



FLINTWOOD
DISABILITY SERVICES LTD.



Katrina

NEWSLETTER

AUGUST 2023

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MESSAGE FROM THE BOARD

Why Become A Flintwood Member?

Being a board member of Flintwood Disability Services gives me a feeling of doing something that's helping others and contributing to an organisation that is focused on improving the lives of others. I also enjoy the comradeship shared with other board and executive team members. - **Russel G**

My reason for joining the Flintwood Board was to give back to our community for all the support we receive for my son. Once becoming a Board Member it quickly became obvious that what our Flintwood organisation delivers to people with disability is so much more than a day minding centre. We genuinely improve the lives of each individual who is part of our family. This happens by skills building, friendship bonding, outings, an awesome forever home and a genuine environment of support and caring. I get so much more than I put in by being a part of the Flintwood Board. I sincerely hope that other like-minded people will consider joining us and make a true difference - **Sharon F**

As a board member for Flintwood Disability I value our diversity, our responsiveness and how we represent our participants and their families. The Flintwood board members ensure we hear the voices of our organization's users and listen to the views of stakeholders at decision making levels. Our diversity proves invaluable when discussing issues relevant to our family and drives us to make the right decision. - **Helena L**

I joined the Flintwood board to help and support the participants of Flintwood and to give back for the many years of service shown to my family member. Being on the board has given me a chance to understand the workings of a not-for-profit company, to be able to voice my opinion and advocate for the rights of the participants, and to feel like I am actively contributing to growth and development of Flintwood. Along the way I have formed friendships, found confidence, and gained knowledge. The meetings are only once a month for a couple of hours and it is lovely to come together to discuss everything that has happened for the month. - **Sharon S**

If you would like to become a Flintwood member, please download and complete the application form [here](#).

MESSAGE FROM THE CEO

Message from the CEO

Well, with our new focus this year of getting back to the “old Flintwood” with lots of community activities and engagement we are progressing well.

Facebook is a great way to keep up to date with our progress and how the Participants are enjoying their lives.

This has also been the time to review our strategic direction and we have held face to face meetings, TEAMS meetings and used surveys to collate your opinions about our direction. I thank you for your input and soon we will publish our plans. We are all a part of the development of Flintwood for our people to make it the best organisation it can be.

Recruitment for vacant roles is an ongoing challenge for us as an organisation. If you know of any potential applicants, we would appreciate it if you could send them our way. Our current employees are a strong workforce who have been dedicated and helped through times of being short-staffed and we appreciate this commitment.

Our focus this year is to become more face to face again and reconnect with our people. I look forward to seeing you all in person and at our many upcoming events.

UPDATES FROM FLINTWOOD

Group Pricing Transition

In March, Flintwood held several information sessions to provide further details to families on the upcoming transition of a new pricing model for group programs. This is an initiative by NDIS requiring that all service providers have in place for group-based programs. We hope it was helpful to those who attended the face to face and online Teams presentations. For those unable to attend, Flintwood will be sending out the information pack as a hard copy which will include any updates since the presentations.

In short, the transition involves moving from current price line items that are all inclusive and cover all costs to ones that are broken down further to separate these costs and provide more transparency and detail to Participants and families on what they are being charged for their services.

One of the recent updates has been the announcement from NDIA that the timeline for this to occur has been extended to December 31st, 2023. As such, the transition will now take place in the second half of the year instead. The next step in this process is that Flintwood will communicate with each family or person responsible over the coming weeks to arrange a suitable time to discuss the Participant's adjusted Service Agreement. We will work with each of you to discuss this in the most convenient way, such as via phone, video call or in person.

NDIS Industry News

In late February The National Disability Insurance Agency (NDIA) announced it is partnering with First Peoples Disability Network (FPDN) to co-design a new NDIS First Nations Strategy and action plan that reflects the goals and aspirations of First Nations experiences and voices. A First Nations Advisory Council (FNAC) will be formed and will focus long-term on actions to achieve enhanced outcomes for First Nations people with disability.

In April The National Disability Insurance Agency (NDIA) is improving participant safety, through the release of a new NDIA Participant Safeguarding Policy. The Minister for the National Disability Insurance Scheme (NDIS) Bill Shorten said "It represents a shift to a stronger focus on proactive identification, assessment, and management of risk to minimise the likelihood of violence, abuse, neglect and exploitation,"

In May the Federal Budget saw the announcement of \$910 million dollars over the next four years to improve the functions and service delivery of the NDIS. Focus areas of these improvements included capabilities of the workforce, flexibility to ensure plans are more transparent and flexible for life events and strengthening decision making on supported independent living.

DAY PROGRAM

31 Salisbury

As usual, everyone here at 31 are keeping busy with all sorts of programs and activities.

