



Adam celebrated his birthday at the Townsville 500

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THERAPY & ACTIVITY CENTRE

On Monday 03 July 2023, Service Users celebrated the Therapy & Activity Centre (TAC) reopening to all to use during their support hours.

Many Service Users have utilised the TAC to work towards their NDIS goals, such as, daily living skills, meal preparations skills, social skills, gross motor skills, budget skills and so much more!

We would that the thank the Board of Directors for making this possible for all.

We would like to advised everyone that their will be some construction involved in the future and this will be communicated with all Service Users and families once we know more.



Flexi Team 2023



Change is a constant state here at Flexi Queensland so we have some new members to welcome to the team:

Lifestyle Facilitators:

Amanda Bradley, Eugene James, Arun Jose and Fengil Kanjoothara

Welcome to the Flexi Team!



Connect with Flexi!



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EVENTS & ACTIVITIES

August 2023

Saturday 5 August

Cowboys vs Broncos

Saturday 12 August

Queen—It's a Kinda Magic

Friday 18 August

Flexi's 28th Birthday Disco

September 2023

Tuesday 5 September

Townsville shopping trip

October 2023

Saturday 21 October

Townsville Barra Fun Park

November 2023

Friday 3 November

PBR—Grand Finals 2023

Saturday 11 November

Home Hill Harvest Festival

HOW'RE WE DOING?

LEAVE US A
Google

★★★★★ **REVIEW!**

  Like us on
Facebook

PUZZLE MANIA

Word Search Puzzle Grocery Shopping

M H ~~A P P L E S~~
 C T H J S G Y T
 B L B R E A D P
 R L S C W T M N
 T E G G S N C Q
 S T R L Z W M S
 B R W Q M E A T
 M I L K N H Y R

Cross out the words in the puzzle.
 The first one is done for you.

~~APPLES~~

BREAD

EGGS

MEAT

MILK



		4		5		1	
1	5						8 2
		9				6	
		1	8		4	9	
7							5
9				7			4
	4	7		9		2	5
	3	8				7	6

Across

1 3 2 4 5 7 6 8

IMPORTANT EVENT INFO

Companion Cards



If you have a disability and a lifelong need for 'attendant care support in order to participate in community activities and attend venues, the Companion Card may help you with the costs of getting out and about with the support of a companion.

Companion Card holders receive a second 'companion' ticket at no charge at participating venues and on participating public transport. The 'companion' ticket is also exempt from booking fees.

A companion is any person who accompanies a cardholder and provides attendant care support. The cardholder's chosen companion may be a paid or unpaid assistant or carer, family member, friend or partner.

The Companion Card is not income or asset tested. To be eligible for the card, you must:

- Be a lawful Australian resident, living in Queensland
- Have a disability
- Because of the impact of the disability, be unable to participate at most community venues or activities without attendant care support
- Need, or be likely to need, lifelong attendant care support.

For more information please visit: www.qld.gov.au/disability/out-and-about/companion-card/

Or pick up a Companion Card Application from the Flexi Queensland Office today.

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FUNDRAISING



Flexi Queensland are holding many different fundraising activities, events and days, at the moment and all proceeds will go towards updating equipment at the Therapy & Activity Centre.

The Service Users and Staff are collecting and recycling 10c containers. Recycling bins can be found at all of our Flexi Sites—Flexi Office, TAC, Flexi 1, Flexi 2 and Flexi 4. The Service Users are taking turns to cash the containers in at North Queensland Green Solutions.



People in the community are continually dropping in ring pulls which the Service Users are taking turns to cash in at Ellsley Metal Recycling.



We are holding a **Crazy Hat, Hair, Sock and/or Earrings Week** during Mental Health Week between Tuesday 03 October 2023 to Monday 09 October 2023. Service Users and Staff can get dressed in their Crazy gear and come along with a gold coin donation.

Flexi Queensland will also be holding a 100 number money board—Please stay tuned for future details.

We are also hosting an All Abilities Disco for our 28th Birthday. The Disco is on Friday 18 August 2023, 6:00pm—8:00pm at the Ayr High MPS. The disco is free entry and we will be selling glow sticks, pizza slices and lolly bags at disco. We will also be selling raffle tickets for a Cowboys Fan prize. Parking is located on Edwards Street (Machine Shop L Block) - there will be balloons hanging to help everyone find their way in. There will also be mobility parking onsite Infront of L Block. Please call the office on 47835866 if you have any questions or would like to attend.





ON THE GROUND



Craft

Nives made a funky hat while doing craft at home.



Bowler of the Week

Mark received a Bowler of the Week award at the Burdekin Bowl.



Water Play

Steven pumped the water through the water play feature at Plantation Park.



Basketball

Janelle assisted Steven in throwing some hoops at the basket court at Beach Road park.



Live Shows

Gaylene and Courtney watched a performance at the Burdekin Theatre.



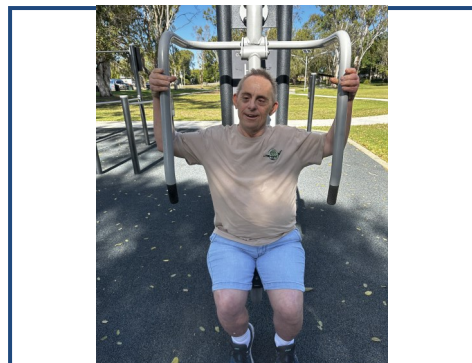
PCYC

Steven played a game of Jenga at PCYC.



Get Ready, Plan Ahead

Nicole attended the Get Ready, Plan Ahead program.



Health & Fitness

Kevin and his friends have been attending the Monday Madness program and doing circuits on the exercise equipment at Beach Road park.



V8s

Mark attended the Townsville 500 with his friends.

Flexi QLD **28**
Years

GLOW
Disco



*Friday 18 August 2023
6:00pm - 8:00pm
Ayr High MPS
RSVP 04/08/2023 4783 5866*

*Glow sticks will be available to buy
and proceeds will go towards updating equipment
for the Therapy & Activity Centre*

*Come dance with old friends and make
some new friends*



EXPRESSION OF INTEREST

We are calling for expressions of interest for upcoming event in October that you may be interested in attending to help us with our activity planning.

Please indicate below if you would be interested in attending and return your slip to Reception at the Ross Street Office as soon as possible.

RSVP and payment by 23 September 2023



Service User Name: _____

Date	Event	I would like to attend...
Saturday 21 October 2023	Barra Fun Park Cost \$40.00 per person (with companion card)	<input type="checkbox"/> Yes <input type="checkbox"/> No

OFFICE USE:

Received By: _____ Date Received : _____



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Please indicate below if you would be interested in attending and return your slip to Reception at the Ross Street Office as soon as possible.

Event costs to be advised once EOI have been received.

RSVP by 4TH September 2023

Payment by 11th September 2023



Service User Name: _____

Date	Event	I would like to attend...
3rd November 23	PBR Grand Final	<input type="checkbox"/> Yes <input type="checkbox"/> No

OFFICE USE:

Received By: _____ Date Received : _____



EXPRESSION OF INTEREST

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Please indicate below if you would be interested in attending and return your slip to Reception at the Ross Street Office as soon as possible.

Event costs to be advised once EOI have been received.

RSVP by 3rd October 2023



Service User Name: _____

Date	Event	I would like to attend...
11th November 2023	Home Hill Harvest Festival	<input type="checkbox"/> Yes <input type="checkbox"/> No

OFFICE USE:

Received By: _____ Date Received : _____