



Respite
with Linda

Monday 10th, July, 2023



FRIDAY NIGHT WITH THE GIRLS

PAINT & SIP (FRIDAY NIGHT)

LET'S BAKE A CAKE

BEADING WORKSHOP



Registered NDIS Provider



AN EVENING OF CREATIVITY AND FUN AT RESPITE WITH LINDA

This weekend at Respite with Linda, our all-girls group took a break from our usual Friday night routine of movie viewing and iPad sessions. Instead, we hosted our "Paint and Sip" event, which was a hit! The girls unleashed their inner artists, crafting stunning masterpieces. The mosaic effect created with masking tape was a favourite technique. They sipped on sparkling apple juice or cozy hot chocolate as they painted. We owe a big thank you to Rikki for suggesting this fantastic activity. It was a delightful evening filled with creativity, laughter, and beautiful artwork. Respite with Linda continues to be a place where girls can explore their talents and create lasting memories.

Want to secure
another spot
soon?

[BOOK NOW >](#)

BAKING BIRTHDAYS AT RESPITE WITH LINDA



At Respite with Linda, birthdays are special occasions that call for celebration. When one of our clients has a birthday, one of our favourite activities is baking a cake from scratch. We take turns measuring and scooping the ingredients with care. We crack the eggs and beat the mix, creating a delicious batter. Later, we ice and decorate the cake, adding a personal touch. After dinner, we gather around the table, sing Happy Birthday, and savour a slice of cake for dessert. These moments of joy and togetherness make each birthday at Respite with Linda truly special.

[Share Your Experience with on on Google >](#)



Want to secure another spot soon?

[BOOK NOW >](#)

JEWELLERY MAKING (BEADING) WORKSHOP

Our beading workshop today was a memorable experience filled with creativity and camaraderie. Our talented teacher, Trish, warmly welcomed us and provided expert guidance throughout the workshop. With her brilliant instructions, we embarked on our beading journey.

The girls eagerly explored a wide array of vibrant beads, carefully selecting their favourites. With focused determination, they threaded the beads onto special beading wire, weaving intricate patterns. Necklaces, bracelets, and earrings began to take shape, each piece reflecting its creator's unique style and personality.

Want to secure
another spot
soon?

[BOOK NOW >](#)



[Share Your Experience
with on on Google >](#)



BEADING WORKSHOP

Midway through the workshop, we paused for a delightful lunch spread. Savoury platters, refreshing fruit, delectable dips, crunchy crackers, and sweet slices delighted our taste buds, fuelling our artistic endeavours.

As we journeyed to and from the workshop, a lively trivia quiz added a touch of excitement. One of the girls assumed the role of quiz master, armed with her trusty phone as a source of intriguing questions. Laughter and friendly competition filled the air, making the car ride a memorable part of the outing.

The beading workshop allowed us to unleash our creativity, bond with one another, and create beautiful keepsakes. It was a day filled with joy, laughter, and the shared thrill of artistic expression.

Want to secure another spot soon?

[BOOK NOW >](#)

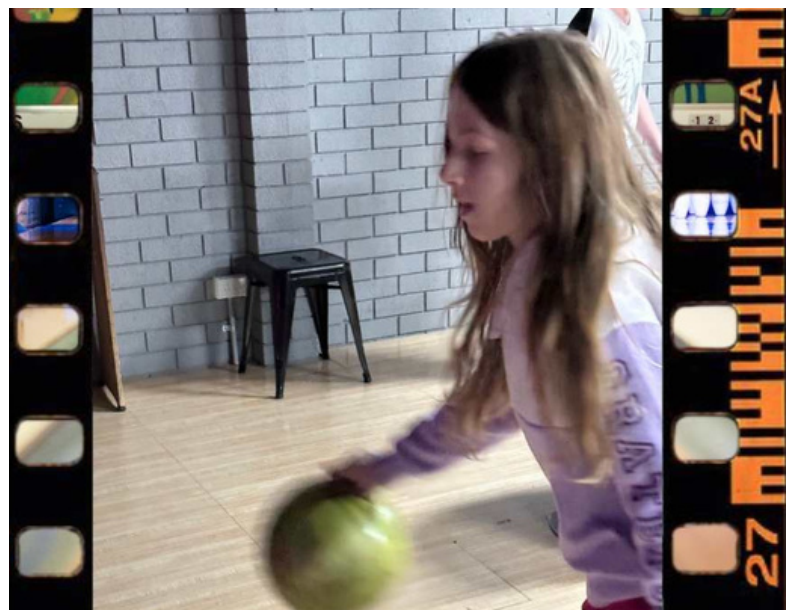




[Share Your Experience with on on Google >](#)