The farm has been a popular attraction with weekly visits to take care of the animals as well as being the venue for some recent highlights. Our Easter celebration featuring a mega egg raffle was held there as well as Australia's Biggest Morning Tea where we raised over \$900 for cancer research! Congratulations to Josh Foord on winning the raffle!!

There was lots of excitement (and tired legs) as we returned to The Easter Show this year to experience the rides, animals, showbags and yummy food. An amazing day out at the Powerhouse Museum.

All this going on along with our regular activities which include Bowling, Flip Out, Library and Café Visits, Music and Bingo at York Rd, Fishing, Cooking, Shopping, BBQs, Shine Shed, Travel Training, Sports at Bernie Mullane and day trips to Warragamba, The Blue Mountains and the beach to name just a few destinations. Phew.

Lots to do here at 31 and, with a planned trip to Sydney Zoo coming up, lots more to do in the future.



38/39 Salisbury



38/39 has had a great time lately with Easter being a highlight for our participants as they took a trip to the Easter Show to experience the sights and sounds of the farm animals. Speaking of farm animals, we have been enjoying our weekly visits to the farm to feed the chickens, goats and to do our part to care for them. Cooking up some delicious sausages at our weekly BBQs remain a popular activity as well as bowling and gardening.

We have been enjoying getting out into the fresh air with some relaxing sensory walks taking in the sounds of nature at a wide range of locations, from Merrylands Gardens, Mt Tomah Botanical gardens, Parramatta Lakes, Fagan Park and much more.

Mark has been loving working on his skill build by assisting with loading and unloading the dishwasher, helping to vacuum the floors and packing up at the end of the day.

We are also getting the opportunity to socialise with participants from all over Flintwood as we regularly go to York Rd for Music, rehearse for The Grinch musical and visit our friends down at 31, who we are looking forward to going on a trip to Sydney Zoo with very soon.



York Rd

The introduction of the shine shed program to our activities has been a super hit. The shine shed program offers our Participants opportunities to explore their sensory needs. The social setting of the café also allowed the fostering of many new friendships.

The everyday task of accessing public transport can be overwhelming for some, however our skill building programs on travel training has assisted in boosting the confidence of our Participants. They have learnt how to top up their opal cards and tap on and off when using public transport. Participants have explored great locations by catching the metro at Kingswood station, travelling by ferry to Parramatta or visiting the zoo.

We attend the local swimming pool in St Marys – Ripples. We look forward to seeing Melanie break out into a smile when she gets into the water. Mathew enjoys a good splash around whereas Renata enjoys the tranquillity of the spa. Dylan, Crystal, and Scott are learning different styles of swimming. International Women's Day was celebrated at York Road. Staff and Participants dressed in purple on the day. The Participants baked cupcakes, had a sausage sizzle and enjoyed an afternoon tea. Keely raised funds toward this great cause, well done Keely!

April is Easter show month, and we were out in full force at the show. Enjoying the great food, visiting the animal stands and off course buying heaps of show bags. With the show behind us and filled up with more easter eggs that we should have eaten we got cracking on our easter hats. We linked in with the Derby Street site for the easter hat parade. Strutting the catwalk with all our beautiful creations. Alas! there can only be one winner and this time it was the fabulous Rhonda Meredith. Congratulations Rhonda.

Incorporating diversity into our site with the cultural program. We cooked and enjoyed Bangladesh cuisine, dressed in authentic gear and danced to traditional music. Facts on Bangladesh – the capital is Dhaka and Bangladesh is home to the world's largest mangrove forest. Birthday parties are a great reason to eat cake and we enjoyed some yummy cake when we celebrated Lesa's 50th birthday. We dressed in red which is Lesa's favourite colour. Congratulations to Joanne who also celebrated her birthday.



Derby Street



Derby street is honoured to have both a musician and an artist amongst us . What better way to be entertained when out and about, Arthur plays his ukelele and Cody creates “Picasso’s” with his rock painting.

Weekly visits to the farm – “Romein’s Retreat” is a popular activity on our calendar. Participants enjoy picking vegetables and feeding the animals. It is also a great space where we get to meet other Flintwood sites and have a great social day out. Happy birthday Shireen thank you for celebrating your special day with us all. Darren, Lee, David and Raymond have been visiting the local library and grabbing a coffee whilst out and about.

The baking program has oh so many advantages ... the shopping, the smell of all those beautiful aroma’s as they waft through the site and of course tasting our master creations. There is only one word to describe the teams culinary skills YUM!

The exploring Sydney program has taken us on trains, Ferries and to Cockatoo island. Lee particularly enjoyed Trench Reserve where she got to see the horses. Much fun was had at the easter show, with the highlight being finding that special show bag and who knew potato on a stick could taste so good. Shireen, Lee and Darren are enjoying the gardening program run at our York Road site. Lee has taken a supervisory position in this program directing everyone on how to tend to the plants.

