



Freedom
DISABILITY SUPPORT

NEWSLETTER

July 2026

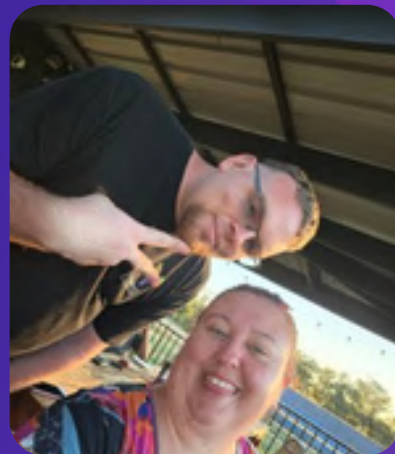
**Fun, Friends &
Fabulous Memories!**

What an amazing
month filled with
laughter, learning and
unforgettable
experiences!



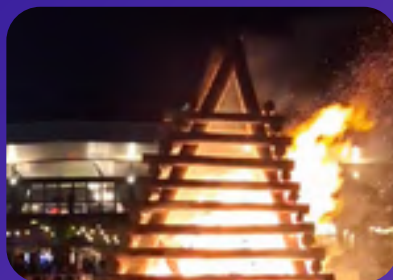
1 *Farm Stay*

We escaped to Wattle Grove Farm for a relaxing couple of days in the countryside. It was the perfect chance to unwind, enjoy a change of scenery and spend quality time together. From sharing stories around the campfire to making new memories, our farm stay was a refreshing break from our usual routine.



2 *Bonfire Night*

The 10th anniversary Bonfire Night at Sandstone Point Hotel was an evening to remember! Between the thrilling rides, live entertainment, tasty food and spectacular bonfire, there was something for everyone to enjoy. The lively atmosphere made it a brilliant night out with friends.



3 **Art & Music Day**

Creativity was in full swing at The Hub! Everyone worked together to paint signs and banners for the upcoming Freedom Showdown before adding colourful designs to their own bunny pottery. It was a relaxing and creative day, and the finished artwork looked amazing!



4 **State of Origin**

The energy was high at our State of Origin Decider Watch Party! Everyone gathered at The Hub to cheer on their favourite team while enjoying tasty snacks and plenty of match-day excitement. The NSW Blues proved too strong, defeating the QLD Maroons 30-12 in Game 3 and claiming the 2026 series 2-1. Congratulations to our NSW supporters - Queensland will be back next year!

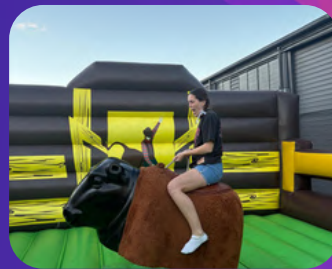


5 *Freedom Showdown*

The Freedom Showdown delivered an action-packed evening of games, entertainment and friendly competition! Everyone earned tokens by taking on challenges including bean bag toss, ping-pong ball toss, axe throwing and the mechanical bull.

Players then spun the wheel and collected keys for a chance to unlock some awesome prizes.

The excitement continued with a special performance by our talented support worker, Ashleigh, a lively game of Dance Freeze, delicious food and an exclusive merchandise stall featuring our limited-edition Cowboys Cry Too T-shirts. Thank you to everyone who helped make the night such a success!



6 *Medieval Festival*

Our group stepped back in time for an adventurous day at the Abbey Medieval Festival! We explored the medieval village, watched thrilling knight battles and live entertainment, admired the colourful costumes and soaked up the unique atmosphere. It was an exciting and interactive way to experience history, with plenty to discover around every corner.



7 Karaoke

The Hub came alive for a night of music, dancing and superstar performances! Whether taking the microphone solo or singing with friends, everyone embraced the spotlight and gave it their all. Before the performances began, we tucked into delicious nachos freshly prepared by our amazing Cooking Crew. It was the perfect start to a brilliant night of karaoke!



8 Fishing Day

We enjoyed a beautiful day by the water at Scarborough, casting lines and soaking up the fresh air. A few fish even made an appearance! It was a peaceful outing filled with smiles, friendly conversation and relaxing moments beside the bay.



9 Games Night

A little friendly competition took over The Hub for Games Night! Everyone tested their skills at table tennis, pool, mini golf, Jenga and Connect Four. With lots of cheering, teamwork and great sportsmanship, the evening was a winner from start to finish.



10 Girls' Pamper Day

The girls enjoyed a well-deserved movie and pamper day at The Hub. The day included face masks, neck massages, eyebrow waxing, eyelash and eyebrow tinting, and nail painting. Once everyone was feeling refreshed, it was time to settle in and watch Legally Blonde. It was a lovely day of self-care, friendship and relaxation.



11 *Australia Zoo*

We went wild at Australia Zoo, meeting some incredible animals and exploring everything the zoo had to offer! Patting the kangaroos was a definite highlight and gave us some special moments to remember. It was an exciting day of wildlife, discovery and adventure.



12 *Group Dinner*

Everyone gathered at The Hub for a cosy evening of food, friendship and games. We shared a delicious butter chicken followed by warm apple crumble for dessert. Afterwards, the board games came out, bringing friendly competition and lots of smiles. It was a lovely opportunity to catch up and enjoy a relaxed evening together.



13 *Golf Program*

Our new fortnightly Golf Days are officially underway at Sandgate Golf Club!

Every second Tuesday, we head outdoors to practise our skills, enjoy some friendly competition and spend time on the course. Whether perfecting a swing or simply giving it a go, everyone has embraced the experience. We're looking forward to many more Tuesdays on the green!



14 *Cooking Crew*

Our Cooking Crew served up another delicious month at The Hub! The team prepared homemade pizzas, tasty chow mein and chicken burgers, while also making nachos for Karaoke Night.

Along the way, everyone practised valuable kitchen skills, experimented with different recipes and enjoyed sharing their creations. We can't wait to see what they cook next!





What's Coming Up



Spider-Man Movie

TUESDAY 18th AUGUST



Freedom Olympics

SATURDAY 22nd &
SUNDAY 23rd AUGUST



Group Dinner

FRIDAY 28th AUGUST



Casino Games Night

FRIDAY 4th SEPTEMBER



Art & Music Day

SUNDAY 6th SEPTEMBER



Country Karaoke

THURSDAY 17th SEPTEMBER



Golf Day

SUNDAY 20th SEPTEMBER



Group Dinner

FRIDAY 25th SEPTEMBER

*Contact Adventures
for more information*

Online Safety

Keep Information Private

Do not share your address, phone number, passwords, or bank details. Only share information with trusted people.

Use Strong Passwords

Use letters, numbers, and symbols. Never share your password.

Watch Out for Scams

Be careful of messages asking for money, personal information, or strange links.

Be kind and Stay Safe Online

Be respectful online and tell a trusted person if something makes you feel uncomfortable.

If Something Goes Wrong

Tell a support worker or trusted person and report serious issues to the eSafety Commissioner.

Fun Fact

Space: The average temperature of the Earth's core is roughly 5,500°C, which is about the same temperature as the surface of the Sun.

Riddle of the Month

I speak without a mouth
and hear without ears. I
have no body, but I come
alive with wind. What am I?

An echo.

Just for Laughs

Why don't seashells shower?

Because they washed
up on the beach.

CONTACT US:



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My Supports (Rostering)
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