



September, 2025

What's New at Thrive House!

Spring has sprung, and with it comes fresh energy and growth across our Thrive Team. Our community is expanding, new opportunities are opening up, and our programs continue to grow in exciting ways. Plenty of great things are happening across Thrive House, and we are proud to share just a few of the highlights with you.

As we head into this next quarter, we are looking forward to a fun-filled season with plenty more stories, achievements, and updates to share.

Thrive House Achieves IPaM Program Certification

We are proud to share that Thrive House has successfully completed the Injury Prevention and Management (IPaM) Program, a joint initiative delivered by Workplace Health and Safety Queensland (WHSQ) and WorkCover Queensland.

The IPaM Program is designed to help Queensland businesses develop and implement long-lasting systems to improve workplace health, safety, and injury management. Through this program, Thrive House has strengthened its commitment to creating a safer, healthier, and more sustainable work environment for all our staff and the people we support.

SHOWCASING THRIVE HOUSE : EXPOS 2025

The Thrive House team has been busy, with two major expos giving us the chance to connect with families, the community, and other service providers.

SUNSHINE COAST REGIONAL DISABILITY EXPO

This was our **biggest** expo of the year, bringing together providers, families, and service users from across the Coast. Thrive House was represented by our Behaviour Support Team, Support Coordinators, Community Hub Coordinator, and NDIS House Managers, giving visitors a chance to learn about the full range of supports we provide.



Our stall was a real hit thanks to the interactive “Grow Your Own Daisy Kit”. Each kit included a pot, seed mix, soil disk, and an easy-read guide linked to our website. This showcased how Thrive House makes instructions simple and accessible in our Community Hub programs. Families loved this hands-on example of how we adapt activities so that everyone can succeed.

The day was filled with meaningful conversations, networking with other organisations, and making new connections. We are excited about the opportunities that came from this event and look forward to supporting the many families who expressed interest in joining the Thrive House community.



NAMBOUR SPECIAL SCHOOL POST-SCHOOL LEAVERS EXPO

We were proud to be invited to this event, which supported students and families as they explored life after school. The Thrive House team showcased our Community Hub programs, including:

- **School Holiday Programs** for young people still in school.
- **Day Program** for adults and school leavers, teaching daily living skills.
- **VTQ Pathways Training**, offering nationally recognised courses and skill-building opportunities.

Families were able to ask questions, meet our team, and see how Thrive House can support service users as they transition into adulthood.



Making Memories

HIGHLIGHTS FROM OUR RECENT HOLIDAY PROGRAM

The last school holidays were a huge success, with plenty of smiles and great feedback from service users. Highlights included the Big Pineapple excursion, a fun day on the water with Sailability, and Travel Training Day, where young people built confidence using transport independently. Each activity gave service users the chance to learn, connect, and enjoy new experiences.

Thanks to the enthusiasm of everyone involved, the program booked out quickly. we are excited to share that the September Holiday Program is also at full capacity. Keep an eye out for the activity calendar, which will highlight all the exciting events coming up.

WHAT WAS ON THESE HOLIDAYS?

	Tuesday	Thursday	Friday
Week 1	From Bus Stop to Pizza Slice  Travel Training + Pizza Making Day 	The Farm Experience Excursion to White Ridge Animal Farm 	Ecosystems in Action  Excursion to Maroochy Wetlands Sanctuary + Fruit Farm Visit 
Week 2	 Set Sail with Sailability Join the crew for a supported sailing experience. 	 Whale Watchers Travel Training Excursion to Point Perry, Coolum. 	 Last Stop: Aussie World Excursion to Aussie World 

Behaviour Support Strategies

BUILDING STRONGER RELATIONSHIPS

Healthy relationships don't just happen, they require awareness and effort. Our Behaviour Support team has been focusing on strategies that can help service users, families, and staff to build stronger, healthier relationships.

KEY STRATEGIES:

1. Use "I" statements instead of "you" statements

- Why: Reduces defensiveness and encourages open communication.
- How it helps: People are more willing to listen when they don't feel blamed.

2. Avoid unhelpful patterns like criticising, bringing up the past, or trying to “win” arguments.

- Why: These habits escalate conflict.
- How it helps: Creates space for respectful, productive conversations.

3. Take responsibility for your own reactions

- Why: Builds emotional maturity.
- How it helps: Prevents unnecessary arguments and keeps control in your hands.

4. Check assumptions, listen deeply, and accept differences

- Why: Misunderstandings fuel conflict.
- How it helps: Improves understanding and makes it easier to find common ground.

5. Practise repair when conflict happens

- Why: All relationships face challenges.
- How it helps: Apologies and validation restore trust and connection.

By approaching relationships with a “two-person mindset,” we strengthen teamwork and create lasting connections.



DID YOU KNOW?

Feeling heard and understood can reduce stress and anxiety just as much as problem-solving can. For many people with disabilities, being listened to is the first step to feeling safe and supported.

Support Coordination

RECENT NEWS AND UPDATES

The NDIS landscape continues to evolve, and big changes are on the horizon for 2025.

KEY UPDATES:

- From May 2025, NDIS plans will release funds in smaller blocks (e.g., every three months) instead of all at once.
- Since October 2024, support coordination must be clearly listed in plans, with stricter rules about what can be replaced or claimed.
- Mandatory registration for support coordinators is on the way, with stronger quality and safety checks.
- Compliance standards are increasing, with greater focus on documentation, agreements, and tracking outcomes.

WHAT THIS MEANS:

- Services will need to be staged and aligned with funding release periods.
- The heaviest workload will often come in the first few months of a new plan.
- service users and providers in Queensland should expect funding-period-based plans after May 2025.
- The role of support coordination is expanding, particularly with links to psychosocial supports and recovery coaching.

Overall, these changes aim to increase accountability, transparency, and quality, ensuring service users receive the right support at the right time.



BAKE IT BETTER!

THE THRIVELINGS' CHALLENGE

We are thrilled to share the highlights from this year's Thrivelings' National Child Protection Week Challenge.

The theme this year was "Shifting from Conversations to Actions", encouraging Australians to move beyond talk and take meaningful steps to protect children.

The Thrivelings embraced this theme with their "Bake It Better" Challenge! Each house was given a baking kit and asked to create unique sweet treats. The creativity was amazing, with all Thrive House service users joining in and showcasing their ideas.



Psychology Fact

Routines help reduce anxiety. When daily activities are predictable, the brain feels safer and calmer because it doesn't have to constantly prepare for the unknown. This is especially helpful for people with additional needs, as structure can make the day feel more manageable.



The challenge wrapped up with a judging event at head office on 12th September, where the Thrivelings awarded prizes. It was a fun day that celebrated creativity, teamwork, and putting ideas into action.



As spring brings fresh beginnings, it's been wonderful to see our Thrive House team continue to grow and flourish. From exciting expos and holiday adventures to creative challenges and new opportunities in support, there is so much to celebrate.

We are grateful for the energy, dedication, and enthusiasm of our service users, families, and staff who make these achievements possible. Together, we are building a community where everyone feels supported, valued, and inspired.

Looking ahead, we are excited for a fun-filled quarter with even more opportunities to learn, connect, and share new stories. Thank you for being part of the Thrive House journey, more exciting things to come.



Contact & Feedback

At Thrive House, we value your feedback! If you have any suggestions, questions, or need additional support, please reach out to our team. You can contact us by email at hello@thrivehouse.com.au or call us on **1800 231 231**



Registered
NDIS Provider

Thank you for reading!

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