



2022 Eight Mile  
Plains Hub  
Activity Program 4

# 2022 Eight Mile Plains Hub Activity Program 4 Catalogue

Welcome to our Hub Activity Program! We are pleased to have you join us for activities at the Eight Mile Plains Hub, and we hope you enjoy what we have in store.

Our 12-week Hub programs are designed to offer you structure and consistency, with a focus on outcomes. When making your activity selections, you will be signing up and committing to a complete 12-week program for each day you attend the Hub.

This allows you to fully develop your skills, more opportunity to see progress and reach your goals, and have a sense of completion at the end of the 12-week program. It also helps you develop stronger connections with other customers, and gain more substantial outcomes than one-off activities.

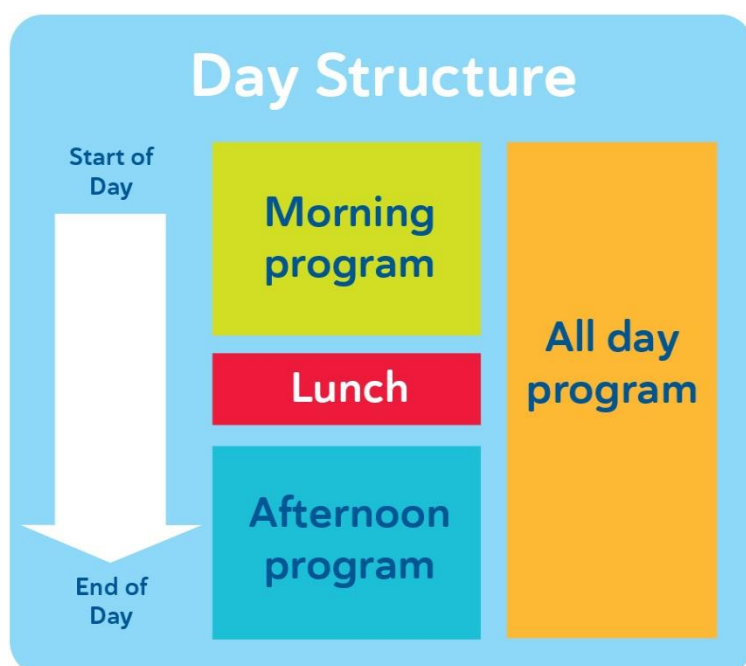
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

## How it works

- For each day you attend the Hub, choose one activity for the morning and one activity for the afternoon, or a full day activity where available.

As you are committing to that specific activity for 12 weeks (i.e. Sailing every Monday, cooking every Tuesday morning and games every Tuesday afternoon), please make sure the activities you choose are ones that align well with your NDIS goals, or are activities you are passionate about.

- Tick the program you wish to be registered into as outlined below and either phone through your choices to (07) 33409041 or return it to the hub staff by **26<sup>th</sup> August 2022**.
- Program allocation is based on first-come, first-served; so, make sure you get your selections in fast! If you need help to complete the form, please call us on 07 3340 9041.
- A confirmation letter will be sent to you with the activities you are participating in.
- If your chosen activity is at capacity, we will phone you and see if you would like to be placed in an alternative activity or increase your level of support to be able to participate. We are unable to permit changes to your activity program once confirmed due to group-based scheduling. If you do not wish to participate in an activity you have selected, please contact (07) 33409341 or (07) 33409044



# Hub Activity Program Goal Reference Guide







To support you in being able to identify activities in the Program Catalogue that will support you to achieve your individual goals we have added an icon/s to each activity so you can easily identify what core goals the activity is designed to support you to achieve.

A maximum of 3 core goals can be shown even though some activities may support you to achieve more than 3 goals. Those identified are the core goals that the activity supports.








If you are unsure of what goal an icon relates to then please refer to the below list which will allow you to identify the related goal and icon.