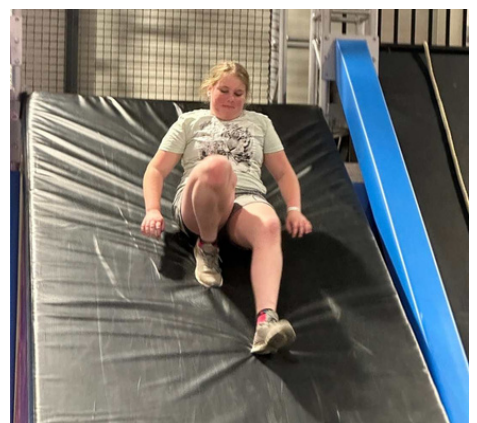
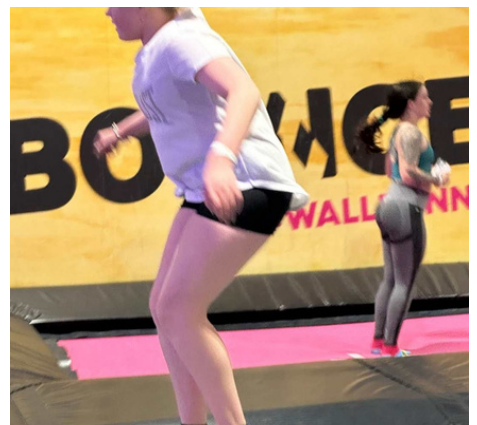
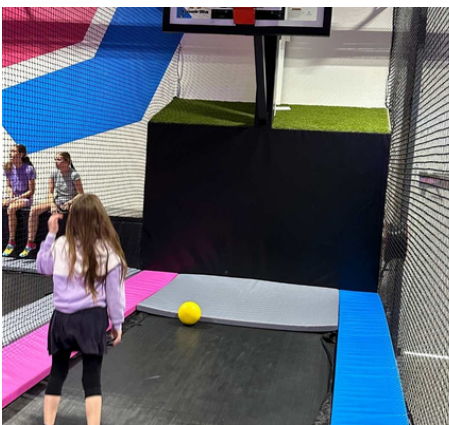
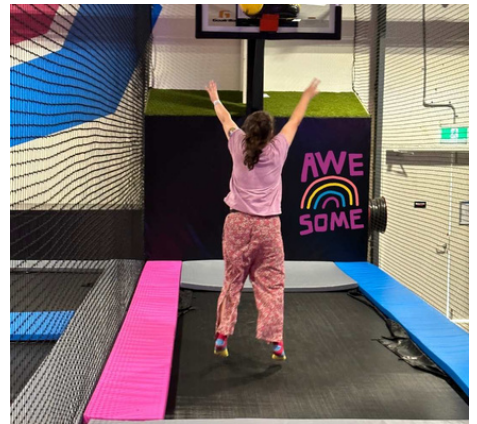
BOWLING AT RESPITE WITH LINDA

Respite with Linda treated the kids to an action-packed Sunday outing that left everyone exhilarated. The day began with a spirited round of bowling, where strikes and spares were celebrated enthusiastically. Laughter and friendly competition filled the air as the kids showcased their bowling prowess.

