



NEWSLETTER

Who are we?

Welcome to LCDs (LCD Lifestyle Options) first ever Newsletter. We are so proud and privileged to be able to talk about all the exciting things we do here at LCD that we want to share with our participants all the fun things that we have coming up for the remainder of the year.

LCD is a NDIS registered provider for people living with disabilities in the community.

We are committed to and abide by the NDIS Practice Standards set by the NDIS Quality and Safeguards Commission.

We began operations in 2019 with 1 client, and our owners, Lorraine and Don.

We are dedicated to assisting you in making a difference to your life, by working with you in achieving your goals while living at home.

We work with participant's of all ages, and have a team of skilled and dedicated support workers.

The area we cover stretches from Port Stephens, Newcastle, Lake Macquarie and the Lower Hunter and everything in between.



Our Mission

To provide innovative and highly flexible, quality supports that enhance lifestyle and provide participants with opportunity for accessible community events and activities.

Our Goals

At LCD Lifestyle Options, our goal is to provide compassionate, reliable and punctual support services to our participants. We strive to improve quality of life whilst helping our participants maintain independence in the comfort of their own homes.

Our Leaders

Managing Director:- Lorraine Judd

Director of Business Operations:- Don Thorn

Registered Nurse:- Sarah Wilks

Service Coordinator:- Erin Jones

Team Leader:- Krista Mason

Communications and Events:- Christina Shafer



Meet Our Leadership Team

Don

Don is our Director of Business Operations and has been working in the Disability, Aged Care and Mental Health Sector for approximately 40 years.



In his spare time he enjoys:

Hang out with friends, playing volley ball, tennis, and traveling

The most exciting part of his job is:

watching people grow in their positions

His favourite sports team is:

He says he doesn't really have a favourite sports team but enjoys all sports

His favourite Food:

Thai and Italian

His favourite Place On Earth:

Alaska, and Estonia a close second

What he love about his job is:

Everything from Quality Assurance, Compliance, Risk Management, Work Health and Safety, the daily challenges of keeping up to date on the never ending changes within the sector, the people I work with, although the job can be challenging at times.

Meet Our Leadership Team

Lorraine

Lorraine is our Managing Director and has been working in the Disability Industry for approximately 10 Years .



In her spare time she enjoys:

Get Aways, Camping, Bushwalking, Music and Concerts.

The most exciting part of her job is:

being able to help people live fulfilling lives

Her favourite sports team is:

She says its hard to say as she loves all sports

Her favourite Food:

Crème Broulee and beef stroganoff

Her favourite Place On Earth:

Wherever her other half is

What she love about her job is:

Providing help to people that are marginalised, and problem solving

Meet Our Leadership Team

Sarah - Registered Nurse

I have been nursing for over 10 years, I have a passion for helping people maintain independence and live life the best they can.

I come from a background of renal nursing with experience in homecare and disability.

I am a family woman and love spending time with my family as much as possible and my 2 young kids keep me on my toes.

I love soccer however haven't played in years due to injuries on the field, now I look forward to being a soccer mum on the sidelines and cheering on those I go watch.



Erin - Service Coordinator

I have been working in the aged care and disability sector for over 10 years.

It feels good knowing that I am able to make a difference in my line of work to our participants in a small way.

When I'm not working you will find me enjoying the sunshine out on the water with my family or away camping relaxing by the fire roasting Marshmallows.



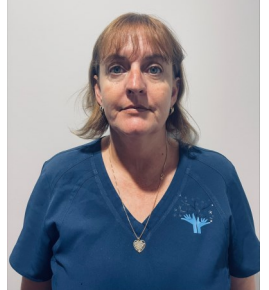
Meet Our Leadership Team

Krista - Team Leader

I have worked in this field for about 10 years, between community and facilities. (Aged care and Disability.)

I have raised two great kids and spend as much time as I can with family and friends.

I love being able to care for others and help them achieve goals.



Christina - Communications and events/ activities coordinator

I have been working in the disability aged care sector for 6 years.

