



Conductive Education Queensland

*Grasping Life
With Two
Hands*

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NEWSLETTER

October 2024



From the Managing Director...

Welcome to our first Newsletter produced at CEQ Coopers Plains!!

What an amazing journey the last few months have been and what an incredible team – particularly the staff team who have so willingly given time, energy and flexibility to this move. It's pretty amazing that we managed to change location and move ALL of the equipment and furniture, without any interruption to our programs and the participants were consulted and included in many decisions, which has seen them hardly bat an eye at such a big change!

The next phase will be the fit out/'renovation' at our new location, which I am still optimistic will begin before the end of this year. Once again our goal will be to manage this with the least interruption possible for participants and families. We have ideas of strategies to implement if we need to be outside/leave the building from time to time.

We had a very positive AGM on Monday evening as we celebrate how far CEQ has come and the plans for the future. We are welcoming 10 new participants into the ACE Program next year - this is certainly the largest increase in attendance we have had in sometime. New participants are coming from Red Hill, Sunnybank, Mt Ommaney, Narbethong and the Gold Coast. It has been a delight to meet them, their families and the teaching/teacher aid staff as they have visited and some have participated in trial days.

We will be looking at how to organise our break up day/s and you will receive information in the near future. The **ACE Celebration and Awards** will be on **Thursday December 19th** and I will be asking for input with regard to the Early Intervention and School Age celebration and awards. Look out for that!

As you are aware there are many changes coming on board with NDIS funding and it is hoped that we can continue to "plug" away at the understanding of our program, and how important it is for participants to engage in this dynamic movement, communication and cognitively challenging program. Unfortunately the Conductive Education which we know and love all the key tenants of, does not have an evidence base that the NDIS seems to believe in. Therefore CEQ continues to advocate for all the necessary components of this program in a more Allied Health and Professional input model with the one to one support required for participants to thrive.

The team strongly advocates for the holistic nature of the CE program - particularly for the Early Intervention children. We are uniquely placed in the 0-3 years specifically where there are no longer any holistic, small group programs provided by Education Qld. If you meet or know of young children in need of Early Intervention in the 0-6 year age group - please mention us. It is still so true that "word of mouth" recommendations are the most successful way to spread the news.

Thank you for the incredible support everyone provides to CEQ, it's participants and staff - we look forward to continuing these great partnerships.

Annette



Your Say !?!

ACE Participants - Coopers Plains

The participants at Coopers Plains have been discussing what they think about the new CEQ over the last few weeks during the afternoon sessions. These are their thoughts:

Sean - I like the new CEQ it is exciting.

James Savage - I like the new CEQ because it is good, better.

Will Brown - I like the floors. I like less carpet because it is easier to move my feet.

Gerry - Time. It is quicker to get here.

Yinyin - I like the big space to move around.

Elliot - I like the new CEQ, it is just right.

Emma - I like the new place. I was excited to move to the new CEQ.

Jess - I think the new place is great. It is very spacious. I don't like that it is further from my house.

Jacob - I don't care, everyone I like is still with me.

We also talked about the planned renovations to the new CEQ. Some of the participants made suggestions for what they want at the new CEQ.

Riley wants a zoo.

Joel wants a pig and some waterslides.

James wants more bikes.

Jordan would like a CEQ cat.

We might have see if Annette can incorporate some of those ideas into the plans.

Wednesday group 3 participants took some photos of the new CEQ to give you an idea of what it looks like now.

Reception



Front Entrance



Professionals' Office



Room Right (EI, After School Program)



ACE Room 1





Carina Update

Ruth Wales – Conductor

As always we've been busy at Carina. Alisha travelled to Japan and had lots to talk about and show her friends. We have also celebrated Lachlan's 21st birthday! We had a costume party with lights, music and dancing. Our guys LOVE to dance and it gives us a great opportunity to hop into the walkers and move our bodies.

