pm                  Extra cost: It's on us!</p> 	<p><b>Tesselaar Tulip Festival (General Entry and Turkish Weekend)</b>                  9am onwards                  Extra cost: \$25.00 for a Concession ticket</p> 
<p>Sunday 15<sup>th</sup> September, 2019</p>	<p><b>Full Moon Festival – Dandenong Market</b>                  9.00am onwards                  Extra cost: Free event! + Cost of lunch – otherwise BYO</p> 	
<p>Saturday 21<sup>st</sup> September, 2019</p>	<p><b>Cooking at Schotters – Homemade Ricotta Ravioli</b>                  9am to 4pm                  Extra cost: It's on us!</p> 	<p><b>Charlie and the Chocolate Factory + Lunch</b>                  10.30am onwards                  Extra cost: Ticket prices vary</p>  
	<p><b>Royal Melbourne Show</b>                  10 am to 6pm                  Extra cost: \$25.00 Concession entry or \$19.00 Child entry + cost of activities, show bags or food. (These prices are only valid for pre-bookings)</p>  	
<p>Sunday 22<sup>nd</sup> September, 2019</p>	<p><b>Royal Melbourne Show</b>                  3pm onwards                  Extra cost: \$21.00 for Concession entry or \$10.50 for Child entry + cost of activities, show bags and/or food</p> 	<p><b>African Festival at Queen Victoria Market</b>                  9am onwards                  Extra cost: Free event!                  + Cost of lunch, otherwise BYO.</p> 
<p>Saturday 28<sup>th</sup> September, 2019</p>	<p><b>AFL Grand Final Party at Schotters</b>                  Come along dressed in the colours of your favourite football team.                  Enjoy a BBQ, music, football trivia, competitions and watch the 2019 Grand Final together.                  BYO drink bottle otherwise soft drinks will be available for purchase.                  9am to 5.30pm                  Extra cost: It's on us!</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.