I have developed a profound passion for enhancing the well being of others and bringing joy to those around me.

I Have 2 beautiful young children, I prioritize spending quality time with them.

My favorite sports are car racing and enjoy watching the football.

In my spare time I enjoy spending time with my family , camping and exploring new places and enjoying yummy food.



Making a Complaint

You have the right to Community Services (Complaints, Reviews and Monitoring) Act 1993.

A person wishing to make a complaint may do so in writing, telephone, text message, email or face to face to:

- the staff member they were dealing with at the time
- the Managing Director of that staff member
- Director of Business Operations, or
- The NDIS Commission.

Complaints can be made by:

- Completing a Feedback and Complaints form and sending them to Director of Business Operations,
- 46A Kula Road, Medowie NSW 2318 or emailed to d.thorn@lcdlifestylegroup.com.au.
- Contacting the LCD office by telephone, text message, email, or in person.
- Anonymously Participants may ask for a form by
- contacting our office during weekdays.
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The Director of Business Operations will be responsible for receiving this correspondence and directing it to the appropriate person for action.

Feedback and complaints via telephone may be made on 02 4981 8619 or directly to the NDIS complaints line 1800 800 110



Australian Government
Department of Social Services

National Standards for Disability Services

Making sure that people with disability receive good quality services.



Standard 1: Rights

You have the right to be treated fairly when you use disability services.



Standard 2: Participation and Inclusion

You can take part in the community and feel included when you use disability services.



Standard 3: Individual Outcomes

Your service supports you to make choices about what you want to do. You can work toward your goals.



Standard 4: Feedback and Complaints

You can tell people what you think about the services you receive.



Standard 5: Service Access

Finding and using services is fair. You can access the services you need.



Standard 6: Service Management

Disability services should be managed well.

dss.gov.au

AIDER Program

(Assist Infirm, Disabled and Elderly Residents)

With Winter Fast approaching it is time to be fire ready.

The AIDER program is a free, one-off service which supports some of our most at-risk community members. The program helps people live more safely and confidently in their home in areas where bush fires may start. The AIDER program is designed for people who have limited domestic support available from family, relatives, friends or other services. This could include older people, people living with a disability, and people who are already receiving community assistance and services. Their property must also be on bush fire prone land (land that can support a bush fire or be subject to bush fire attack).

AIDER services can include:

- clearing gutters
- thinning vegetation around the home
- removing leaf and tree debris
- trimming branches from close to the home
- mowing or slashing long grass.



For the quiet moment in your day

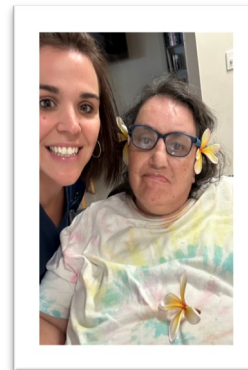
LCD find a word

L	D	O	F	O	O	T	B	A	L	L	D	A	E
R	E	M	S	M	A	E	T	W	O	R	K	E	R
S	Q	B	B	R	C	M	E	A	F	U	N	W	A
F	S	S	E	I	T	I	V	I	T	C	A	S	C
Y	T	I	L	B	A	S	I	D	I	E	U	O	C
I	N	T	R	O	R	S	O	B	S	P	N	M	U
L	E	O	T	O	E	I	O	I	P	D	S	S	S
S	V	U	A	A	F	O	O	O	I	L	C	D	L
L	E	T	M	S	C	N	R	S	S	K	L	A	W
A	G	D	P	A	R	T	I	C	I	P	A	N	T
M	O	O	E	A	S	T	E	R	W	O	T	C	I
I	A	O	M	E	D	I	C	A	T	I	O	N	O
N	L	R	L	A	G	P	M	M	A	R	C	H	I
A	S	I	I	C	F	A	M	I	L	Y	I	I	W

MARCH
ACTIVITIES
FOOTBALL
SUPPORT
OUTDOOR
EASTER
FUN
GOALS
MISSION
BBQ
CARE
PARTICIPANT
NDIS
LCD
MEDICATION
FAMILY
TEAM
ANIMALS
WORKER
DISABILITY
EVENTS
WALKS

LCD Lifestyle Options community events are a key principle for aiming to ensure that participants with disabilities have the same opportunities as everyone else to engage actively in their communities and enjoy events and functions on a regular basis. Community participation emphasizes breaking down barriers and fostering inclusivity, enabling participants to access and enjoy various community-based activities and services.

