



Mark enjoying the view at Flagstaff  
Hill lookout in Bowen

**CONTENTS:**

- Page 2: Management Update
- Page 3: Flexi Queensland Bowling League
- Page 4: Events & Activities
- Page 5: Puzzle Mania
- Page 6: Companion Card Information
- Page 7: Fundraising
- Page 8: On the Ground Photos
- Page 9: Bowen Flexi Trip
- Page 10: Person Centred Emergency Preparedness
- Page 11: Birthdays
- Page 12: Flexi Queensland Flyer
- Page 13: Expression of Interest Form



**Flexi Queensland**

**ABN:** 61 723 727 604  
**Phone:** (07) 4783 5866  
**After Hours:** 0427 835 866  
**Fax:** (07) 4783 5872  
**Email:** [admin@flexiqld.com](mailto:admin@flexiqld.com)  
**Address:** 14 - 16 Ross Street  
 Ayr QLD 4807



# Management Update



First of all, Happy New Year to each and every one of you. It has been a very productive year so far at Flexi Queensland. The team at Flexi Queensland continues to grow and we have been able to deliver more hours to Participants to assist in achieving their goals and aspirations. Flexi Queensland has the capacity now to take on new Participants, so please share the word around town. Flexi Queensland are also looking at recruiting Board Members, if you know anyone who is interested, please let me know.

Flexi Queensland continues to fundraise to assist with revamping the Therapy & Activity Centre (TAC), and we have the following open now:

- Easter raffle – Tickets are \$2.00 each or 3 for \$5.00 and drawn on Thursday 28/03/2024.
- Containers for Change and ring pull collection.
- Jolly Soles, Jolly Socks for a Serious Change - \$8.00 a pair.
- SandWizard sand art activity - \$10.00 each.

Flexi Queensland has continued to engage in many community outings, such as, visits with Bowen Flexi Care, The Little Mermaid production, P-CEP workshops, and Creedence Clearwater Collective. Flexi Queensland are starting to train for the Canefield Ashes cricket carnival, and this year marks our 10-year anniversary to the invitational game. The Home Hill Cricket Association always put on a great day for us.

Have you heard about PACE and the new my NDIS provider portal? These new systems will eventually replace the current computer system and myplace portal. PACE and the new my NDIS provider portal are designed to be more user-friendly and make it easier for NDIA

staff, partners, and providers to do their job, giving them more time to deliver a quality experience to participants. Flexi Queensland has been advised Participants in our area will move into PACE once receiving a new NDIS Plan. If NDIA contact you for a plan review or plan extension, it is highly recommended to request a Plan Implementation Meeting so NDIA can explain the changes about your NDIS plan.

Flexi Queensland is currently reviewing the Health Pandemic such as Coronavirus (COVID-19) policy, and a draft will be sent out to all for final input. Thank you to those who have assisted with changes so far. This policy should be finalised within the month.

Flexi Queensland now have sun safe buckets hats available for all staff and Service Users. A hat for staff are \$10.00 each and free for the Service Users. The hats can be collected from the Flexi office during opening hours.

Looking forward to a very successful year with you all and many exciting things are to come.

**Teneill Ready**  
**Acting CEO**





# FLEXI QUEENSLAND BOWLING LEAGUE

## Burdekin Bowling League-Placings on the 13.12.23

1<sup>st</sup> - Kevin Pickles

2<sup>nd</sup> - Mark Poli

3<sup>rd</sup> - Gaylene Gudge

4<sup>th</sup> - Rebekah Oakes

5<sup>th</sup> - Karen Young

6<sup>th</sup> - Matilda Essex

7<sup>th</sup> - Belinda Linton

8<sup>th</sup> - Robert Dundas

9<sup>th</sup> - Emily Arthur

10<sup>th</sup> - Lita Ross



Rebekah proudly holding her trophies.

Congratulations to all for another successful year of Flexi Bowling League!