Aqua Golf has a sheltered teeing area, making it an all-weather activity which is thoroughly enjoyed by all. There are beautiful views of the Blue Mountains as you tee off across the water. Our Out & About program features regular activities and adventures which is a very popular program amongst all. Whether you prefer sightseeing, bushwalking, adrenaline experiences or exploring the great Australian outdoors - we’ve got you covered.



Brookvale



The past few months have seen some new and exciting innovations and changes into the Brookvale Flintwood family. None larger than the welcome additions of Janet and Jasmin. Between Janet's love of coloring and cooking and Jasmine's love of laughter, these new recruits have brought no shortage of drama, laughter and good times into the melting pot of fun.

In other news, our friends Wendy, Rachel and Julie have been hard at work rehearsing for the Grinch musical. They get to enjoy the thrills of music and dance while also getting to engage and socialise with their fair-weather friends from our fellow sister sites.

Chad, one of our illustrious VIPs has gotten in touch with his artistic side, making the effort to help our manager Rachel Johnson celebrate Mother's Day with a beautiful personalised mothers day card.

Our friend Ronaldo Darren Martin has been hard at work with Staff member and resident sports guy, Cam developing his soccer skills kicking goal after goal at Warriewood oval.

Shiver me timbers, avast ye matey and ahoy are just some of the phrases our first mates Peter, John and Julie have been sporting since the beginning of the Sailability season. Sadly with winter starting to settle in on the shores, the sailing program has set forth for the seven seas for destinations unknown until summer returns. Fortunately, the program has left a lasting impression on our favorite pirate crew.



What do you get when you mix together eggs, flour, several tons of sugar and chocolate, milk, bacon, goat cheese and chuck it in the oven? No, not a disaster, you get culinary sensations that your tastebuds will never forget. Cooking has always been on Brookvale's activity menu and for our aspiring chefs Ross, Russell, Darren, Janet and Jasmine there's been no shortage of (creative) dishes on offer.

As always, bowling remains a staple of the Brookvale site with Russell and John working hard towards attaining the goal of a perfect game.

Crown Street & 55 Harris Park

We are officially in Term 2 program and thank you for your prompt response in returning your program choices. Some activities offered this term:

- Shine Shed, All abilities/ ages indoor play centre. Featuring a foam pit, Sensory gym, Trampolines, Climb wall and Flying Fox.
- Drama at Riverside Theatre: Beyond the Square, The classes encourage participants to embrace opportunities to explore and grow through drama, movement, music and imagination
- Music, we join with York Rd on Tuesdays and McMillan on a Wednesday, Flintwood is extremely lucky to have the extremely talented staff/ musicians who run these programs, John from the Seven Hills site and Paul from Salisbury.
- Farm Experience @ Romein's Retreat, regular farm activities include animal feeding/ handling and care, gardening, egg collecting, bike riding, pool table and games in the cave.
- Cultural Cooking and Explorations, we are traveling around the World, through food, dance, language, clothing, music, art and beliefs.

Harris Park has a Team Leader , her name is Alyssia– if you have not yet had the chance to meet, please pop into the sites and say hello.

Andrew Sadleir joined the team as our General Manager at the beginning of the year, Andrew is now moving to residential and we wish Andrew all the very best, our new General Manager Nick Mihas has been with Flintwood for approximately six months, he brings a wealth of industry knowledge and has also worked in Quality Assurance.

We have recently welcomed Aileen to the 55 site, Aileen joins us on Friday's only, Aileen's choice of program is The Grinch– Flintwood Theatrical.

Sadly we have farewelled Luke and Sadie from Crown St, Luke has moved to the Central Coast for a sea change. Dear Sadie has been unwell and not able to continue service with Flintwood. We visit Sadie and enjoy regular phone calls and facetime.



Best Rd

Our Out and About programs have given us an opportunity to explore Sydney and its greater surrounds. From the Blue Mountains through to the sunny beaches at Brighton Le Sands. Taking advantage of the beautiful weather we have enjoyed picnics at the beach, aqua golf, fishing, sports in the park and the outdoor gym.

Ripples aquatic centre offers both indoor and outdoor pools which both Margaret and Dylan have been using to enhance their swimming skills. The spa is also a hit when it's time to relax.

Our onsite gardening programs has seen our gardens flourish and create an idyllic setting in both our front and back gardens. The life skills programs include shopping and sandwich making. Our barista Dylan has been enjoying the new coffee machine. Sangirth is upgrading his skills on cappuccino making. The jury is still out on who can froth milk with more skill. Test it out for yourself pop in for cuppa, we welcome the visit.

Our budding musicians are enjoying the music program. Singing in tune or playing instruments with accuracy is over exaggerated and left to the Ed Sheeran's of the world. We just love busting out tunes and playing instruments and most importantly having fun.

We celebrated with a morning tea to congratulate Alpha on his 10 years of service with Flintwood. Thank you, Alpha, for your commitment to Flintwood.



