



907 Ruthven Street  
Kearney Springs QLD 4350

[www.enduringcare.com.au](http://www.enduringcare.com.au)



July | 2025

# ENDURING CARE NEWSLETTER

SEEING THE ABILITY

# Our Value ---

## **C** CARING

Here at Enduring CARE, compassion isn't just a part of our job description – it's who we are. Both as an organization and as individuals, we deeply care about our clients, striving every day to enhance their quality of life. But our caring doesn't stop there; we extend the same level of compassion to our dedicated staff and stakeholders, ensuring everyone feels supported and valued.

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## **A** ADAPTABILITY

We understand that individuals within the disability community have diverse needs and preferences. That's why Enduring CARE prides itself on being adaptable and responsive, meeting our clients exactly where they are. Whether it's adjusting our services, implementing new approaches, or providing tailored support, we're committed to ensuring that every client receives the personalized care they deserve.

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## **R** RESPECT

Respect forms the foundation of everything we do at Enduring CARE. From our interactions with clients and their families to our interactions with our own staff, we prioritize treating everyone with dignity and consideration. We deeply value the ideas, aspirations, beliefs, and goals of each individual, fostering an environment where everyone feels respected and empowered.

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## **E** ENDURING

At Enduring CARE, we cherish the lasting connections our clients have with their families, communities, carers, and support staff. Recognizing and valuing our clients' strengths lies at the heart of our approach. We work tirelessly in a client-centered manner to not only identify but also build upon these strengths. By fostering enduring relationships and empowering our clients to leverage their strengths, we pave the way for sustained growth and fulfillment.

# Contact List



## **General Manager | Director**

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# FLOWER

*picking*

OUR CLIENT RECENTLY ENJOYED A BEAUTIFUL DAY AT THE WARRABA SUNFLOWER ALL-YOU-CAN-PICK EVENT NEAR TOOWOOMBA! SURROUNDED BY ENDLESS FIELDS OF SUNFLOWERS, SHE HAD A WONDERFUL TIME PICKING HER FAVOURITES AND ENJOYING THE SUNNY, SCENIC VIEWS. IT WAS A HEARTWARMING DAY FILLED WITH SMILES, NATURE, AND SIMPLE PLEASURES.





# FRESH FROM THE GARDEN

- Green Thumbs -

Our wonderful client recently harvested some homegrown potatoes from her garden—just in time for the winter season! With a big smile and a basket full of fresh produce, she enjoyed the simple joy of gardening and the reward of her hard work.

There's nothing like growing your own food and enjoying the cosy comforts of winter with something you've nurtured yourself. Well done!

# Tuna Bake... Hold the Potatoes!



Dinner time got a little funny when our client sat down to enjoy her tuna bake—minus the potatoes! She wasn't feeling them that night, so out they came, one by one. Still, she gave the rest of the dish a big thumbs up! Just goes to show, even comfort food can come with a personal twist!

A DAY OF DISCOVERY AT

# COBB+CO MUSEUM



Our client recently enjoyed a visit to the Cobb+Co Museum, spending time exploring the fascinating insect display. She especially loved the beautiful butterflies—her personal favourite! With so much to see and learn, it was a wonderful day filled with curiosity, smiles, and moments that truly made her light up.

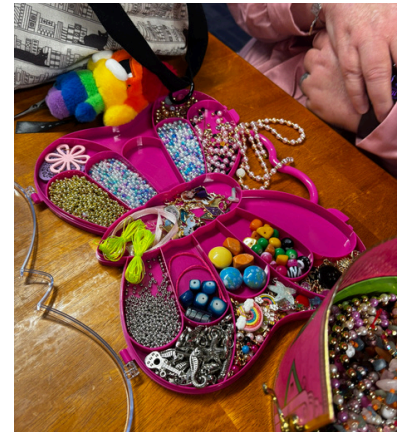
# Making the Most of the Sunshine!