# Flexi Team 2024



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

**Support Coordinator—Maternity Leave:**

**Tara Harding**

**Lifestyle Facilitators:**

**Jaison, Kimberley, and Jade**

**Welcome to the Flexi Team!**

**Congratulations to Katelyn Bell on the safe arrival of baby Evelyn 17/02/24!**



## Connect with Flexi!



4783 5866



0427 835 866



1800 210 637



Flexi Queensland



admin@flexiqld.com



www.flexiqld.com

## EVENTS & ACTIVITIES

**Saturday 16 March**

Cowboys Vs Knights

**Sunday 7 April**

Cowboys Vs Titans

**Saturday 13 April**

Canefield Ashes Cricket

**Wednesday 24 April**

'The Boys From Oz'

**Saturday 27 April**

Cowboys Vs Panthers

***Monday Madness***

11/03/2024—**Cooking Pizza**

18/03/2024—**Cricket Practice**

25/03/2024—**Easter Egg Hunt**

01/04/2024—**Public Holiday**

08/04/2024—**Cooking at TAC**

15/04/2024—**T-Ball at Touch Fields**

22/04/2024—**Cooking French Toast**

29/04/2024—**Bingo at TAC**

HOW'RE WE DOING?



Like us on  
**Facebook**





**DIRECTIONS:**  
Find and circle the  
vocabulary words  
in the grid. Look  
for them in all  
directions including  
backwards and  
diagonally.

## Easter Day Word Hunt

X	K	O	J	E	L	L	Y	B	E	A	N	S	L	C
R	V	D	C	S	N	J	X	V	U	T	T	P	W	H
X	P	V	J	N	G	L	H	Y	K	H	V	R	V	O
P	B	B	N	W	Y	O	N	S	D	A	G	I	E	C
E	T	A	R	O	C	E	D	A	M	N	Z	N	D	O
S	G	G	E	F	X	U	F	R	W	R	A	G	A	L
X	B	H	M	P	E	F	M	E	Z	F	I	C	R	A
G	A	Y	I	Z	O	Y	Q	T	Q	Z	A	T	A	T
U	S	Q	K	D	A	N	T	S	X	U	V	F	P	E
W	K	U	I	Z	C	N	I	A	B	F	L	I	W	W
X	E	L	N	A	E	U	P	E	U	O	H	E	R	X
N	T	K	R	D	B	Y	C	W	K	S	U	C	Y	
Y	P	R	I	R	A	Q	J	E	L	E	R	A	N	M
T	O	D	O	L	Q	Y	R	B	O	D	Y	S	J	T
T	D	S	K	C	I	H	C	B	Y	I	S	L	F	H



- BASKET
- BUNNY
- CANDY
- CARROT
- CHECKS
- CHOCOLATE
- DAFFODIL

- DECORATE
- EASTER
- EGGS
- FLOWER
- HUNT
- JELLYBEANS
- PARADE

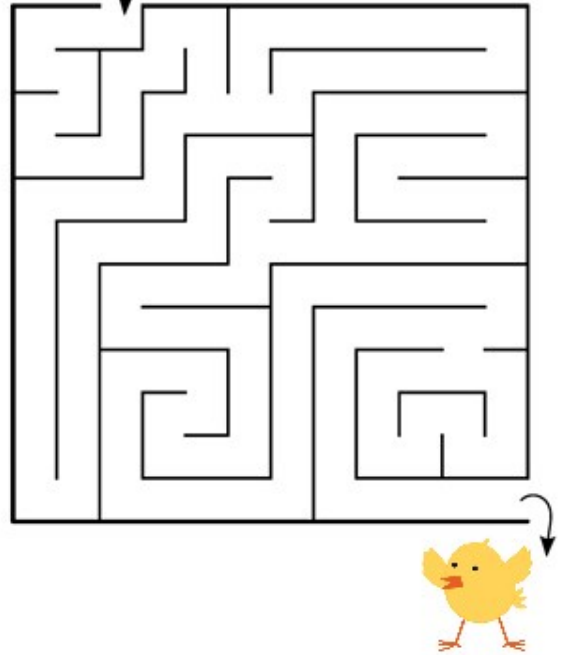
- SPRING
- SUNDAY



© 2022 puzzles-to-print.com



## Easter Maze



It's Easter Day and the baby chick just hatched from her egg. Help her take her first steps and find her way through the chicken coop.