McMillan Centre



Lots of cake and parties at the site with both Neville and Samantha celebrating their birthdays. A very special milestone birthday for Sherrie – happy 50th. “Mr Bean” no not the comedian that’s the name of our newly opened café. Located onsite and beautifully set up. Participants are enjoying the café and are skilling up on using the coffee machine and baking. We are looking forward to hosting other sites in the very near future.

The set up of our in-house salon includes a nail bar, hairdresser, and massage chair. The perfect setting allows for lots of relaxation and pampering. Our weekly visits to Romein’s retreat for the farm experience has been very popular. Participants thoroughly enjoyed learning new experiences of feeding the chickens, rabbits, goat, and sheep. The addition of a new rabbit “Thumper” to the rabbit hutch has meant double the fun. Both rabbits are believed to be shy but we think they actually enjoy a game of hide and seek as they disappear when you enter the coup.

Rain, hail or shine Aqua Golf is an outdoor activity which is undercover, meaning we can enjoy a round of golf, no matter what the weather is like. Our music therapy sessions provide a rich opportunity for Participants to engage, learn, celebrate and interact. Our centre-based activities include baking, cooking and board games which give the participants quite a good time to start these programs from the scratch.

The Participants attend to make a list of what they need, complete the shopping and then will follow the recipes. Our budding musicians are enjoying the music program. Singing in tune or playing instruments with accuracy is over exaggerated. Start getting the beats together and get turns to play the instruments accordingly. Our Music teacher is planning to work with other day services to start a music band for the end of the year performance.



ACCOMMODATION SITES

Glenmore Park East

Our weekends have been filled with exciting adventures with our friends from Glenmore Pk. Together we have been to the Aquarium, Easter Camden markets, Easter show, Flintwood farm bbqs, celebrated birthdays and we were invited to Glenmore Pk North place for an Easter lunch where we exchanged gifts. Individually, Sharyn has been to the Sydney Zoo, Melanie went on a ride on the buggy at the Flintwood farm and Amy went to the Medieval Fair at Nurragingy reserve. We also had a lot of fun together when we were supported to go on a ferry to Circular Quay.

More recently, Amy and Sharyn went to the Centennial Vineyards in Bowral to see Borealis in the vines and were amazed to see the sky light up with colours while listening to relaxing music. Amy also went to Madame Tussauds with her friend Nicole. We enjoyed our time at York road day service watching the footy and eating pizza too. We have been supported to live a full life, experiencing new places and making memories with our friends.

Together, we are looking forward to seeing Wicked at the Lyric theatre in October with our friends.



Dharruk SIL



Recently, the residents at Dharruk have been going on new and exciting adventures. Suzie has continued to enjoy attending her day program and making memories with her peers. Suzie enjoys bowling, going to the movies and has helped celebrate special occasions with her friends. Suzie is also busy preparing for her overseas holiday to Fiji.

Colin has started his transition of returning to Day Service and has been participating in different programs. Colin has recently reconnected with his old friend Margaret and arranged to have coffee with her in Parramatta. Jason has also returned to his Day Service, he received a warm welcome on his first day back and since then Jason has become more involved in the community and in reequating his old friendships.

As a group, Suzie, Colin and Jason recently enjoyed a football night with their peers at York Road day service, visited Parramatta lake to enjoy the sunshine and also went to Bobbin Head point for fish feeding and lunch.

They've recently helped celebrate a staff members anniversary who has given many years of service to Flintwood by hosting an afternoon tea. The residents are excited to see Wicked at the Lyric theatre in October with their friends from Glenmore Park SIL houses.



Over the past 6 months, the ladies at the house have been working towards their goals and are achieving many great things. They have made memories together participating in shared interests while also choosing to spend time doing things they enjoy as individuals. Keely sold her beautiful artwork via her Instagram page and has been cheering on her mighty Penrith Panthers at their home games.

Naomi threw flowers into the Nepean River in memory of her mum for Mother's day in a beautiful tribute and Naomi visited her dad in his nursing home, spending lovely time together. Erin has also been spending precious time with her family which included going to the Hawkesbury Show and showing great dedication and determination working towards her fitness goals at the gym. Kathleen has been busy at work and increasing her independence whilst learning skills in travel training.

The ladies are enjoying planning their weekly shopping and meals and it is fantastic to see the variety of food interests. The ladies get actively involved in meal preparation and cooking developing wonderful skills. As friends, the ladies continue to enjoy their weekly bowling competition, they attended the hugely popular Medieval Fair event at Nurragingy Reserve in Blacktown and have loved trips to Coogee beach. Naomi and Erin have been busy preparing for their overseas trip to Fiji.

The ladies at Glenmore Pk West are also very excited to see Wicked, the musical at the Lyric Theatre in October with their friends.



