

BIRTHDAY CELEBRATIONS AT RESPITE WITH LINDA

SATURDAY SPOTLIGHT: RIDING INTO NATURE AT CEDARVALE PARK

SUNDAY SPOTLIGHT: CIRCUS SKILLS WITH FLIPSIDE

SEPTEMBER OUTINGS: FERRIES, BUTTERFLIES, FARM VISITS & MORE











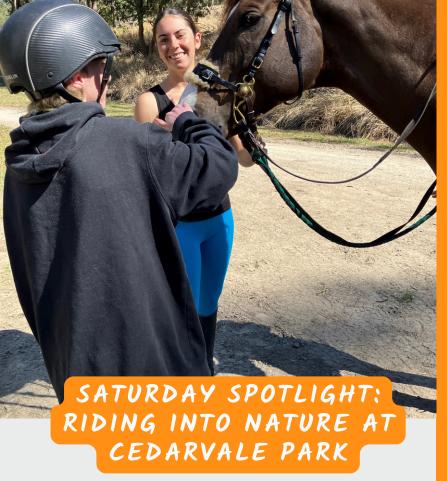
As is our tradition, we gathered to celebrate another special birthday this week. The birthday child chose both the flavour and the shape of the cake, then rolled up his sleeves to help bake it from scratch—measuring, mixing, and cracking eggs like a pro.

Later, we shared the cake together and presented a small gift to mark the occasion. These moments are such an important part of creating a sense of belonging and community, while also giving children opportunities to practise everyday life skills in a fun, meaningful way.

Skills focus: Independence, daily living skills, social connection.

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Our Saturday adventure took us horse riding at Cedarvale Park, Sandy Creek. The children enjoyed exploring the property on horseback, surrounded by running creeks and native wildlife. It was the perfect way to connect with nature while practising calmness, focus, and confidence in a new setting.

After the ride, we gathered by the creek for a relaxed picnic in the sunshine. The afternoon became a chance to build balance and coordination as everyone took turns rock-hopping across the water. We returned to the respite home a little muddy, pleasantly tired, and proud of the skills we had practised along the way.







Activity/ Setting	What we did and why it matters	NDIS Goals Supported
Horse riding at Cedarvale Park	Children experienced riding alongside creeks and native wildlife, building confidence in a calm, natural setting.	Confidence, trying new activities, emotional regulation
Picnic lunch beside the creek	Encouraged social interaction, sharing, and enjoying mealtime together in a relaxed environment.	Social participation, communication
Rock-hopping across the creek	Practised balance, coordination, and persistence in a fun, natural play setting.	Physical skills, problem- solving, resilience

Saturday @ Respite with Linda



















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On Sunday, we stepped into the colourful world of Flipside Circus. With the guidance of experienced circus trainers, the children had a go at juggling, tumbling, bouncing on the mini trampoline, and even forming their very own human pyramid. These activities encouraged teamwork, problem-solving, and resilience while keeping everyone fully engaged.

The session was full of energy and laughter, but most importantly, it offered real opportunities for growth. Every child discovered new strengths—whether it was persistence in juggling, courage on the trampoline, or trust in working as a group. The day was a wonderful reminder of how much fun skill-building can be.

Activity/ Setting	What we did and why it matters	NDIS Goals Supported
Circus skills (juggling, tumbling, mini tramp)	Children explored new physical skills in a safe, supportive space, fostering courage and persistence.	Gross motor skills, confidence, resilience
Building a human pyramid	Practised teamwork, trust, and communication while working towards a shared goal.	Teamwork, social interaction, cooperation
Guided by circus trainers	Learnt from skilled role models who encouraged children to challenge themselves and celebrate small successes.	Learning new skills, self-esteem, community participation





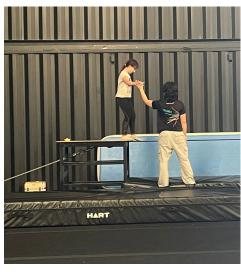
















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Respite with Linda – September Adventures

- Small-group weekend respite care for children (ages 5–17) in Morayfield
- # Give your child a weekend of fun, friendship & confidence-building experiences while you enjoy a well-earned break.

September Outings & Activities

- Pottery Painting at The Craft Haven Get creative with colourful designs
- Kitty Kat Ferries at South Bank Adventure on the Brisbane River
 - Horse Riding at Sandy Creek
 - ₩ Butterfly House at Bribie Island Wonder, wings & wide smiles
 - White Ridge Farm Cuddles, critters & country charm
 - Swimming & Water Play Days Splash, laugh, repeat

Why Choose Us?

- ✓ NDIS-funded respite weekends (ages 5–17)
- ✓ Small groups with caring, experienced staff
- ✓ Safe, supportive environment in Morayfield
- ✓ Fun, skill-building activities that support friendships & confidence

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Spaces are limited — book today to secure your child's spot!







Adventures coming up in September range from farms and ferries to pottery and play days — there's something for every child. We'd love to hold a space for your family.

Pased in Morayfield | Ages 5–17 | NDIS-funded weekends