Icon	Goal
	Improve physical health & wellbeing
	Improve emotional health & wellbeing
	Develop social skills & understanding
	Build independence
	Improve fine motor skills
	Explore creative pursuits
	Sensory Experience/Exploration
	Adventure & Recreation Experience/Exploration
	Improve communication skills
	Integrate/Participate in the local community
	Develop skills to support future employment
	Develop advocacy skills & understanding
	Develop numeracy and literacy skills




# Monday Activities

Monday Morning – Choose One			✓ chosen activity
	<p><b>TDF-Touch, Discover, Feel-RM2.</b></p> <p>We will open our minds to all things sensory. This will include the use of water play, Slime, Sand, Playdough, and many more fun activities.</p> <p>This Program will encourage and promote the use of discovery for all customers to engage there seven senses.</p> <p><b>Goals to achieve:</b></p>	\$2.50	
 Sensory Experience/Exploration			
	<p><b>Ready, Steady, Cook.</b></p> <p>Where customer work closely with staff to build up their fine and gross motor skills to create meals of their choice. Each week we will focus on learning new skills and building on these skills as the week's progress.</p> <p><b>Goals to achieve:</b></p>	\$5	
 Build independence			
	<p><b>Flexible in center activities</b></p> <p>For our customers who like to drive their own center-based activities. This program will focus on discovering what strikes the interest of our customer's.</p> <p><b>Goals to achieve:</b></p>	\$2.50	
 Improve fine motor skills			

## AND








Monday Afternoon – Choose One			 chosen activity
	<p><b>Walking Group – EMP Hub</b></p> <p>Take a walk around our EMP Site. Visit the sensory garden or COCA garden. Partake a few co-ordination activities on the basketball court or relax on our Multicap swing.</p> <p><b>Goals to achieve:</b></p>	No cost	
	 Improve physical health & wellbeing		
	<p><b>Flexible in center activities</b></p> <p>For our customers who like to drive their own center-based activities. This program will focus on discovering what strikes the interest of our customer's.</p> <p><b>Goals to achieve:</b></p>	\$2.50	
	 Improve fine motor skills		
	<p><b>MMP- Music Meditation, and Percussion</b></p> <p>An opportunity to listen to relaxing music, mediate and use percussion instruments. Align and form a blissful experience of sound and movement.</p> <p><b>Goals to achieve:</b></p>	\$2.50	
	 Improve emotional health & wellbeing		

**OR – choose one All Day activity below**








Monday All Day – Choose One			 chosen activity
	<p><b>ASDAN Full Day Program</b>  <b>My Employment Experience</b></p> <p>Learn vital skills for working within Makeables that can be used in the future to help gain employment.                      **Bring lunch**                      ** Shared kilometer charge for driving**</p> <p><b>Goals to achieve:</b></p>	 Integrate/Participate in the local community	\$25.00 once off registration fee (new ASDAN customers) \$10.00 for the certificate.
	<p><b>Travel Training and City Cat</b></p> <p>You will have the pleasure of experiencing a train, bus or city cat around the city. Enjoy sightseeing and lunch in the parklands.                      A Go Card is required for each customer.                      **Bring or buy lunch**                      ** Shared kilometer charge for driving**</p> <p><b>Goals to achieve:</b></p>		



# Tuesday activities

Tuesday Morning – Choose One			 chosen activity
	<p><b>TDF-Touch, Discover, Feel-RM2.</b></p> <p>We will open our minds to all things sensory. This will include the use of water play, Slime, Sand, Playdough, and many more fun activities. This Program will encourage and promote the use of discovery for all customers to engage there seven senses.</p> <p><b>Goals to achieve:</b></p> <div style="text-align: center;">                       Sensory Experience/Exploration                 </div>	\$2.50	
	<p><b>Arts &amp; Craft Skills</b></p> <p>Participating in different art and craft activities. Learning new art skills. Working on fine motor skills, building confidence and self-esteem.</p> <p><b>Goals to achieve:</b></p> <div style="text-align: center;">                       Explore creative pursuits                 </div>	\$2.50	
	<p><b>Wheelchair Dancing and all Customer's</b></p> <p>For all customer's, not only those in Wheelchairs who want to dance and have fun.</p> <p><b>Goals to achieve:</b></p> <div style="text-align: center;">                       Improve physical health &amp; wellbeing                 </div>	No cost	






