

In The News

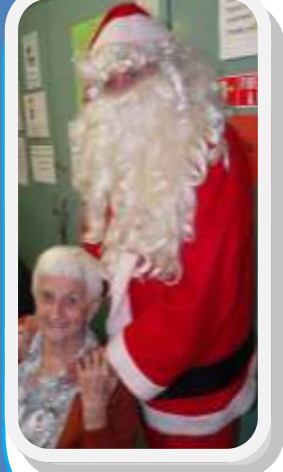
Welcome to 2012 At Flexible Support Services

Thank you to everyone for your commitment to Flexible and the wonderful groups of people we have attending every day. Your support throughout 2011 has been greatly appreciated and we look forward to working with you in 2012.

Flexible' Christmas Celebrations

It was a fantastic end to the year with a rockin' Christmas Party. It was a pleasure to celebrate with everyone. A huge thank you to everyone for all their hard work. The team worked very hard in the lead up, all staff and volunteers did a great job on the day ensuring things went as smooth as possible. A big thank you to Isabelle Hall for her amazing voice and wonderful tunes. The Plains Choir entertained with angelic sounds of Claus.

So many people spoke of how wonderfully prepared and plentiful the food was, well done ladies. A big thank you to all the staff, clients and family members that made the day possible.



Would you like to be apart of developing your newsletter?

Whether you're a budding newspaper reporter, amateur photographer, food editor, story teller or artist we would love to hear from you. We invite everyone to share their life stories, recipes, jokes, community interests or events. If you would like to contribute to the newsletter please contact

Lauren Ward on (07) 3800 4577 or lward@flexisupport.org.au

Volunteer Xmas Party and Auction 30Nov11

Management and Staff of Flexible Support Services Australia Ltd would like to take this opportunity to thank the Logan City Council and Mayor Pam Parker for their valuable contribution to the Volunteer Xmas Party and Auction which was held at the Hillcrest Centre on the evening of 30 November 2011. Mayor Pam Parker was in attendance at the event and thanked our volunteers for the significant contribution that they provide to the organisation and the Logan Community.

Other local business we would like to also thank for contributing to the event include:-

- ☆ Supa IGA, Regents Park
- ☆ Fitzimmons Meats, Browns Plains
- ☆ Keturah Hair Design, Browns Plains
- ☆ S + S Hair Beauty, Browns Plains
- ☆ Watch Works, Browns Plains
- ☆ Anne Peck, Avon Consultant.

Feedback on the event were positive and everyone in attendance had a very enjoyable evening. We hope that you may continue to provide support in the coming years.



'Volunteers are our greatest natural resource'

Our Volunteer Staff

The services provided by our large volunteer staff base have saved this organisation almost \$500,000 in wages during 2011. We cannot continue to provide the quality service to our clients without your hard work. We thank you whole heartedly and hope that you continue to grow with this organisation throughout 2012.

Struggling with fees ???

We're all aware that sometimes times are tough, if anyone is having trouble being able to cover their fees please contact

Lyn Maher or Lauren Ward on 3800 4577

A quick reminder.

Could we please ask that all clients receiving inhome support to remind all staff to complete inhome file notes.



Need a little extra help?

If anyone is looking for extra inhome support please contact

Lyn Maher on
3800 4577



Support Group For Carers

As you may be aware Flexible Support Services and Ability Care are Looking to start a Support Group for Carers.

Carers, who are they?

Carers are family members or friends who provide support to children or adults who have a disability, mental illness drug and alcohol dependencies, chronic condition, terminal illness, or who are frail from aging.

- ◆ Carers can be parents, brothers, sisters, friends or children of any age.
- ◆ Carers come from all walks of life, cultural backgrounds and age groups.
- ◆ Carers may care for a few hours a week or all day everyday.

What we can offer -

- Emotional support
- Overcome loneliness
- Information
- Making New Friends
- Privacy and confidentiality
- Guest speakers
- Social Activities
- Warm and Friendly Atmosphere
- Accessibility

Morning and Afternoon tea
will be provided



Monthly meeting times and locations
will be announced once interest is
shown.

**For more information or if you are interested
in this group, you can contact Sandra Butcher
on 3800 4577**

Recipe of the month

Christmas Leftovers - Ham, zucchini and carrot fritter

Brought to you by www.taste.com.au

Packed with vegetables, this low-fat fritter is a great one for fussy eaters.

Cooking Time 17 Minutes

Ingredients (serves 4)

- 250g brown rice
- 1/2 cup self-raising flour
- 2 eggs, lightly beaten
- 1/2 cup reduced-fat milk
- 1 cup (165g) chopped leg ham
- 1 large carrot, peeled, grated
- 1 large zucchini, grated
- 4 green onions, thinly sliced
- 1/2 cup grated extra-light tasty cheese
- olive oil cooking spray
- 1/2 cup tzatziki dip
- 30g baby rocket



Method

1. Cook rice following packet directions. Sift flour into a large bowl. Season with salt and pepper. Lightly whisk eggs and milk in a jug. Add to flour, stirring until smooth. Add rice, ham, carrot, zucchini, green onions and cheese. Stir to combine.
2. Spray a 22cm (base) non-stick frying pan with oil. Heat over medium heat. Pour rice mixture into pan. Smooth surface. Cook for 8 to 10 minutes or until mixture begins to set and edges start to brown. Remove from heat.
3. Preheat grill on medium heat. Place fritter, still in pan, under grill. Cook for 5 minutes or until light golden and set in centre. Use a spatula to loosen edges. Stand fritter in pan for 3 to 4 minutes before sliding onto a board. Cut into wedges.
4. Arrange fritter on plates. Top with tzatziki and rocket and season with pepper. Serve.

