

Monday 4th, July, 2023



Respite
with Linda



WHITE RIDGE FARM VISIT

MINI GOLF AND TRACTOR RIDES

CREEC PLAYGROUND VISIT

BASKETBALL



Registered NDIS Provider



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SATURDAY

On Saturday, the children and the team from Respite with Linda embarked on an unforgettable trip to White Ridge Farm. Excitement filled the air as we immersed ourselves in a world of nature and adventure. The joy on the children's faces was palpable as they eagerly fed the animals and tenderly brushed and petted the adorable baby animals, fostering a sense of empathy and connection. Laughter echoed throughout the day as we embarked on thrilling tractor and train rides, revelling in the wind in our hair and the stunning scenery around us. The friendly game on the mini golf course was lots of fun. Finishing up the day with a play in the playground, leaving us with lasting memories of a day filled with joy, laughter, and unforgettable experiences.



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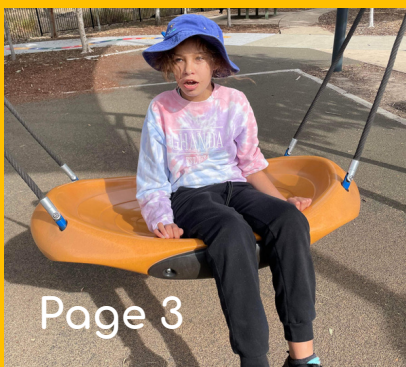


SUNDAY

On Sunday, the children and the Team enjoyed a fun-filled day of outdoor activities. We kicked off the morning by heading outside to play basketball, and to make it even more special, Goldie, the Labrador, happily joined us. The afternoon took us to the All Abilities Playground at CREEC (Caboolture Regional Environmental Education Centre), where laughter and excitement filled the air. The Flying Fox provided thrilling adventures, the round-about spun us into fits of giggles, and the swings added an extra dash of joy to our day. It was a perfect combination of active play and boundless laughter, creating cherished memories that will stay with us for a long time.

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NDIS UPDATE

2023-2024 Supports Price Increase

Dear Families,

In March, Respite with Linda wrote to all families advising of our proposed reduced our ratio of staff to carer from 1:4 to 1:3. We have found this has been very beneficial to our participants; this has included more facilitated activities with participants, travelling in one vehicle for outings and presenting an opportunity for the second staff member to better interact with the children during the trip. Additionally, we have found the overall atmosphere conducive to meeting a wider range of needs and achieving clients' goals. Furthermore, reducing our numbers has provided additional space for the children to spread out and find quieter areas for those who need/want it.

As we advised in March, our fees will increase from 7 July 2023 to reflect the change in ratio. They will still be lower than the NDIS Price Guide.

For a weekend of respite care, including all meals and outings, the fee will be \$1900.

Thank you for your continued support.

Kind regards,

Linda Guillesser

Registered NDIS Provider

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10 Engaging Outdoor Activities for Children with ADHD



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- Nature Walks: Exploring the Great Outdoors
- Bike Rides: Pedaling Towards Improved Focus
- Obstacle Courses: Fun Challenges for Focus and Coordination
- Sports and Team Games: Channelling Energy and Building Social Skills
- Camping and Nature Overnight Trips: Connecting with the Outdoors
- Playground Adventures: Fun and Exercise in One
- Water Play: Cooling Down and Concentrating
- Scavenger Hunts: Engaging the Senses and Focusing Attention
- Gardening: Nurturing Focus and Responsibility



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8 Tips for Engaging Children on the Spectrum with Homework Tasks

Establish a Structured Routine

Use Visual Supports

Break Tasks into Smaller, Manageable Parts

Incorporate Sensory Breaks

Personalise Learning Materials

Utilise Visual Aids and Technology

Provide Clear and Concise Instructions

Offer Positive Reinforcement