# AND

Tuesday Afternoon – Choose One			 chosen activity
	<p><b>Lunch Club</b></p> <p>For our foodies who enjoy socializing, live music, and a trying new cuisine. This club will travel to various locations to sample what each location has to offer. If you chose to participate in lunch club, please advise any allergies.</p> <p><b>Goals to achieve:</b></p>	<p><b>\$10-\$20</b> depending on the location.</p>	
	<p style="text-align: center;">                       Integrate/Participate in the local community                 </p>		
	<p><b>MMP- Music Meditation, and Percussion</b></p> <p>An opportunity to listen to relaxing music, mediate and use percussion instruments. Align and form a blissful Experience of sound and movement.</p> <p><b>Goals to achieve:</b></p>	<p>\$2.50</p>	
	<p style="text-align: center;">                       Improve emotional health &amp; wellbeing                 </p>		
	<p><b>Research an area of interest.</b></p> <p>Take this opportunity to do some research in something that interests you. Build a scrapbook of you findings. This could range from animals or your family history.</p> <p><b>Goals to achieve:</b></p>	<p>\$2.50</p>	
	<p style="text-align: center;">                       Develop skills &amp; understanding                 </p>		

















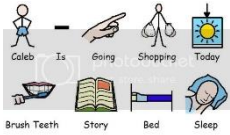

## OR – choose one All Day activity below

Tuesday All Day – Choose One			 chosen activity
	<p><b>Park Fitness &amp; Fun</b></p> <p>Chill out by taking a walk or join in on some group park fitness fun, play ball games or join a group workout.</p> <p style="text-align: center;">**BYO lunch required**</p> <p style="text-align: center;">** Shared kilometer charge for driving**</p> <p><b>Goals to achieve:</b></p>	No cost	
	 Improve physical health & wellbeing		
	<p><b>Travel Training and City Cat</b></p> <p>Members will learn how to read a timetable, use or top up a Go Card. You will enjoy the pleasure of a train ride or bus to the city followed by a city cat ride around Brisbane and a bit of sightseeing.</p> <p style="text-align: center;">**Bring or buy lunch**</p> <p><b>Goals to achieve:</b></p>	\$5.00-7.00 public transport, and Lunch \$\$ if required	
	 Integrate/Participate in the local community		






# Wednesday activities

Wednesday Morning – Choose One			 chosen activity
	<p><b>TDF- Touch, Discover, Feel - RM2.</b></p> <p>We will open our minds to all things sensory. This will include the use of water play, slime, sand, playdough and many more fun activities. This program will encourage and promote the use of discovery for all customer to engage their seven senses.</p> <p><b>Goals to achieve:</b></p>	\$2.50	
 Sensory Experience/Exploration			
	<p><b>Singing and Dancing – Main hub</b></p> <p>Get in the Groove and dance to a beat, 70's 80's and 90's. Customers to try some new moves and build confidence.</p> <p><b>Goals to achieve:</b></p>	Free	
 Develop social skills & build confidence			
	<p><b>Flexible in center activities</b></p> <p>For our customers who like to drive their own centre-based activities. This program will focus on discovering what strikes the interest of our customers.</p> <p><b>Goals to achieve:</b></p>	\$2.50	
 Improve fine motor skills   Explore creative pursuits			

## AND







Wednesday Afternoon – Choose One			✓ chosen activity
	<p><b>MMP- Music Meditation, and Percussion</b></p> <p>An opportunity to listen to relaxing music, meditate and use percussion instruments. Align and form a blissful Experience of sound and movement.</p> <p><b>Goals to achieve:</b></p>	\$2.50	
	 <p>Improve emotional health &amp; wellbeing</p>		
	<p><b>ASDAN – Arts &amp; Craft Making</b></p> <p>Participating in different Christmas art and craft activities. This could range from paper craft, jewelry making, and woodcraft. End result displaying your Christmas craft items at the end of the year.</p> <p><b>Goals to achieve:</b></p>	\$25.00 once off registration fee (new ASDAN customers) \$10.00 for the certificate.  \$2.50 per session.	
	 <p>Explore creative pursuits</p>		
	<p><b>SWP – Signs, Words, Pictures</b></p> <p>This program will look at the main key types of communication using signs, words, and pictures to communicate. We will also use resources like YouTube and the internet to research different types of communication styles.</p> <p><b>Goals to achieve:</b></p>	No Cost	
	 <p>Develop numeracy and literacy skills</p>		