Our client enjoyed a great day out in the park, soaking up the sunshine and playing a fun game of cricket before the winter chill really sets in. With the bat swinging and plenty of laughter all around, it was the perfect way to stay active and enjoy the outdoors while we still can!



OUR RECENT CLIENT SOCIAL MAY HAVE BEEN A SMALL GATHERING, BUT IT WAS BURSTING WITH LAUGHTER, CONNECTION, AND CREATIVITY! FIVE OF OUR WONDERFUL CLIENTS JOINED US WITH THEIR SUPPORT WORKERS FOR A RELAXED MORNING OF BOARD GAMES AND FRIENDLY FUN. ONE CLIENT BROUGHT ALONG HER BEAUTIFUL BEADING TO SHARE WITH THE GROUP – AND WE WERE ALL BLOWN AWAY BY HER INCREDIBLE TALENT! IT WAS A LOVELY TIME TO UNWIND, SOCIALISE, AND ENJOY EACH OTHER'S COMPANY. WE'RE ALREADY LOOKING FORWARD TO THE NEXT ONE!



# Cruising Through a Great Day Out!

Our client recently headed out to a local car show and had a fantastic time soaking up the sunshine and checking out the amazing vehicles on display. From classic old cars to sleek new sports models—and even a plane!—there was plenty to see and enjoy. It was a great day spent outdoors, exploring interests and making new memories with support workers by their side.





MAKING A SPLASH

AT MILNE BAY

HEATED POOLS!



# Simple Mac and Cheese

## Ingredients

- 2 cups Elbow Macaroni
- 2 cups Shredded Cheddar Cheese
- 2 tablespoons Flour
- Salt
- 2 tablespoons Unsalted Butter
- Pepper
- Topping**
- Breadcrumbs
- Chopped Parsley

## Instructions

1. Cook the elbow macaroni in a medium saucepan of boiling salted water. Drain and set aside.
2. Melt the butter in the saucepan over a medium heat. When the butter has melted, add the flour and whisk.
3. Continue to cook and whisk for about 7 minutes, until the mixture is thick and coats the back of a spoon.
4. Reduce the heat to low and stir in the grated cheddar cheese until melted and smooth.
5. Add the cooked macaroni to the cheese sauce and stir until well coated.
6. Turn off the heat and transfer the macaroni and cheese to a large bowl.



# Dinner, Dancing, and Big Smiles!

Our client recently enjoyed a fun night out with her support workers—starting with a delicious dinner and finishing with some dancing! It was a fantastic evening filled with laughter, good food, and great music.



Spending time out in the community, enjoying social outings, and making memories like these are what it's all about. We love seeing our clients having fun, feeling confident, and living life to the fullest!





# **BUILDING STRENGTH & CONFIDENCE AT THE GYM**

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ONE OF OUR CLIENTS HAS RECENTLY BEEN HITTING THE GYM WITH THE SUPPORT OF A DEDICATED WORKER—AND ABSOLUTELY LOVING IT! TOGETHER, THEY'VE BEEN WORKING ON BUILDING STRENGTH, IMPROVING FITNESS, AND MOST IMPORTANTLY, HAVING FUN IN A POSITIVE AND ENCOURAGING ENVIRONMENT. IT'S BEEN A GREAT WAY TO BOOST CONFIDENCE, DEVELOP HEALTHY ROUTINES, AND ENJOY SOME ONE-ON-ONE SUPPORT WHILE ACHIEVING PERSONAL GOALS. WHETHER IT'S USING THE EQUIPMENT, TRYING NEW EXERCISES, OR JUST GETTING ACTIVE, EVERY SESSION IS A STEP FORWARD.

A person wearing a light blue t-shirt and a maroon cap is seen from behind, shooting a basketball into a hoop. The basketball is in mid-air, just above the hoop. The background shows a green lawn, trees, and a cloudy sky. The image is framed by a large circular cutout.