Bella Vista SIL

A big “Hello” from Bella Vista we have been very busy in the last few months, visiting some of the best places in Sydney, like Manly beach, the Easter show, and eating out at some of our favourite cafes and local restaurants Chinese food still our favourite! we have enjoyed the beautiful weather with sunny warm days enjoyed parks all over town!

Our days are always very busy with day programs, work, family and home visits. But we always manage to fit in fun things to do, recently some of us went to see John Farham movie, we also have visited the park for a day out, the farm to see the animals, the beach, aquarium and so many more places.

Our friend Katrina recently celebrated her 50th birthday, she was joined by us her housemates and all our families together, it was such a great night for all. We had amazing food and cake; Katrina is living proof you can be 50 and Fabulous!!

HAPPY 50th BIRTHDAY again Katrina!! Recently we welcomed our new Service Manager Cassie, she is new to Flintwood, and we are making sure she feels right at home with us.



Granville SIL



Tabitha, Rachel, Nick and Michelle enjoy a host of activities both at home and at their respective Day Programs. Getting out and about on weekends has them enjoying the sunshine and freedom to attend more of the places they had not been to for a period of time.

The Beaches, Western Sydney Zoo, China Town, Flintwood Farm are most popular and thoroughly enjoyed by all. Family involvement is a crucial component in the services we provide, their support with specialist appointments and meetings in general ensures they and we have a better understanding of the Participants "bigger picture".

Rachel, with the support of staff has been attending church each weekend' Michelle is encouraged to use her mobility aid daily and is getting good results, Nick continues to enjoy strong family connection and enjoys his catch ups and celebrations with them. Tabitha has regular visits from her dad which is a highlight for her and also Deb keeps in regular contact and a takes Tabitha for a walk to Granville where they relax over a coffee or drink at their favourite coffee shop.

We have more recently welcomed back Annette to her old haunt, her knowledge and experience is invaluable and welcomed by all.



Kellyville SIL

The Participants from Kellyville continue to live a busy life being out and about more often than they are home. Attending Australia Day celebrations, easter show, show/meal at the Ettamogah Pub, row boats and peer support outings just to name a few.

The Flintwood Farm is a big hit...The Kellyville guys enjoy this weekend activity, not only feeding the animals but taking advantage of everything the farm has to offer. Gym equipment, 3-wheeler bike, BBQ lunch and Andrew's favourite mowing the lawns. With assistance from Support Staff, we continue to work on their independent living skills, including meals, cleaning, and maintaining personal hygiene. All Participants are learning new skills and problem-solving skills.

Kellyville SIL are working hard when it comes to exercise, walking in the afternoon, swimming, bushwalks, Leza will walk either to Salisbury or home on some days and basketball is still a fun way to exercise for all Participants. With the support of their Dietitians Participants are cooking healthy meals. Andrew cooked Lentil Burgers for all his housemates. Both Leza and Lisa enjoy pampering themselves booking into the nail bar to have a pedicure and Manicure on Weekends.

Leza, Lachlan and Lisa all Celebrated their birthday with loved ones and friends, a very nice surprise for Lisa to be able to celebrate her birthday with the Ladies at Kellyville North and Bella Vista, especially seeing Jackie. Birthday Parties are now back on the agenda Participants are happy to be able to Celebrate with their friends, Josh, and Burnie.

Cornelius celebrated 5 years with Flintwood, and we welcome Anu Oberoi to the Kellyville team.



Hi, My name is Victoria, I reside in Kellyville North, and this is my feel-good story. I had a feeding tube inserted in 2010, as I was failing to thrive and would regurgitate my food. Over the years I was monitored by a dietitian, and she would provide my support staff with a feeding regime that staff would follow, and this consisted of Jevity and water flushes.

I would always assist with the dinner preparations with my housemates wishing that I could eat something, some nights I would pick up the food I was preparing and try to eat it, but my support staff would stop me as it wasn't safe to consume. I have always had a good set of teeth my dentist told me so and well my chewing is good; I love to chew on my sensory items.

As of May, and after my Speech Pathologist did an assessment, I have gone from taking zero forms of liquid through my mouth to eating up to two puree meals a day. Being able to eat has improved both my health and wellbeing. The joy of tasting yummy things, making tasty dishes and being able to now share it with my housemates has made me very happy. I have always enjoyed going on community access and now being able to access venues that have food has made these outings even better now I can eat.

Since I have been able to explore different tastes, some of the foods, I have tried include; Mashed potato, puree pears and apples, chicken, custards, yoghurts, Spaghetti bolognese and meatballs and fish. There hasn't been anything yet that I dislike. I have had a review with my dietitian and Speech Pathologist, they have both advised that I am doing well and my current goal I am working on is to have more food orally and this will then require less Jevity feeds.