We have been practicing our walking as well as arm and leg movements to really find our own style...let your body move!! We have also been getting into walkers after morning tea before our lying program, starting with a dance and finishing with breathing exercises before getting onto the plinth. We are integrating our walkers into the program in meaningful ways. This increases our motivation to move our arms and take steps independently with awesome music. Tina Turner is a bit of a fave at the moment, especially Nutbush City Limits. We are integrating the Nutbush dance (as well as other movements the participants are exploring) into our lying program. We have some super motivated young people!



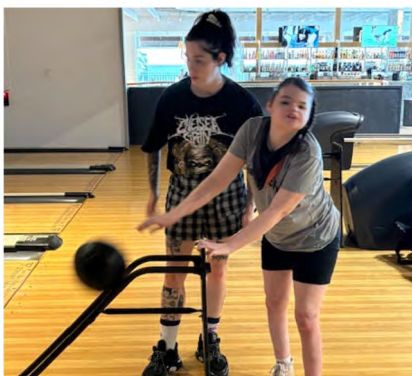
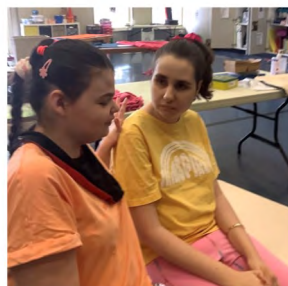
Our newest CEQ friend



Chermside Update

Judit Veperdi- Conductor

This spring we have been taking advantage of the warmer weather and going to the park on the CEQ bike. We miss our friend Darah and are looking forward to having her back with us at CEQ. We couldn't wait any longer to see her and took a trip on the bus down to visit her in hospital. We always remember our friend Madi and were excited to see her rose blossom. Since the last newsletter we have enjoyed activities based around the Olympics in Paris. Cameron came to visit, and we celebrated a big birthday for him by going bowling! Izzy has been busy communicating in the community. She was interviewed by Poppy for 4ZZZ radio. You can listen to that interview via the QR code or the following URL: <https://4zzz.org.au/program/incubatorzzz/2024-09-02%2022:00:00>). Select "►" next to "INCUBATORZZ", and Izzy's interview is found at 35min 30 sec. Izzy also visited Dopamine Land. Have a look at her review later in this newsletter. In line with our CEQ focus on walking this month we have been showing off our independence in our walkers. October is AAC Awareness month, our communication vibe at Chermside CEQ is chatting with our friends. We love being together and listening to each other, however we choose to communicate. Friends are the best!





Walk Like a Conductor

Michelle Tabib – Physiotherapist
Gabi Kovacs – Conductor



Walking is an automatic function for most people, you don't have to think about it; however, it often presents significant difficulties for those with neurological conditions.

For functional ambulatory walking, the following main criteria are essential.

- Balance : Postural control is the ability to maintain balance and gait against gravity.
- Reciprocity: Reciprocal lower limb movements refer to alternative limb movements to advance the body forward.
- Strength: Functional strength is the force in the lower limbs to change the position of a body in space.
- Motivation: Motivation that suggests perseverance and practice alongside family support.

Concentration - Walk this way

In the CE environment, walking is a cognitive task rooted in the client's mindset as an internal intention. It is not automatic and needs thoughtful concentration

In a CE program, clients use rhythmic intention to transform their inner speech (intention) into physical actions.

Rhythm - It's just a jump to the left and a step to the right

For people with no physical/cognitive challenges, natural rhythm leads to functional movements, while rhythmic intention facilitates individuals with varied challenges in achieving their goal of walking. The automatic driver most people have for walking is supplemented with the external intentions "I lean, I bend, I step"

Meaning - Just to be the man that walks a thousand miles to fall down at your door

A dynamic atmosphere increases motivation for group learners. Targeted walking tasks in small groups enable participants to enjoy purposeful activities as they are part of each other's positive experiences and success. The brain only changes if it wants to - activities need to be fun and meaningful for learning and success to happen. It's basically science that boring and random activities kill your brain.