**OR – choose one All Day activity below**








Wednesday All Day – Choose One			 chosen activity
	<p><b>Urban Discovering (Local Park)</b>                      Travel on foot to destinations and explore the area, finding new and exciting activities.  <b>Goals to achieve:</b></p> <hr/> <div style="text-align: center;">                       Adventure &amp; Recreation Experience/Exploration                 </div>	No Cost	
	<p><b>Park Fitness &amp; Fun</b>                      Chill out by taking a walk or join in on some group park fitness fun, play ball games or join a group workout.</p> <p style="text-align: center;">**BYO lunch required**                      ** Shared kilometer charge for driving**</p> <p><b>Goals to achieve:</b></p> <hr/> <div style="text-align: center;">                       Improve physical health &amp; wellbeing                 </div>	No Cost	








# Thursday activities

Thursday Morning – Choose One			✓ chosen activity
	<p><b>TDF- Touch, Discover, Feel.</b></p> <p>Let us open our minds to all things Sensory. This will include the use of water play, slime, sand, playdough and jelly and many more fun Activities. This program will encourage and promote the use of discovery for all customers to engage there seven senses.</p> <p><b>Goals to achieve:</b></p>	\$2.50	
 Sensory Experience/Exploration			
	<p><b>Let's go Bowling</b></p> <p>Lace up your bowling shoes and hit the lanes for a game of ten pin bowling at Strike Zone Mount Gravatt.</p> <p><b>Goals to achieve:</b></p>	\$7.00	
 Integrate/Participate in the local community			
	<p><b>Wheelchair dancing and singing at EMP Hub.</b></p> <p>For all customer's, not only those in Wheelchairs who want to dance and have fun.</p> <p><b>Goals to achieve:</b></p>	No cost	
 Improve physical health & wellbeing			

## AND








Thursday Afternoon – Choose One			 chosen activity
	<p><b>MMP- Music Meditation, and Percussion</b></p> <p>An opportunity to listen to relaxing music, mediate and use percussion instruments. Align and form a blissful Experience of sound and movement.</p> <p><b>Goals to achieve:</b></p>	\$2.50	
	 Improve emotional health & wellbeing		
	<p><b>Ready Steady Bake</b></p> <p>A 12-week program where customer can work closely with staff to build up their fine and gross motor skills to Bake recipes of their choice.</p> <p>Each week we will focus on learning new skills and building on these skills as the week's progress.</p> <p><b>Goals to achieve:</b></p>	\$5.00	
	 Build independence		
	<p><b>Flexible in center activities</b></p> <p>For our customers who like to drive their own centre-based activities. This program will focus on discovering what strikes the interest of our customers.</p> <p><b>Goals to achieve:</b></p>	\$2.50	
	 Improve fine motor skills		

**OR – choose one All Day activity below**

Thursday All Day – Choose One			 chosen activity
	<p><b>Sailability Bayside Lunch in Park</b></p> <p><b>**Bring or purchase lunch**</b>  <b>** Shared kilometer charge for driving too Bayside **</b></p> <p><b>Goals to achieve:</b></p>	<p><b>\$7 / \$14</b>  <b>Depends</b>  <b>with</b>  <b>lunch</b></p>	
	<p style="text-align: center;">                       Integrate/Participate in the local community                 </p>		
	<p><b>Park Fitness &amp; Fun</b></p> <p>Chill out by taking a walk or join in on some group park fitness fun, play ball games or join a group workout.</p> <p><b>**BYO lunch required**</b>  <b>** Shared kilometer charge for driving**</b></p> <p><b>Goals to achieve:</b></p>	<p>No Cost</p>	
	<p style="text-align: center;">                       Improve physical health &amp; wellbeing                 </p>		