# Shooting Hoops and Having Fun!

NOTHING BUT NET! OUR CLIENT HAD A GREAT TIME SHOOTING HOOPS AND SHOWING OFF THEIR BASKETBALL SKILLS—PROOF THAT A LITTLE FUN AND MOVEMENT CAN GO A LONG WAY!" 🏀

# Learning New Skills, One Step at a Time

We're so proud to share a wonderful milestone reached by one of our amazing clients at Enduring Care!



Recently, she took a big step toward independence by going to the bank and communicating with a teller all by herself to deposit money.

This may seem like a simple task to some, but for her, it marked a moment of empowerment, growth, and confidence. Learning how to handle everyday responsibilities like banking is an important life skill—and she's embracing it with enthusiasm.

Supporting our clients to build independence, learn new skills, and feel confident in their daily lives is what we're all about. Well done!



## Cup of Celebration

After her successful trip to the bank, she treated herself to a well-deserved morning tea—relaxing and enjoying the moment with a smile. 🍰🍵



# Morning Tea

COME AND ENJOY A RELAXED MORNING WITH US – SIP ON A CUPPA, SHARE A FEW LAUGHS, AND CATCH UP WITH FRIENDS. IT'S A GREAT CHANCE TO CONNECT WITH OTHERS IN A WELCOMING SPACE.



**YOU'RE INVITED**

*July*  
**17**  
**10:30am**

***Stellarosa Cafe***

5/677-681 Ruthven St

South Toowoomba QLD 4350



# Craft Workshop

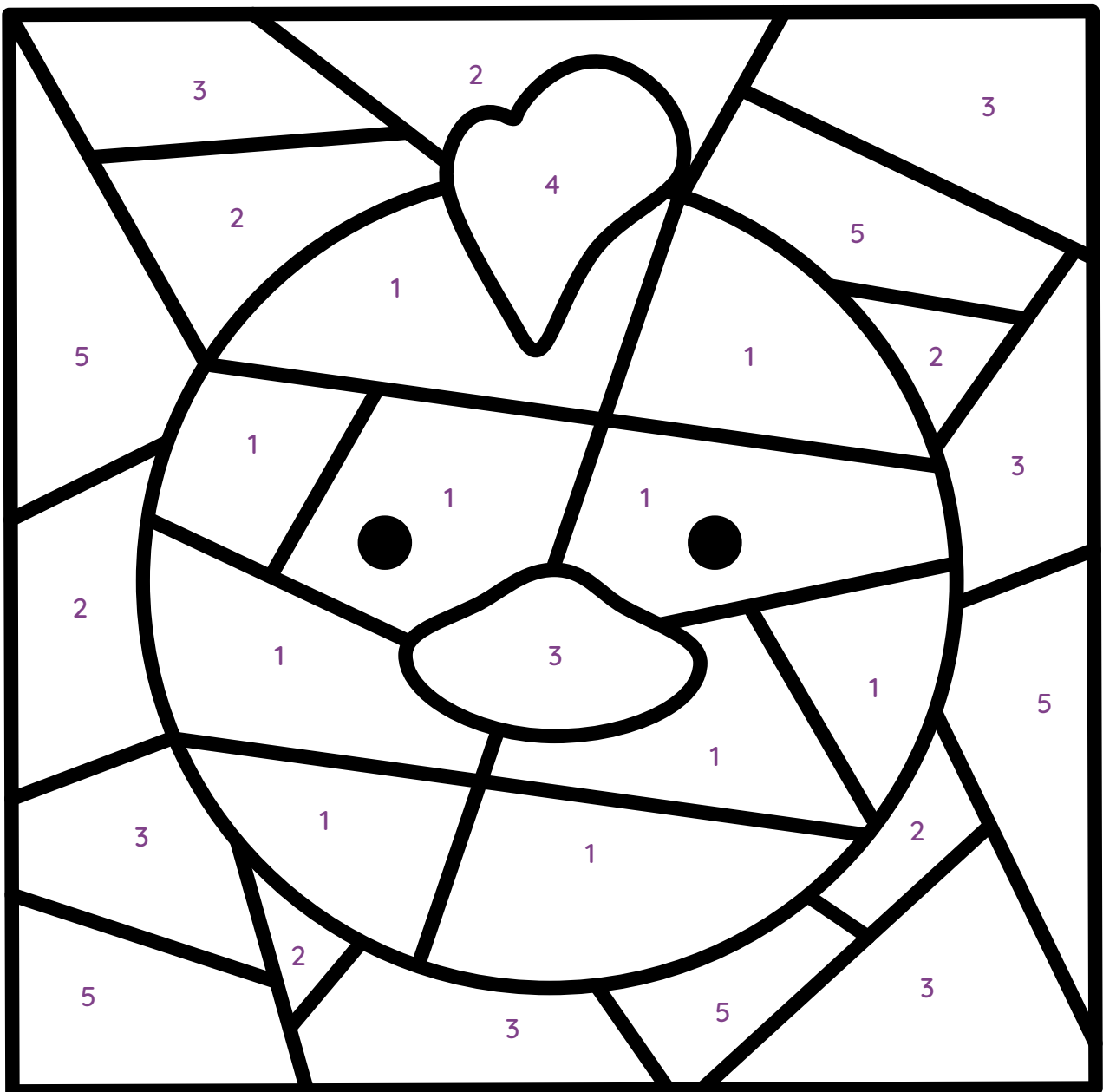
**Our lovely client had a great time getting creative at a recent Craft Workshop! With focus and joy, she coloured her artwork beautifully, showing off her artistic flair. Workshops like these offer more than just fun—they bring connection, relaxation, and a chance to shine. We love seeing our clients enjoy meaningful activities like this! Stay tuned for more creative moments at Enduring Care!**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Color by Number