This standard framework for walking can be applied in varied real-life situations.





EI – Getting Ready for Prep

Nora Kosztolanyi– Conductor

We love **having everyone** back in our Early Intervention groups. We all settled into the last term of the year. As we have many littles who are transitioning to **big school**

next year, our team is dedicated to getting them ready for prep, working on those essential skills **that will** be of advantage in a busy classroom.

Our small group setting gives us an excellent opportunity to practice social skills (turn taking, waiting), and facilitates the development of friendship in a familiar environment. We participate in group instructions, follow routines, and complete tasks. We keep working on our gross and fine motor skills, on our stamina and endurance, motor coordination to help us to sit at the table or on the floor for a longer period of time, to support us with changing positions and with active transfers.

We need to be able to understand what the teachers are saying, as well as be able to communicate well with teachers and the other students. We are all multimodal communicators using vocalization, speech , KWS (Key Word Sign), facial expressions and PODD /AAC system. Our team, with modeling through partner-assisted scanning, teaches us how to communicate our needs with greater accuracy. We are getting pretty good at asking for help. We still need some assistance in the bathroom, encouragement at mealtimes and **some** hands-on facilitation with dressing.

The professional **team** is aiming for a positive sense of achievement (more control over our environment) , feeling secure in learning and confident in having a try , and gaining /developing positive self-esteem.

“My teacher thought I was smarter than I was – so I was. “(from a 6 years old)

Happy learning!





AAC Awareness Month

Nerida Kho— Speech Pathologist

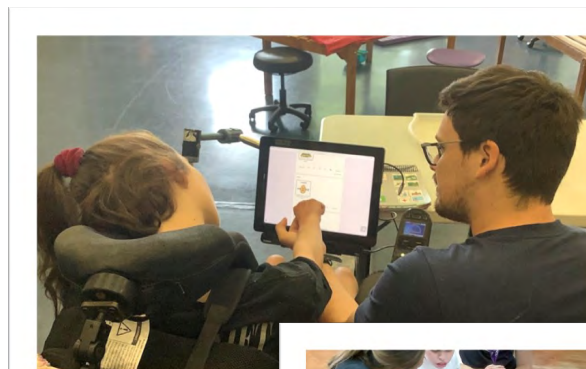
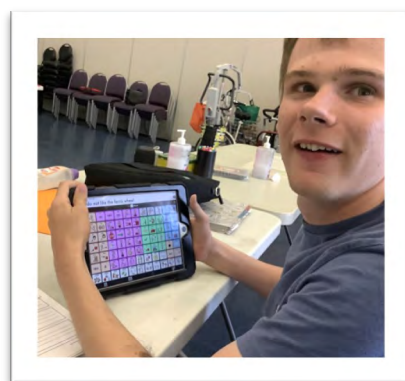


October marks AAC Awareness Month, a time dedicated to shining a light on the power of Augmentative and Alternative Communication (AAC). For millions of individuals around the globe, AAC is more than just technology—it's a lifeline that empowers them to communicate, connect, and engage with the world.

At CEQ we have been celebrating our **AAC Vibe**, a multimodal communication environment. We honour all forms of communication expression (i.e. facial expressions, signing, gestures, vocalisations, all speech and symbolic language systems like PODD). We also augment comprehension for our participants' through all communication modes. An essential element of creating a multimodal environment is ensuring we have the people around our participants who are proficient communication partners. We strive for all staff to be experienced in all types of language based AAC systems. Our staff regularly attend PODD training and many have completed communication partner training. We have recently purchased Key Word Sign (KWS) resources to ensure staff can learn the words needed to augment communication through KWS. Our staff also honour all communication whether it is a facial expression, gesture, vocalisation or formal language based AAC.

It is also important to ensure that all access methods are made available to our participants, so regardless how they choose to communicate at any given moment their access method will be available. Whether that is direct touch access, eyegaze, switch access, or partner assisted auditory and visual scanning of language systems.