ENJOY!

HACC Centre-based Coordinator

Lauren Ward

I'd like to first start by thanking everyone for such a warm and friendly welcome. Everyone has been so patient and kind.

A little bit about me.....

I started as a volunteer many many years ago at a lovely little day centre in my home town, this was just something to do in my spare time and I never envisaged I would gain so much from working within community services.

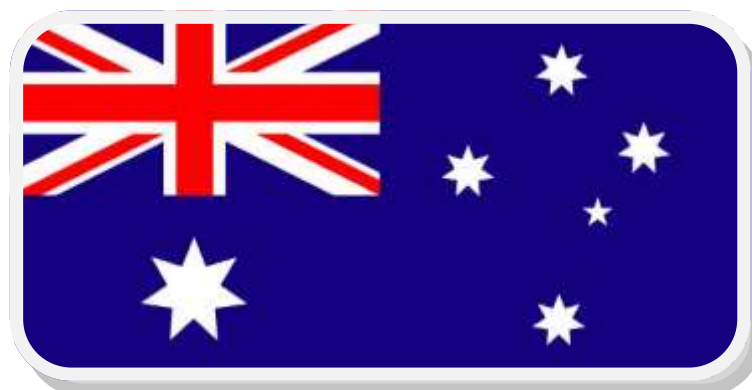
Since then I have been a support worker within Disability Support Services , coordinated accommodation support and managed Activities and holiday programs for adults and Children living with disabilities. I have great respect for our aging community and am very excited to learn more about aged care and the issues that are faced by the people we support. I am extremely impressed by the team of workers and volunteers and clients, your dedication to the centre and each other is inspiring.



**Due to the Australia Day Holiday
THURSDAY 26th of January 2012**

The centre will be closed.

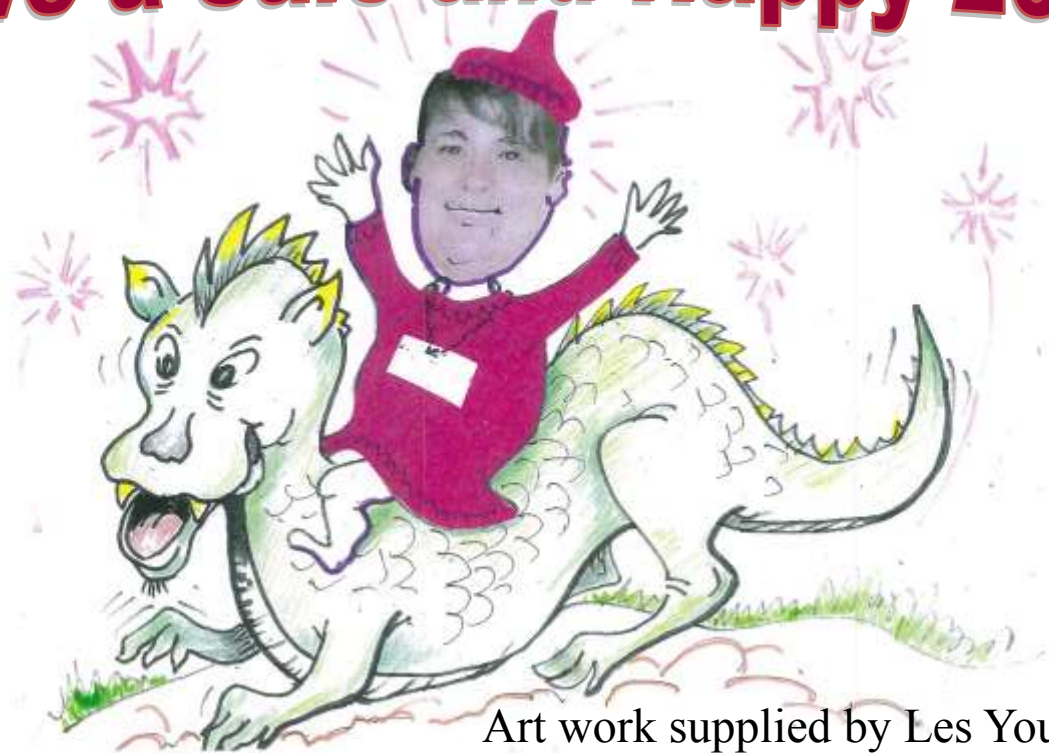
We will reopen as normal on Friday the 27th January 2012



On behalf of everyone at Flexible Support Services we would like to wish the following people a very Happy Birthday and all the best for the coming year.



Have a Safe and Happy 2012



Art work supplied by Les Young