This will have a positive impact on my overall health as it will support me to maintain a healthy weight, not to mention the overall impact that it has had on my mental health. I am sensory driven when it comes to putting things in my mouth, this has now fulfilled this sensory need of mine. I am really looking forward to expanding my pallet even more and enjoying the tastes of many more different foods. As time gets closer everyone is assisting Tahnee for her big move to Ballina. Participants and Employee's are organising a farewell party for Tahnee and are both excited for Tahnee and her move, but also sad that she is leaving, as Samantha, Katie and Lisa have lived together for many years.

The Kellyville North Ladies go out on a Friday night and/or weekend to Riverstone RSL, all Participants have made connections with the club staff and enjoy a nice meal of their choice. Flintwood Farm has been a regular outing and all ladies were excited to meet the baby chickens. Family connections are still a big part of what Kellyville North is about, Samantha is excited to have her Parents living back in Sydney as she can see them more often.



Glenmore Park North



The ladies at Glenmore Pk North have been sharing fun and exciting experiences with each other and their friends from Woodi Close. The ladies have been to the Easter show, Rock n roll Dancing, RSL clubs, movies, and have enjoyed visits to the aquarium. They also helped celebrate their friend Sharyn's birthday at Hogs Breath Café and hosted

Easter while inviting their friends to celebrate with a roast lunch. Recently, Margaret and Nicole went on a road trip to Bowral where they visited the Centennial Vineyards to watch the Borealis in the Vines, this was an amazing experience where they saw Auroras radiating through light beams.

The ladies are living a full life of fun and excitement while experiencing new and interesting activities in the community. The ladies are excited to see Wicked at the Lyric theatre in October with their friends.



Concord West SIL

We have been involved in some activities over the last few weeks, we visited many parks and also Sydney airport; Mary is attending weekly Music Therapy; Cindy is going to the Temple; Kady is enjoying going out to do activities she enjoys like shopping, she is looking forward to visiting her father for weekly catch ups with him and the rest of her family; Tina has been recovering from a fall and is looking forward to getting out and about again to enjoy the great weather we are all having.

All Participants are looking forward to start enjoying new places together and individually!!
We have a long list of places to see keep checking in for all our photos in the next newsletter.

We recently celebrated big achievements for 2 of our long-term staff members, Mary who has been with us for 20 years and Moni who has been with us for 15 years. Thank you for your support to our Participants and Flintwood, Congratulation on achieving such a big milestone!!

Our staff member Sushila was the lucky winner for staff raffle last month, Well done!

We have just welcomed Loriza Dean our new Service Manager, looking forward to next few months getting to know her, Loriza worked at one of Flintwood's Day Program before making the move to our site, she is introducing new activities for Participants.

The house has gone through much needed changes, employees assisted Participants with giving the site a face lift from picking new furniture, new decorations, taking care of the garden and a much thorough clean up; Participants are enjoying their fresh brand-new place.



Glenwood South SIL



Hi there this is Elissa from the Glenwood South house, in the last few months I have been actively exploring places around Windsor area, I really enjoyed discovering some really cool new shops, one of my favourites is the Gluten Free Ice Cream shop, I really like the Windsor beach, the Sunflower field, music stores and visiting all the coffee shops I can.

Earlier in the year we celebrated our birthdays Heidi celebrated her 49th birthday in April and I celebrated my 48th birthday in January.

Heidi and Lucy are always busy doing craft activities to relax in the evening, puzzles, knitting and games too. Lucy and Elissa have joined new dancing groups and are getting ready to learn their dancing routines.

We love cooking and experimenting with new recipes, but we also love going out for treats to our local coffee shop, we also love going shopping for new clothes.

On the weekends we love to go out into the community and socialise. We often go out to the Flintwood Farm and feed all of the animals, especially the goats and rabbits.



Stanhope Gardens SIL



Participants and staff enjoy their outing on weekends going to local parks for a picnic and long walks is a group favourite, watching movies at the cinema is always fun, we love being up to date with the latest movie flicks!

Playing board games and a game of pool are activities we like doing when we are at home, it is very competitive with all Participants on site, but a good friendly game is also fun times for all of us!

In the warmer weather we enjoyed swimming in our pool in the back yard. We can't wait for summer to do it all again.

We recently celebrated our friend's Denzel 27th Birthday, throwing a party for him.

Tiffany loves to cook dinner in the evenings, staff are always happy to support her complete her cooking and is also a good learning opportunity for all in making healthier and tastier meals for everyone at home.

We have all been busy getting fit doing exercises with our exercise physiologist at home, this is a fun activity to get to enjoy together with exercises we get to practice weekly.

Recently we went to Double Bay Club to see a live show with our favourite music group, the concert was followed by a great dinner. We enjoyed, dancing to music and had a great time, we can't wait to go to the next show.

Until next time Flintwood friends!