The UN identified communication as a human right in 2014. It was asserted that all people, regardless of age, status, ability or communicative capacity have the right to receive and convey messages, to hold opinions and express themselves. **Everyone** should uphold others' right to communicate as they interact with people in daily life in order to enhance equality, justice and human dignity. This last part is particularly important. While we ensure that CEQ is respecting and advocating for our participants' right to access to communication, it should not just be us. "Everyone" should be responsible for ensuring this access across all contexts, not just places where people who communicate differently, access frequently. If you would like any information about how you can advocate for communication access in the community (day services, allied health clinics, health services, ANYWHERE), please contact me at CEQ. I can provide information on how to make organisations more communication accessible.





Get to know the CEQ family... A bit about Dawn

CEQ participants posed some interesting questions to help get to know our friend Dawn. Here are Dawn's responses:

Ally-What's the best surprise you've ever received?

The best surprise I ever received was when I was taken on a holiday and was spoiled every day and had lots of fun.

Gerry - If you had to be a Macca's meal what would you be?

If I was a Macca's meal, I would be a Happy Meal. I'm short but I try to pack a surprise wherever I go.

Finn - Do you like to cook? If so, what's your signature meal?

I LOVE to cook and prepare meals and treats for those I care about. My signature dish is Lasagna. I love to cook it and eat it.

Sophie - What has your Mum done to embarrass you?

Once my mother embarrassed me by walking into my classroom when I was at school and yelled at my teacher when she refused to let me go home when I was sick the day before.

Jacob - What's your favourite activity at CEQ?

My favorite activity at CEQ is when we do Science experiments or Arts & Crafts.

Yinyin - How long have you worked at CEQ and what do you like about working here?

I have worked at CEQ for 3 years and enjoy working with an amazing group of people, both co-workers and participants.

Joel - What do you prefer, a platypus or a Koala?

Ooh.. Tough question. I think I prefer platypus, because they are so unique.

Looking for something interesting to do?

Here's Izzy's review of Dopamine Land:

Izzy Thinks - Dopamine Land

At first: "Uh Oh, what's happening?"

"I don't want to do it"

"It's different from what you wanted"

When I entered: "Fun" "Strange" "Special" "Nervous"

I'd recommend you ride the bus and go with family

Will Barton would not like it

Dylan Geary would like it

Stars out of 5: ★★★★★

Quite a lot like it.

Tickets— <https://dopaminelandexperience.com/brisbane/>



Early Childhood Intervention 0-5yrs

Preppin' for Prep 4-6yrs

Primary & High School Age Students

Adult Conductive Education 'ACE'

OCTOBER							
S	M	T	W	T	F	S	
		1	2	3	4	5	Oct 1 Early Intervention begins Term 4
6	7	8	9	10	11	12	Oct 7 CEQ Closed King's Birthday
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	Oct 28 CEQ AGM
27	28	29	30	31			
NOVEMBER							
S	M	T	W	T	F	S	
					1	2	
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	
DECEMBER							
S	M	T	W	T	F	S	
1	2	3	4	5	6	7	Dec 9 Week of Early Intervention & School Age Awards and Break-Up
8	9	10	11	12	13	14	Dec 13 Last day of Early Intervention & School Age Programs for 2024
15	16	17	18	19	20	21	Dec 19 ACE Awards & Celebration Day
22	23	24	25	26	27	28	Dec 20 Last day of ACE for 2024
29	30	31					Dec 23 - CEQ Closed Jan 10
JANUARY 2025							
S	M	T	W	T	F	S	
			1	2	3	4	Jan 8-10 Mandatory Staff Training
5	6	7	8	9	10	11	Jan 13 ACE Programs commence
12	13	14	15	16	17	18	Jan 16-17 School Age Holiday Program
19	20	21	22	23	24	25	Jan 23-24 School Age Holiday Program
26	27	28	29	30	31		Jan 27 CEQ Closed Australia Day
							Jan 28 Early Intervention begins
							Feb 3 School Age Programs begin

