

WELCOME TO OUR

# Monthly Newsletter



APRIL 2025 – ISSUE #4



## Welcome to Our April Update

As autumn rolls in, we're reminded of the beauty of change and reflection. April has been full of fresh ideas, great teamwork, and ongoing commitment to our community. Thank you for bringing your passion and dedication to Aspire every day!

We've seen teams adapt to new challenges with flexibility and heart, participants achieving personal milestones, and staff continuing to uphold the values that make Aspire a place of genuine care and integrity.

A special highlight this month was our Easter BBQ celebration, where staff, participants, and families came together for an afternoon of laughter, shared meals, and connection. From the sizzling sausages to the Easter egg scavenger hunt, the day reminded us just how powerful community can be. Thank you to everyone who helped organise the event—it was a beautiful reminder of why we do what we do.

### Newsletter Highlights

#### APRIL UPDATE

#### CAUGHT IN THE ACT – APRIL SHOUT-OUTS

#### EMPLOYEE SPOTLIGHT

#### GOING ABOVE AND BEYOND

#### NEW FACES

#### WORKPLACE WISDOM: SELF-CARE ISN'T SELFISH

#### EASTER BBQ

#### EMPOWERING PEOPLE, ONE STORY AT A TIME

#### CAUTION

#### BASIC BUDGET COOKING

#### QUIZ CORNER



We've been thrilled to see increasing nominations for Caught in the Act, proving just how much excellence, kindness, and teamwork is happening every single day. Whether it's stepping up to support a colleague, helping a participant shine, or simply spreading a little joy, these moments matter—& they deserve recognition.

*Thank You*

*for making Aspire a place where people grow—not just professionally, but personally too. Let's carry that spirit forward.*



## Caught in the Act – April Shout-Outs

Staff have continued to impress this month with their kindness, initiative, and care. Thank you to everyone who nominated a colleague! Your positive energy lifts us all.

- 
- Mehdi Ghafoor
  - Faith Njeri
  - Lakshdeep Chawla



*Keep those nominations coming!*

# Employee Spotlight



*Employee of the Month*

**March 2025 – Mehdi Ghafoor**

Mehdi has been recognised for his reliability, clear communication, and consistently going above and beyond to support both staff and participants.

*Congratulations*

## Going Above and Beyond Lakshdeep Chawla

At Aspire Community Services, we are privileged to have a team full of passionate, dedicated individuals who work tirelessly to support our participants. Every now and then, someone stands out not just for doing their job well, but for consistently going above and beyond. This month, we're proud to shine our staff spotlight on Lakshdeep Chawla.

Whether it's staying late to ensure a participant is safe, stepping in to cover shifts without hesitation, or always bringing fresh ideas to improve service delivery, Laksh sets an inspiring example of what it means to lead with heart, initiative, and integrity.

Participants often speak about his patience, positivity, and genuine care. He takes the time to build strong, trusting relationships and make each person feel valued and respected. From organizing meaningful activities to advocating for participant needs, Laksh's impact is felt every day.





But it's not just the participants who benefit. He also lifts up the entire team—offering support, encouraging collaboration, and always shows up with a can-do attitude. Laksh doesn't just meet expectations; he exceeds them, setting a high standard for excellence in everything they do.

We are incredibly grateful for Laksh and the positive energy he brings to our organization. Thank you for your commitment, compassion, and unwavering dedication. You truly embody the spirit of Aspire.

Let's all take a moment to celebrate Laksh and continue to support and inspire one another—just like he does every day



## New Faces

### *Meet Hailey*

Hi everyone!

My name is Hailey, and I'm excited to introduce myself as the new Service Coordinator, taking over from the lovely Miss Tracy! Over the past few weeks, I've been learning the ropes here at Aspire, and I'm so grateful for the warm welcome so far. I'd love to share a little about myself with you.

I'm 29 years old, a proud wife and mum to a wonderful 6-year-old daughter—and also a mum to a few beloved fur babies! On the weekends, you'll often find me at the gym or out exploring new cafes with my family in search of delicious treats. I've been working in the NDIS sector for several years now. I started my journey as a support worker and gradually moved into roles where I can now support both our incredible field staff and our amazing participants—something I'm truly passionate about.

My love for supporting people began when I met my beautiful sister-in-law at age 14. She lives with a diagnosed disability, and from the beginning, I've always wanted her to experience the best life has to offer. That same passion drives me to ensure every participant at Aspire feels valued, supported, and empowered.

I'm always around and happy to have a chat—whether face-to-face or over the phone. Please don't hesitate to reach out if there's anything I can help with.

I'm really looking forward to meeting everyone during house visits and working closely with you to ensure we're providing top-notch support!



# WORKPLACE WISDOM:

## Self-Care Isn't Selfish – It's Essential

In the world of disability support, our work is meaningful, challenging, and deeply human. But it also requires emotional resilience, clear thinking, and sustainable energy. That's why *self-care isn't a luxury—it's a professional responsibility.*



### Simple Ways to Integrate Self-Care Into Your Workday:

#### Micro Breaks Matter

Take 2–3 minutes every few hours to breathe, stretch, or grab a glass of water.