© 2022 puzzles-to-print.com



# 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/](http://www.qld.gov.au/disability/out-and-about/companion-card/)

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

© Commonwealth of Australia 2013







# FUNDRAISING



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

## Easter Basket Raffle!

**1 ticket for \$2 or**

**3 tickets for \$5**

**Available at office**

**Drawn 28/03/24**



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.

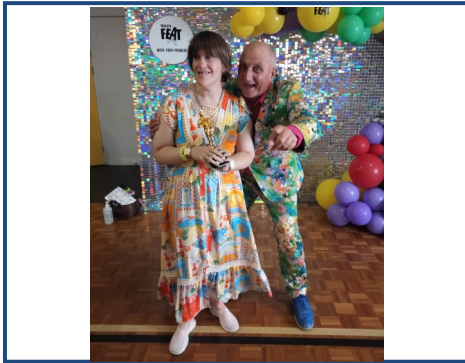


People in the community are continually dropping in ring pulls which the Service Users are taking turns to cash in at Ellsley Metal Recycling.





# ON THE GROUND



## Awards

Nicole holding her Gold Logie award with Steve Price at the Happy Feet Movie Premiere Gala in Townsville.



## Bowling Fun

Mark showing off his incredible score of 168 at Ten Pin Bowling. Congratulations Mark!



## Daily Exercise

Steven's smashing his goal of increasing his skills on the exercise bike with his physiotherapist!



## The Little Mermaid

The Flexi group who attended the Burdekin Singers amazing production of The Little Mermaid at the Theatre.



## Monday Madness

Australia Day craft at Monday Madness, making a garland of hands to represent joining our Nation as one.



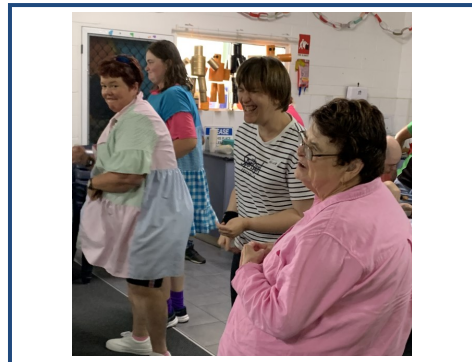
## Family

Kevin enjoyed a visit to his mother, Zette, at Regis Age Care facility.



## Happy New Year

New Year's Day celebrations at Flexi 1 House. Looking forward to another healthy and happy year in 2024.



## Health & Fitness

The ladies from Flexi 4 love to dance! Dancing is a fantastic and fun way to keep fit, and is always an enjoyable exercise.



## Community Access

Lita visiting the Flexi Office to say hello before heading out on community access for the morning.





# BOWEN FLEXI TRIP



## BOWEN FLEXI CARE FUN



On Monday 5 February, our service users travelled to Bowen for the day. We were hosted by Bowen Flexi Care for the morning, at their headquarters for a sausage sizzle and a dance party. The social interaction of our service users and staff with the Bowen group was a pleasure to see. Old friends caught up with each other, and new friends were made. On behalf of Flexi Queensland, we thank Bowen Flexi Care for their friendly hospitality and appreciate them hosting us for the morning.

It was then time for water park fun! Our service users enjoyed the Bowen Water Park facilities with the 'bucket tip' being the star of the show. Afternoon tea was enjoyed in the park with a beautiful view of the harbour.

Before travelling home, our service users enjoyed the amazing 360 degree view of the Whitsunday's from the top of Flagstaff Hill. We will be catching up with Bowen Flexi Care again throughout the year.

