



Respite  
with Linda

*Newsletter 2-4 August*



*COOKING UP A STORM!*

*KARAWATHA FOREST*

*WHITE RIDGE FARM*

Registered NDIS Provider





Friday @



Respite  
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## COOKING UP A STORM!

Some of our participants look most forward to getting creative in the kitchen when they visit RWL. This weekend was no exception, with us jumping straight into baking delicious treats to take with us on our picnics this weekend! Of course a chef's not-so-secret part is licking the batters at the end!

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soon?

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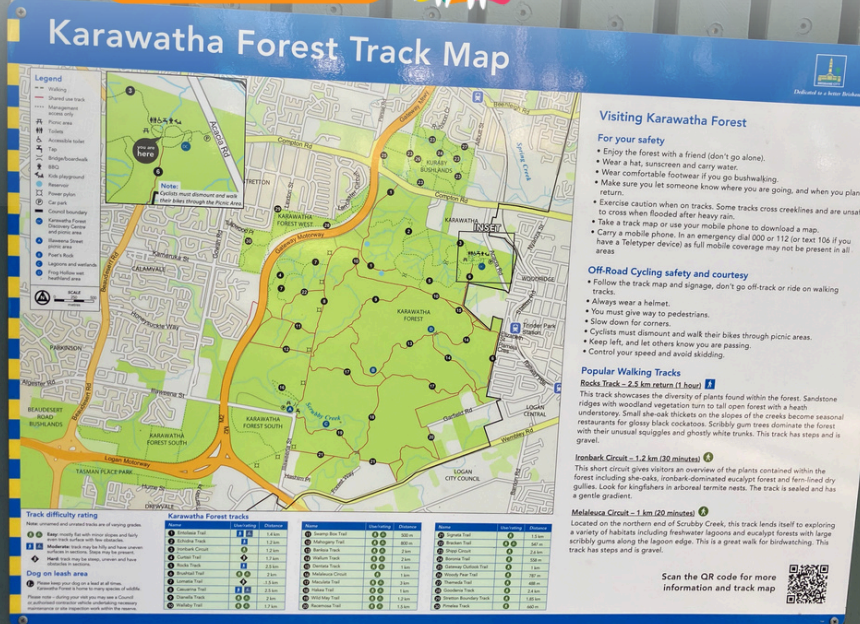
Saturday @



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## KARAWATHA FOREST

On Saturday we headed to Karawatha Forest Discovery Centre. We started off inside the Discovery Centre which includes an interactive floor projection of a frog habitat, a sculptural forest discovery area, a night-time audio-visual experience room and a virtual reality experience giving a bird's-eye view of Karawatha Forest. Moving outside we found an amazing nature play space which included climbing features, discovery trails and sculptural artworks. Some of us chose to touch or hold some insects that were on show and then we enjoyed a picnic lunch together.

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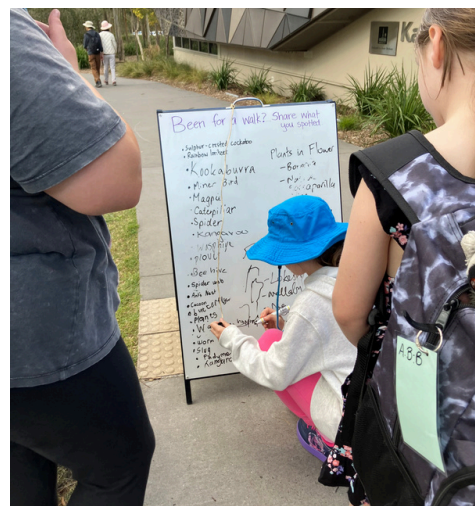
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## WHITE RIDGE FARM

White Ridge Farm is always one of our favourite excursions! Farmer Katrina and Farmer David always welcome us so warmly and we feel right at home in this wonderful environment. Today we spent lots of time in the toy area, playing with what the children called “old-fashioned” phones and the very special piano. We couldn’t visit the farm without a tractor ride and we even dug up some dinosaur fossils in the archaeological dig pit!



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Sunday @



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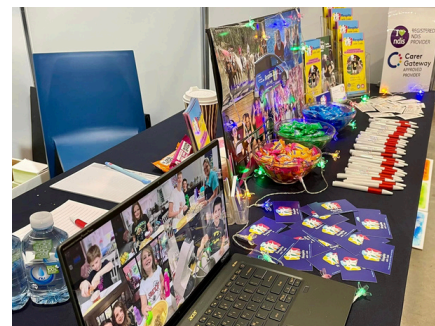




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*Did you spot us at the Disability Expo this weekend?  
We loved meeting so many new people!*



*Kind regards,*

Linda Guillester  
Registered NDIS Provider

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