#### Digital Boundaries

After hours, silence work notifications when possible.

#### Mindfulness Moments

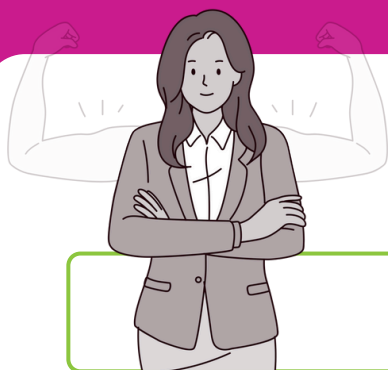
A few deep breaths between shifts or tasks can reset your nervous system.

#### Talk It Out

If you're overwhelmed, speak with your supervisor or a trusted colleague. You're not alone.

#### Reflect & Recharge

Keep a small notebook or use your phone to jot down something positive that happened each day—it helps shift focus and reduce stress.



## Let's Normalise Self-Care:

Saying "I need a break" is not a weakness—it's wise.

Asking for support is a sign of professionalism, not failure.

Encouraging each other to rest and reset helps create a stronger, safer workplace for everyone.



**REMEMBER!**



Strong Support = Self Support.



Just as we encourage participants to set healthy boundaries and care for themselves, we must do the same for ourselves. Because in support work, strong support begins with self-support.

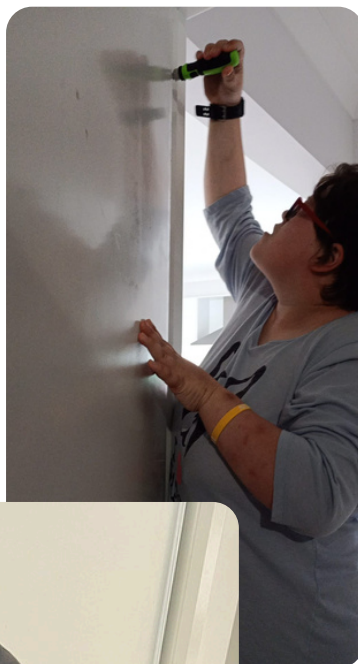


# Easter Smiles, Sunny Skies, and Sizzling Moments!





# Empowering People, *one story at a Time*



## Caution: May Remember Your Passwords and Dismantle Your House



Michelle isn't just living her best life; she's rewriting the manual on what that even means. Since joining Aspire Community Services, Michelle has absolutely flourished. With the right mix of structure, respect, and support, she's revealed herself to be an unstoppable force of wit, independence, and jaw-dropping memory skills. Seriously! don't read your PIN, mobile number, or Netflix password aloud. She'll remember it. Forever.

Armed with a screwdriver and a spark of curiosity, Michelle could dismantle a house before most people have finished their coffee. She's a puzzle-solving powerhouse, a whiz at word games, and her approach to life's little challenges is always clever, often unconventional, and entirely her own.

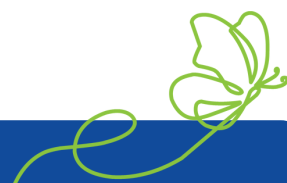


Those who've worked with Michelle for years will tell you: she's unforgettable. Those who don't last... well, let's just say Michelle knows what (and who) she wants.

Her journey is one of growth, strength, and pure determination. Even our after-hours line has earned the nickname "*The Michelle Helpline*" and we wear that with pride.

### Michelle's family says


**SHE'S "LIVING HER BEST LIFE NOW," AND WE COULDN'T AGREE MORE. IT'S BEEN AN HONOUR TO BE PART OF HER WORLD, HER WINS, AND HER WICKED SENSE OF HUMOUR.**





## Easy Dinner: One-Pot Veggie Fried Rice



 10 MINUTES | ~\$7 TOTAL | SERVES 2

### INGREDIENTS

- 1 cup cooked rice (leftovers work great)
- 1 cup mixed frozen vegetables
- 2 eggs, beaten
- 2 tbsp soy sauce
- 1 tsp sesame oil (optional)

### INSTRUCTIONS:

- Heat oil in a pan, scramble the eggs.
- Add veggies and rice, then soy sauce.
- Stir-fry until hot. Serve and enjoy!

## Quiz Corner – April Edition

Test your memory from last month's newsletter!

1. Who was February's Employee of the Month?
2. Name one benefit of strong boundaries in support work.
3. What event did Isaac Sayal attend?
4. What salad was featured in March's recipe corner?
5. What program was introduced to recognise staff going above and beyond?



### ANSWERS BELOW — NO PEEKING UNTIL YOU'VE TRIED THEM ALL!

- |   |   |
|---|---|
| 1. Sharon Chumba  | 3. Ready-Set-Connect events                       |
| 2. Protecting emotional wellbeing / Clarifying roles / Preventing burnout (any valid point) | 4. Mediterranean Couscous Salad Caught in the Act |