Use the color key below.





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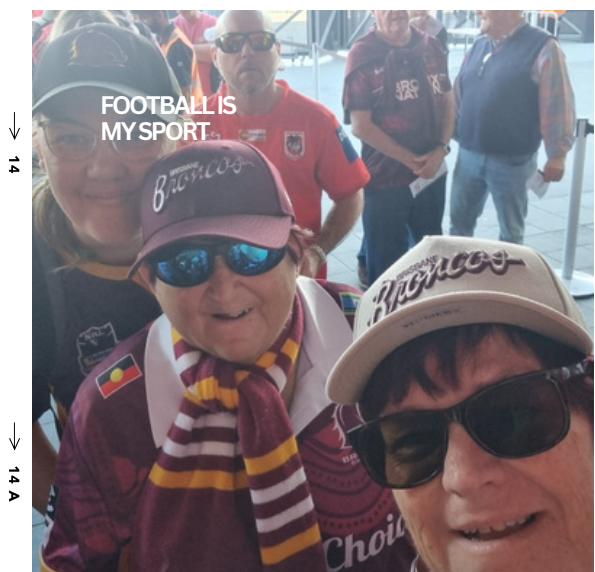
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# Happy Birthday

Our lovely client had been looking forward to going out for a special birthday dinner—especially for a drink with an umbrella in it! ❤️

Unfortunately, due to unforeseen circumstances, the outing couldn't go ahead as planned. But that didn't stop our wonderful team from bringing a little birthday magic to her. With a cozy setup and her much-anticipated umbrella drink in hand, she still got to enjoy a special moment her way.

It's the little gestures that mean the most. Happy Birthday!

# Mindful Activities

1

Guided meditation:  
A practice of focusing  
and bringing awareness  
to present moment

2

Mindful walking:  
A practice of noticing  
the body as it moves and  
the environment  
around.

3

Body Scan:  
A practice of  
bringing awareness  
to the body

4

Mindful Eating:  
A practice of paying  
attention to the  
experience of  
eating

5

Nature observation:  
A practice of sitting in  
nature and noticing  
the sensations of  
the environment.

6

Gratitude practice:  
When you notice the  
positive things in life  
and express your  
gratitude for them.

# CONTACT US



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