# Friday activities






Friday Morning – Choose One			 chosen activity
	<p><b>TDF- Touch, Discover, Feel.</b></p> <p>Where we will open our minds to all things Sensory. This will include the use of water play, slime, sand, playdough and jelly and many more fun Activities.</p> <p>This program will encourage and promote the use of discovery for all customer to engage there seven senses.</p> <p><b>Goals to achieve:</b></p>	\$2.50	
 Sensory Experience/Exploration			
	<p><b>Its Friday, time to relax and have a pamper Morning.</b></p> <p>Pamper Friday for all. Let's have nails done and massage your hands or have a foot spa. Bring your own make up and staff can assist with applying.</p> <p>Looking beautiful as always.</p> <p><b>Goals to achieve:</b></p>	\$2.50	
 Improve emotional health & wellbeing			
	<p><b>Flexible in center activities</b></p> <p>For our customers who like to drive their own centre-based activities.</p> <p>This program will focus on discovering what strikes the interest of our customers.</p> <p><b>Goals to achieve:</b></p>	\$2.50	
 Improve fine motor skills			



## AND

Friday Afternoon – Choose One			✓ chosen activity
	<p><b>MMP- Music Meditation, and Percussion</b></p> <p>An opportunity to listen to relaxing music, meditate and use percussion instruments. Align and form a blissful Experience of sound and movement.</p> <p><b>Goals to achieve:</b></p>	\$2.50	
	 Improve emotional health & wellbeing		
	<p><b>Movie Friday</b></p> <p>Come and watch or listen to a movie in the hub and discuss it afterwards.</p> <p><b>Goals to achieve:</b></p>	No cost	
	 Improve communication skills		
	<p><b>Flexible in center activities</b></p> <p>For our customers who like to drive their own centre-based activities.</p> <p>This program will focus on discovering what strikes the interest of our customers.</p> <p><b>Goals to achieve:</b></p>	\$2.50	
	 Improve fine motor skills		

**OR – choose one All Day activity below**

All Day – Choose One			 chosen activity
	<p><b>Urban Discovering (Local Park)</b>                      Travel on foot to destinations and explore the area, finding new and exciting activities.</p> <p style="text-align: center;">**BYO lunch required**                      ** Shared kilometer charge for driving **</p> <p><b>Goals to achieve:</b></p>	No Cost	
	 Integrate/Participate in the local community		
	<p><b>Travel Training and City Cat</b>                      You will have the pleasure of experiencing a train, bus or city cat around the city. Enjoy sightseeing and lunch in the parklands.                      A Go Card is required for each customer.                      **Bring or buy lunch**                      ** Shared kilometer charge for driving**</p> <p><b>Goals to achieve:</b></p>	\$5.00-7.00 public transport, and Lunch \$\$ if required	
	 Integrate/Participate in the local community		



# 2022 EMP HUB Program Dates

Office Opens 4 January 2022

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Hub closed on public holidays

Program 1		
	Start Date	End Date
Activity Program	Monday 4 January	Friday 26 March
Hub Closed	Australia Day, Tuesday 26 January	

Program 2		
	Start Date	End Date
Activity Program	Monday 29 March	Friday 18 June
Hub Closed	Good Friday 2 April Easter Monday 5 April Anzac Day Holiday 26 April Labour Day 3 May	

Showcase week 1		
	Start Date	End Date
Showcase Program	Monday 21 June	Friday 25 June

Program 3		
	Start Date	End Date
Activity Program	Monday 28 June	Friday 17 September
Hub Closed	EKKA Show Day, Wednesday 11 August	

Program 4		
	Start Date	End Date
Activity Program	Monday 20 September	Friday 10 December
Hub Closed	Queen's Birthday Monday 4 October	

Showcase week 2		
	Start Date	End Date
Showcase Program	Monday 13 December	Friday 17 December
Hub Closed	Monday 20 December – Tuesday 4 January 2023	