Glenwood North



Participants from the Glenwood North house have been enjoying quite a few outings with employees over various weekends. They have visited nice parks and restaurants for lunch. They went to The Sebel resort in Windsor. Participants enjoyed a walk in the sun and beautiful garden grounds, they also had a nice lunch. There were lots of laughs and everyone appeared happy, and they enjoyed themselves. On Saturdays some participants go swimming to St Mary's at the Hydrotherapy pools, and they have a really great time.

Last Sunday everybody went to the Rouse Hill show, they enjoyed watching all different rides, loss of color, lights, and music. Then after the show they went to have a nice lunch at Nando's. They had some nice chats and enjoyed been in the community. Alex and Jenny had a great time, as they couldn't stop talking about their outing.

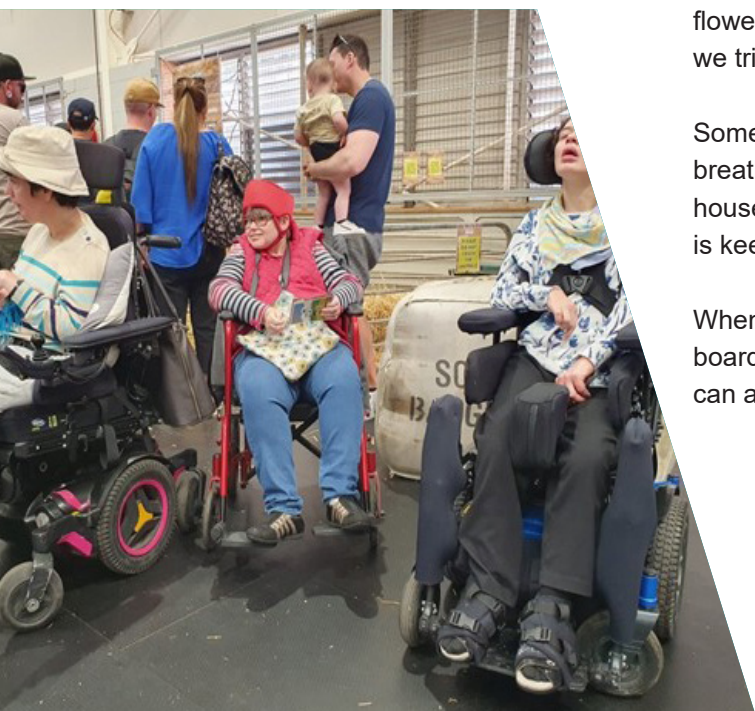
On weekends we go to the local restaurants for a meal and to enjoy our housemates company. One of the most exiting visits we had recently is the one at our local pet shop store, where we got to see different pets, small animals always put a smile on everyone's face.

They have been taking Ola (our house pet) for her afternoon walks and have enjoyed some neighbour's streets and beautiful colours of the falling leaves of the trees. In the evenings at home, everybody helps to cook dinner, whilst some play puzzle's or just listen to music after all other activities.

We went to the Easter show in the Olympic Park. At the Easter Show we enjoyed spending time with animals, smelling the flowers, watching a few acts, the most enjoyable was the food we tried and got our hands in some Easter show bags.

Some of us revisited the Auburn Botanical Gardens, breathing fresh air and enjoying nature walks, whilst our other housemates go to hydrotherapy at St Mary's hydro pools. This is keeping all of us very fit!

When we are at home, we enjoy evening activities, playing board games or listening to music, even baking a cake, so we can all enjoy a nice afternoon tea the next day.



Baulkham Hills SIL

We have been Busy exploring and embarking on discovering new sights in our beautiful city and have a long list of places that we will visit over the next six months. All Participants are looking forward to start enjoying new places together and individually!!

James has been regularly attending jazz night every three weeks at his local church and has recently been visiting Springfield to have coffee with his new friend Katrina. Patrick, Robbie, and James are being supported by staff to pick out their favourite groceries to foster their cooking skills! Look at us cooking up a storm in our kitchen!

The boys have been attending footy night to support their favourite teams!! The rival in his house strong!

Patrick has been attending the farm each week to feed the animals and partake in the days fun activities that the farm has to offer. Patrick hopes to increase spending more time at the farm and would like to have a part time role looking after the animals!

We had to say farewell to one of our amazing staff members An-An! We wish her all the best on her new lives journey and hope to see her smiling face again!

We have just welcomed Cassie Coughlan our new Service Manager, looking forward to next few months getting to know her, she is introducing new activities for us residents. Also, we have a new General Manager Nancy McElwaine who previously worked at several other SIL Flintwood Sites before making the move us!

The house has gone through much needed changes, the residents have been tirelessly tidying and cleaning up the home, including a new face lift with picking new furniture, new prints for the walls, and a much needed thorough clean up; the guys are all enjoying their fresh, brand-new place.





Greystanes SIL

Our house at Greystanes has had a major overhaul with both the interior and exterior of the site having recently been renovated. The benefits of the renovations were quick to be utilised as Mark and Cody are now enjoying the increased space and associated freedom of movement that's come along with the new design. Both Mark and Cody are very comfortable in the company of one another, and you will often find Mark sitting in the massage chair whilst Cody is nearby concentrating on his latest jigsaw piece.

