



## What are hidden disabilities? Look for the sunflower and help.

In Australia, 1 in 6 (4.4 million) people live with a disability. What many people don't know is that 90% of the 4.4 million people living with disability in Australia are living with an invisible disability.

Invisible disabilities can be temporary, situational or permanent. They range from neurological, cognitive and neurodevelopmental to physical, visual, auditory and include sensory and processing difficulties.

They can also be respiratory as well as chronic health conditions such as arthritis and diabetes, chronic pain and sleep disorders. A few examples of hidden disabilities include autism, ADHD, brain injuries, mental illnesses, epilepsy, cognitive and learning disabilities, and chronic pain and fatigue.

### Look for the Sunflower

The hidden disabilities sunflower is used to raise awareness when people have a hidden disability or a condition which may not be apparent at first. People with hidden disabilities can often be spotted wearing a sunflower lanyard, lapel or wristband and that's their way of being discretely recognised as 'we need support'. The symbol was chosen to mark positivity and inclusivity.



### How can individuals support people with hidden disabilities?

The sunflower symbol can connect organisations and communities across borders if proper awareness is spread. It will enable people around to show tolerance and actively support inclusion for all.

- **Start by listening** when a colleague is talking about their hidden disability. Ask follow-up questions to better understand what they're describing.
- **Be kind, listen closely and show respect** if you see a colleagues wearing a sunflower symbol.
- **Follow up with regular one-on-one sessions** about how they are managing at work; it's important to keep asking. Enquire about adjustments that can be made to make them feel more inclusive.
- **Wear 'I support sunflower' badges** to let people know that you are available for help. Gestures like these allow people with disabilities to feel welcome and understood.

Organisations can also help raise awareness for hidden disabilities. They can make their staff aware of the hidden disabilities symbol through workshops. They can put up posters at reception and wear sunflower badges to let people know that the staff is available for help.

The sunflower symbol breaks down inclusion barriers and allows people to choose to be visible when they want to be. The Hidden Disabilities Sunflower is internationally recognised and is a simple way to raise awareness and build understanding within workplaces about disabilities which are not visible.

For more information on hidden disabilities sunflower movement, visit go to [hdsunflower.com/au/](https://hdsunflower.com/au/)





# Mt Marshall wins challenge, and sector covers total of 302,976kms!

The Great West Aussie Adventure has finished after eight weeks. The LGIS sector wide activity challenge saw 59 members and over 800 workers participating with a wide variety of physical activities from running, and cycling to gardening and dancing!

A small team of five from Mt Marshall took out the top spot with the Shire of Augusta-Margaret River coming in second.

A shout out to the City of Mandurah, whose team of 60+ participants clocked up the most total distance covered – 24,945kms (Average distance = 408kms).



*The team at the Shire of Mt Marshall are delighted to take home the win for the Great West Aussie Adventure. With all staff members invited to participate, we saw a range of employees sign up for the challenge. From members of our administration team right through to our caravan park caretaker and Shire librarian. It was a lot of fun to be involved in a WA local government collaboration while moving our bodies and having fun along the way. We remained motivated by keeping each other accountable for our daily activities. Our caravan park caretaker, Meldy took on the captain role and continued to encourage the team to keep moving and to remember to log our activities.”*  
- Shire of Mount Marshall

Team	Progress (total avg)
Shire of Mount Marshall	905.60 km
Shire of Augusta-Margaret River (AMR)	844.80 km
City of Nedlands	816.30 km
Mindarie Regional Council (MRC)	677.40 km
Shire of Narrogin	628.70 km

## Spiced chicken with couscous

A refreshing spring recipe to add to your dinner menu.  
Serve 4 / Prep 5 min, cooking time 10 min

### Ingredients list

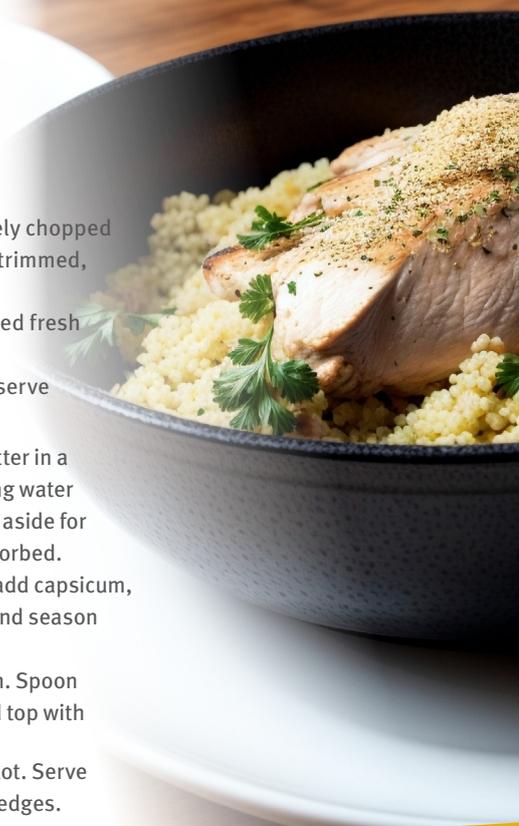
- ▶ 2 tbsp ground cumin
- ▶ 2 tbsp ground coriander
- ▶ 1 tbsp sweet paprika
- ▶ 3 tsp ground turmeric
- ▶ Salt and freshly ground black pepper
- ▶ 3 (about 250g each) single chicken breast fillets
- ▶ 2 tbsp olive oil (one spoon to be added in spice mix)
- ▶ One and a half cups of couscous

### Method

- ▶ Combine cumin, ground coriander, paprika, turmeric and olive oil in a small bowl. Season with salt and pepper. Massage the chicken with the spice mix.
- ▶ Heat the oil in a large non-stick frying pan over medium heat. Add the chicken and cook for five minutes each side or until cooked through.
- ▶ Remove from heat and transfer to a plate. Cover with foil and set aside for five minutes to rest.

- ▶ 20g butter
- ▶ One and a half cups of boiling water
- ▶ 1 red capsicum, halved, deseeded, finely chopped
- ▶ 4 green shallots (spring onions), ends trimmed, thinly sliced
- ▶ 1/4 cup loosely packed coarsely chopped fresh coriander leaves
- ▶ Natural yoghurt and lemon wedges to serve

- ▶ Meanwhile, place the couscous and butter in a heatproof bowl and pour over the boiling water while stirring with a fork. Cover and set aside for five minutes or until all the liquid is absorbed.
- ▶ Use a fork to separate the grains. Now add capsicum, half the green shallots and coriander, and season with salt and pepper.
- ▶ Thinly slice the chicken across the grain. Spoon the couscous among serving bowls and top with chicken slices.
- ▶ Sprinkle with the remaining green shallot. Serve immediately with yoghurt and lemon wedges.



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