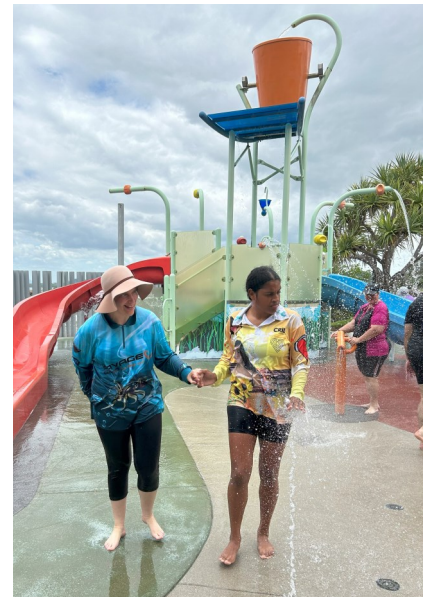
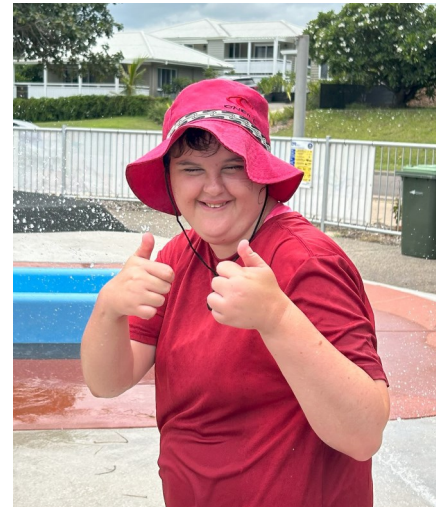
## FLAGSTAFF HILL LOOKOUT







# BOWEN FLEXI TRIP



# BOWEN WATER PARK!







# PERSON CENTRED EMERGENCY PREPAREDNESS

## Part 1 ...

Our Service Users and staff gathered at the TAC to participate in the first session of the Person Centred Emergency Preparedness workshop. The person-centred emergency plan (P-CEP) helps to ensure the health and safety supports that people need during an emergency are met. Person-centred planning conversations help to build the capability of multiple stakeholders towards making disaster preparedness more inclusive. The workshop was run by Anna, Peter and Jamie, with support from Marian, on behalf of Queenslanders with Disability Network (QDN). They engaged our service users by providing information, advice, and interactive understanding of what an emergency or disaster is, and how to start preparing themselves. Our service users were well aware of the need to be prepared, as they had just experienced this with the recent threat of Cyclone Kirrily in our region.



### Action steps to increase emergency preparedness.

Step	Actions
1	Identify your strengths and support needs in everyday life
2	Know your level of emergency preparedness and learn about your disaster risk
3	Plan for how you will manage your support needs in an emergency
4	Communicate the plan with the people in your support network and address gaps through collaboration

**Person-Centred Emergency Preparedness (P-CEP) Workbook**  
A conversation guide used by people with disability to tailor emergency preparedness planning to their individual support needs.



## Part 2 ...

Emergency preparedness is a process – not a one-time event. Anna, Peter, Jamie and Marian returned to present and work through Part 2 of the P-CEP program with our service users. After focusing on Step 1 and Step two in the first workshop, our service users then worked through Step 3 and Step 4. This involved planning for how they will manage their individual support needs in an emergency and how to communicate this plan to your support network. Once again our service users engaged enthusiastically with the presenters and some had the opportunity to share and present their own plan to the group. On behalf of Flexi Queensland, we thank QDN and their presenters Anna, Peter, Jamie, and Marion for their valuable time spent with our service users.





# BIRTHDAYS



Happy Birthday  
Gaylene!



Gaylene and Lucy posing  
for a birthday photo





SUPPORTING PEOPLE IN THE BURDEKIN SINCE 1995

**Flexi**  
**Queensland**

Unlocking possibilities for people  
with disabilities

# Flexi Queensland is a leading NDIS provider in the Burdekin region.

Discovering potential,  
empowering lives

Personalised care  
and support for  
people in need

Capacity now open for  
new clients:



07 4783 5866



14-16 Ross Street, Ayr  
QLD 4807





**EXPRESSION OF INTEREST**

We are calling for expressions of interest for an upcoming event 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.

**Event cost \$15.00**

**RSVP 01/04/2024**



**Service User Name:** \_\_\_\_\_

Date	Event	I would like to attend...
Wednesday 24 April	The Boys From OS Morning Melodies 11.00am	<input type="checkbox"/> Yes <input type="checkbox"/> No

**OFFICE USE:**  
Received By: \_\_\_\_\_ Date Received : \_\_\_\_\_