Participant Activities



A Huge Congratulations to Avah who has been working so hard at swimming and has moved up a level. When we first started taking Avah to swimming she hated putting her head under water and now she happily dives straight in. We are all so proud of your wonderful achievement



Fun @ The Newcastle Show



Fun Day Out At Grease the Musical



Winter Warmer Pumpkin Soup

Ingredients

2 tbsp Olive Oil
1 onion finely chopped.
1 leek, white part only, finely sliced.
1 garlic clove, crushed.
1/2 tsp ground coriander
1 tsp ground cumin
1/2 tsp freshly grated nutmeg
1kg peeled pumpkin, diced.
1 large potato, peeled, diced.
1L chicken style liquid stock or vegetable liquid stock
1/2 cup (125ml) thin cream



Method:

Step 1:

Heat 2 tbsp Olive Oil in a large saucepan over low heat, add 1 onion, finely chopped and 1 leek, white part only, finely sliced and cook for 2-3 minutes, until softened but not colored.

Step 2:

Add 1 garlic clove, crushed and 1 tsp ground cumin and cook, stirring, for 30 seconds.

Add 1kg peeled pumpkin, diced, 1 large potato, peeled, diced and 1L chicken style liquid stock or vegetable liquid stock and bring to the boil.

Turn heat to low, cover and simmer for 30 minutes. Allow to cool slightly, then blend in batches.

Step 3:

Return soup to pan, stir through 1/2 cup (125ml) thin cream and re-heat gently. Season and add a little more 1/2 tsp freshly grated nutmeg if desired.

You can make this lovely Winter Warmer with your support worker!! Send us pictures of your creation.

Chocolate Chip Cookies

Ingredients

150g butter, softened.
1/2 cup brown sugar
1/2 cup caster sugar
1 egg
1 tsp vanilla extract
1 3/4 cups plain flour
1/2 cup milk chocolate bits, plus 1 tbsp extra
1/2 cup dark chocolate bits, plus 1 tbsp extra



Method

Step 1

Preheat oven to 180C or 160C fan forced. Line 2 baking trays with baking paper. Using an electric mixer or whisking by hand, beat 150g butter, softened and 1/2 cup brown sugar 1/2 cup caster sugar, and 1-2 minutes or until smooth and well combined. Beat in 1 egg and 1 tsp vanilla extract until combined.

Step 2

Stir in 1 3/4 cups plain flour. Stir in 1/2 cup dark chocolate bits, plus 1 tbsp extra and 1/2 cup milk chocolate bits, plus 1 tbsp extra. Roll 2 level tablespoonfuls of mixture into balls and place on prepared trays, 3cm apart. Press down slightly. Decorate with extra choc bits.

Step 3

Bake for 15-18 minutes or until light golden and cooked. Transfer to a wire rack to cool. Store in an airtight container for up to 1 week.

You can make this with your support worker !!
Send us pictures of your creation.

Up coming Events:



8th - 21st July - School Holidays
Active Inclusive program available

12th July - Disney On Ice—
RSVP by the 23rd June to attend

17th July - Kids school holiday day out
9:30am to 2.00pm

1st September—NRL Football—Fathers Day
Knights vs Titans (RSVP by the 16th August)

30th September - 13th October—School Holidays
Active Inclusive program available

**28th November—Hunter Valley Gardens Christmas
Lights**

**7th December—LCD Family Fun Day & Christmas
Celebration**

**13th December—Hunter Valley Gardens Christmas
Lights**

23rd December - 30th January—School Holidays

**Follow us on Facebook for upcoming events, stories
and news!**