

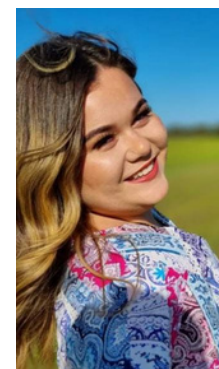
Welcome to the November edition of The Pulse! We had a fantastic October with the MS Moonlight Walk and are excited to continue to grow and contribute locally. We are thankful for your support.

Happy Birthday to our fantastic Rose (Support Worker and Service Administrator).

*Love May*



## Victality Village.



*Happy Birthday Rose!*

## Exciting News!

Heart in Hand Support Services has officially moved into Vitality Village! We are beyond grateful to have the opportunity to share a working space with one of our valued partners, MS Qld.

We are expanding our services to provide the community with Cognitive Development and Training. Our in-house Exercise and Nutrition Specialist, Jordan has been supporting our clients with Dementia, MS and other Neuro conditions from their homes and will now also support from Vitality Village.

Through partnerships and cross referrals between service providers and community connections, collectively we can offer services and supports that will greatly benefit the community, including community access with transport via Comlink, capacity building through neurophysiology with MS Qld and cognitive development and training through Heart In Hand with improvement of functioning.

Our collaboration with will be one that creates a great narrative to the community.

Watch this space as we bring people together and developing pathways for shared values and missions.

## MS Moonlight Walk 2022

Our team are blessed to have taken part in the MS Moonlight Walk. We set a goal of raising \$1000 towards the charity. We reached a total of \$790. Thank you to all our sponsors, families and friends for your generosity. Currently MS Qld have raised a total of \$287,348 out of their \$400,000 goal and are still receiving donations.

For more information on the valuable contributions made by MS QLD or to donate, please go to <https://www.moonlightwalk.com.au/>

*Until next month....*



## Staff Spotlight



# JORDAN

## EXERCISE AND NUTRITION SPECIALIST

BACHELOR OF SPORTS STUDIES  
(UNIVERSITY OF THE SUNSHINE COAST)

### BACKGROUND

Jordan has been extensively involved in sports from a young age, from football to track and field up to the age of 17, before he moved onto strength and conditioning over the past decade.

Jordan kicked off his studies at the University of the Sunshine Coast in 2018 where he completed a Diploma in Sport and Fitness. It was here that Jordan's passion for the science behind the sport and interest in nutrition were ignited and where Jordan went on to complete a Bachelor of Sport Studies (with a major in Sport and Exercise Nutrition).

More recently (now with 18 months experience) Jordan has worked in the role of a support worker. Jordan has been fortunate to work and collaborate with several clients in providing exercise programs and nutritional support, both in a gym and in the home setting. Additionally, Jordan has had the pleasure of working with youth heavily involved in sport and has tailored training to maximise their performance outcomes.

### GOALS

Jordan looks forward to sharing his knowledge and expertise regarding exercise and nutritional strategies to enhance individual's wellbeing and to meet personal goals.

### CLEARANCES

- Working with Children Check
- NDIS Worker Screening
- Covid Vaccination
- First Aid and CPR

### CONTACT

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