As the days grew shorter, the mornings cooler and the rumblings of the heaters more consistent, it was clear we were approaching Winter. The guys have been sure to make the most of the sun and nice weather during the day, and on the weekends head out to enjoy their favourite local and national parks for BBQ's, picnics, ball games, bushwalks and scenic views. A favourite weekend activity for the guys is visiting the very popular Flintwood farm to feed the animals and spend some time in picturesque grounds.

Mark and Cody have continued to enjoy their busy weeks and days at their Day Programs, where they spend time with their friends and take part in a wide range of community-based activities. After some afternoon tea it's not uncommon to see Cody heading out for a walk to enjoy the sun while it's still out. The guys have also enjoyed keeping on top of the grocery shopping, creating the meal plans for the week and helping to cook for each other.

More recently we have been fortunate enough to welcome Sangirth as our newest house mate! Sangirth has gelled so seamlessly into his new home, and it already feels as though he's been here all along. Mark and Cody have warmly welcomed Sangirth and are enjoying having a new house mate to join them at home and while out on their adventures within the community. Sangirth has known Mark for quite some time through their attendance at the Best Road Day Program. Sangirth brings with him a positive energy and a great taste in music!

These are just some of the highlights over the last few months. We'll be enjoying a few more weeks of extra layers and warm tea as we look forward to the warmer weather spring will bring.



ROMEIN'S RETREAT

A Flintwood Farm Update

Romein's Retreat is officially opened!!!

After more than 6 months of hard work and planning, the farm is finally open for ALL of Flintwood. The property, which was purchased around 12 months ago, with vast views across the Hawkesbury Valley. Not only hosting peaceful scenery, the property sits on a huge 9 acres of land with a beautiful 5 bedroom lodge, pool house, inground pool, recreation area and animals galore!!!

The past 6 months have been crazy at Romein's Retreat. Once we had our vision, we all rolled up our sleeves and got to work. With the help of our amazing volunteers, we hosted our first Open Day in March, allowing for Participants, families and Flintwood Employees to spend the day enjoying the animals, games and freshly made Pizzas – Yum..

Since then, Romein's Retreat has been a hive of activity. Each day we have sites attending with an endless amount of activities to join in with, and farm duties to complete.

In May, Molly Simmonds joined the Flintwood Team as our Farm Manager. Molly has been busy working with all of our sites to get the best out of the farm and engage our Participants.

Romein's Retreat is now open for Flintwood Participants and Families to book a Farm Stay. For further information on how to book, please contact Molly at molly.simmonds@flintwood.org.au.



SHORT-TERM ACCOMMODATION



New Year, New Adventures

New year -new adventures. STA has started to keep the bottles and cans that we use, to recycle, when the bin is full whoever is in STA at the time, has the task to return and earn, all proceeds go to a purchase at the supermarket that is a treat for all.

Australia Day was celebrated at The Blue mountains Katoomba. The entrance is an exhibit dedicated to the dinosaur age and then on to Skywalk, magnificent views were enjoyed by all, a quick visit through the information Centre and on to lunch, a great way to celebrate the day.

STA started to be involved in weekend care at Romein's Retreat, Flintwood Farm, much to do on this farm and cuddles from the chickens is always nice .Taking care of the rose gardens that is specially dedicated to our friends that have passed, feeding the goats and having a pat as well, tending to the rabbits, cuddles there as well, this is enjoyed by all every time we go.

So many outings we have enjoyed, Royal Easter Show, Twilight BBQ at the local park in the summer months, a great way to enjoy summer evenings, going shopping and catching the bus to do it, dinner with friends some new some old, we have also been keeping up our skills of cooking and shopping for groceries we do have to deal with Aldi pushing the groceries down and we catch and load. A trip recently on the Metro was a great day, first time for some, accessibility was perfect, so all enjoyed.

Another of our four-legged friends visited for a short period, not as placid as Bonnie but her stay was enjoyed by all. The boys tried their hand at making chicken schnitzel, the photos tell that story.

The site for Western Sydney airport was a place we visited, then a nice lunch and drink to cool off.

A walk with a friend in the afternoon is always enjoyed. Dancing to a favorite song in the evening with your mates is fun. Making a pizza and enjoying it with friends. We remembered our soldiers on Anzac Day and visited the local RSL.

Down time is always great for a puzzle, enjoying a movie, reading a book, sitting in the yard, making coffee, walking on the beach with friends then having dinner and sharing your chips with the locals. More recent adventures included a visit to Bondi and meeting the lifesavers. It was cold but a great day, enjoyed the sites then off to vivid in the evening.

I could go on as we have had some great times, the pictures tell the story better than I can.



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