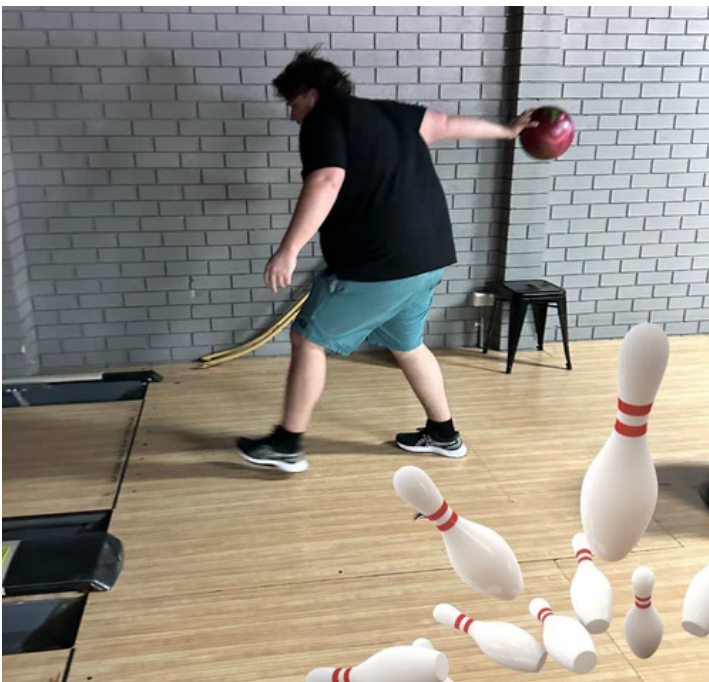
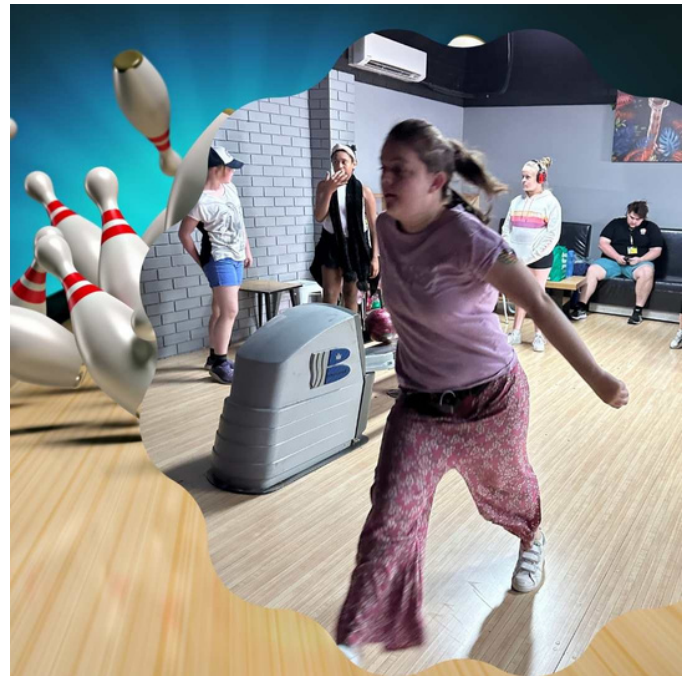


After working up an appetite, they relished a delicious lunch at Hungry Jacks, refuelling their energy for the next adventure. The group then made their way to Morayfield's newest attraction, Bounce! The trampoline park was a haven of excitement as the girls bounded, flipped, and jumped across the array of trampolines.

Their thrill continued with spirited games of Dodge Ball, showcasing their agility and reflexes. To add a touch of adventure, they took on the challenge of wall climbing, conquering obstacles and reaching new heights. The day at Bounce provided a fantastic blend of physical activity, laughter, and camaraderie.



As the busy weekend drew to a close, the outing with Respite with Linda left the kids beaming with joy and a sense of accomplishment. It was a perfect way to end the weekend, creating lasting memories and nurturing friendships. The fun-filled day highlighted the importance of active play and the joy of trying new experiences, leaving the kids eagerly anticipating the next adventure with Respite with Linda and their friends.



Want to secure
another spot
soon?

[BOOK NOW >](#)



NDIS UPDATE 2023-2024 Supports Price Increase

Dear Families,

In March, Respite with Linda wrote to all families advising of our proposed change to 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

[SEE NDIS PRICING ARRANGEMENTS >](#)



10 Engaging Outdoor Activities for Children with ADHD



[ACCESS FULL ARTICLE >](#)

- 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



Page 10





[ACCESS FULL ARTICLE >](#)

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

