



# THE FLEXI

ISSUE: 2/2019  
MONTH: MARCH

# MINI VINE



Nicole enjoying the atmosphere at the Cowboys game

## Upcoming Public Holidays

- Friday 19 April - Good Friday
- Saturday 20 April - Day following Good Friday
- Sunday 21 April - Easter Sunday
- Monday 22 April - Easter Monday
- Thursday 25 April - Anzac Day
- Monday 6 May - Labour Day

If you require supports in this time, please contact the office ASAP to discuss this with your DSF otherwise with Centre team.

## School Holiday Program

- Art & Craft - Painting - Tuesday 9 April
- Townsville Trip - Strand Water Park - Thursday 11 April
- Art & Craft - Easter Baskets - Tuesday 16 April
- Easter Egg Hunt - Thursday 18 April

When registering your Junior's attendance please ensure that you have the support hours available - if you are unsure please speak with your DSF. Limited places first come first served basis.

## Upcoming Flexi Events

- NQ Cowboys vs Sharks - Saturday 30 March
- NQ Cowboys vs Raiders - Saturday 6 April
- NQ Cowboys vs Storm - Friday 12 April
- ABBAolutely FABBAulous - Tuesday 16 April
- Canefield Ashes - Saturday 27 April

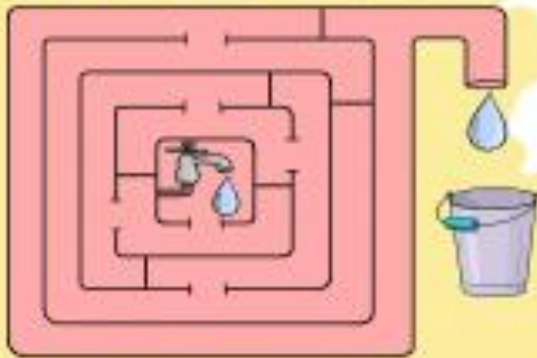
Please complete an Expression of Interest form if you would like to attend any upcoming events and return the form to office and make a payment prior to the RSVP date - Forms can be picked up from the Flexi Office or at the Therapy & Activity Centre.



Adam attended his first cowboys game with Steve

## Flexi Queensland

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## HI-FIVE AWARDS

February winner was:

### Danielle Shepherd

nominated for *"her creative and innovative ideas when it comes to making budgeting fun, allowing service users to meet their goals."*

March winner was:

### Brittany Thomasson

nominated for *"always striving to have everything run smoothly and minimise unnecessary challenges for SU's."*



Michelle practising her cooking skills

Hi everyone,

Therapy services have been busy as always with many Service Users becoming comfortable with new 2019 session routines. With new NDIS plans brings changes around therapy goals and new targets for the future, which always elicits exciting conversations between myself and families.

On the 27<sup>th</sup> of March I attended a dysphagia workshop presented by the Department of Communities, Disability Services and Seniors from their Cairns development team. Dysphagia, the difficulty associated with swallowing or eating, is an area many do not consider to be linked with Speech Pathologists. Speech Pathologists play a key role in collaboration with doctors, specialists, dieticians and Occupational Therapists. The information presented gave an interesting and educational perspective on how best to implement mealtime plans in Supported Accommodation settings. The NDIS continues to grow and change in relation to how Speech Pathologists manage swallowing and mealtime support, so it is critical that I stay up to date with

information as it becomes available. Thank you to all who allowed me to change session times to attend this training.

### DYSPHAGIA FACTS

With each swallow we hold our breath for around one second to make sure the food or drink travels down the correct tube to the stomach rather than the lungs. Swallowing uses 26 muscles and many nerves to coordinate the split-second timing needed to safely swallow and mistimed movements can lead to food or drink 'going down the wrong way'. Like breathing, swallowing is a reflex and essential to everyday life. Humans swallow at least 900 times a day: around three times an hour during sleep, once per minute while awake and even more often during meals. We swallow food, liquids, medicine and saliva. People who have trouble swallowing are at risk of poor nutrition and dehydration, while babies and children may not take in enough nutrients to support growth and brain development. Therefore, addressing swallowing difficulties is a vital part of medical management of a person at any age.

Steph

## Connect with Flexi!

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