



2022 Ipswich Hub  
Activity Program 4  
Catalogue

# 2022 Ipswich Hub Activity Program 4 Catalogue

Welcome to our Hub Activity Program! We are pleased to have you join us for activities at the Ipswich 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.

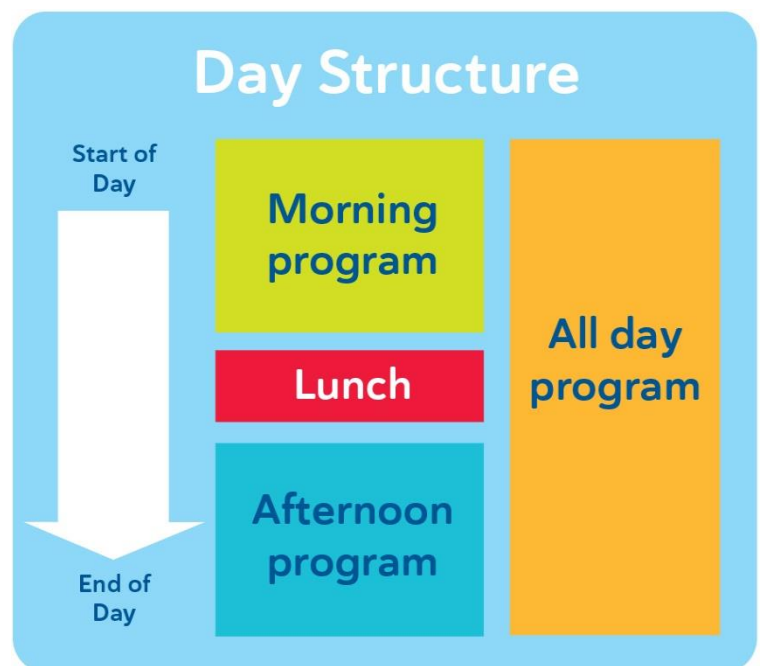
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

## 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 (ie. 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 Bree Scriven or **return** it to Ipswich Hub by **2<sup>nd</sup> of September 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 3819 0338** or **0439 444 361**.
- 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 **Bree Scriven** on **0439 444 361** or **07 3819 0338** or **bree.scriven@multicap.org.au**.















# 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

All Day activity below

Sports Stars		 chosen activity	
<b>All Day Activity</b>			
	<b>Sports Stars</b> Week 1 – 6 <ul style="list-style-type: none"> <li>➤ Ten Pin Bowling (\$10.00 per person)</li> <li>➤ Ping Pong (No Cost)</li> <li>➤ Putt Putt Golf (\$8.00 per person)</li> <li>➤ Outdoor Sports (No Cost)</li> <li>➤ Zumba (No Cost)</li> <li>➤ Ten Pin Bowling (\$10.00 per person)</li> </ul> Week 6 – 12 <ul style="list-style-type: none"> <li>➤ Putt Putt Golf (\$8.00 per person)</li> <li>➤ Ping Pong (No Cost)</li> <li>➤ Ten Pin Bowling (\$10.00 per person)</li> <li>➤ Outdoor Sports (No Cost)</li> <li>➤ Zumba (No Cost)</li> <li>➤ Ten Pin Bowling (\$10.00 per person)</li> </ul> <p>***Please note that at Week 6 we will be starting to introduce swimming, condition to weather***</p> <p>**Bring or buy lunch**</p>	Cost Varies per person per week	
	<b>Goals to achieve:</b>		
 Incidental Exercise	 Develop Gross & Motor Skills	 Developing Social Skills	



AND

OR – choose one All Day activity below

All Things Sensory <b>All Day Activity</b>			✓ chosen activity
	<b>All things Sensory</b> <b>A variety of In-Hub Activities</b> <ul style="list-style-type: none"><li>❖ Creativity with Play Doh</li><li>❖ Papier-Mache</li><li>❖ Water fun play</li><li>❖ Sensory Activities</li><li>❖ Make your own decorative clothing piece</li><li>❖ Beading &amp; Jewelry making</li><li>❖ Walking Group</li><li>❖ Indoor Sports</li><li>❖ Gardening</li><li>❖ And much more...</li></ul> <p>**Bring or buy lunch**</p> <p><b>Goals to achieve:</b></p>	\$2.50 per person per week	
	 Focus & Concentration		







# Tuesday activities






Creative Music & Sound			✓
All Day Activity			chosen activity
	<p><b>Centre of Creative Arts (COCA)</b></p> <p><b>Creative Music &amp; Sound</b></p> <p>The Centre of Creative Arts (COCA) Creative Music &amp; Sound Module is a series of 12 sessions that will assist you to discover your connection with rhythm, pulse and beat in a fun and supportive environment.</p> <p>These sessions will be offered for 6 hours one day a week at Ipswich Hub. These sessions will be run by a COCA facilitator.</p> <p>The first 12 weeks is the Creative Music and Sound Primary Elective, where you will experiment and learn techniques in:</p> <ul style="list-style-type: none"> <li>➤ Listening to music and soundscapes</li> <li>➤ Creating sounds and noise using voice</li> <li>➤ Using voice as an instrument in a group</li> <li>➤ Percussing with the body as an instrument</li> <li>➤ Experiencing pulse, beat and rhythm</li> <li>➤ Using a variety of objects to create sounds and rhythm</li> <li>➤ Recording noises and individual rhythms and looping tracks</li> <li>➤ Exploring sensory elements of traditional instruments</li> <li>➤ Creating movement through music, sound and rhythm</li> <li>➤ Experiment with Improvisation</li> </ul> <p><b>**Bring or buy lunch**</b></p> <p><b>Goals to achieve:</b></p>	<p>\$10.00 per person per week</p>	
	 <p>Teamwork</p>		

# AND

OR – choose one All Day activity below

All Things Textile				✓ chosen activity
<b>All Day Activity</b>				
	<b>All things Textile</b> <b>A variety of In-Hub Activities</b> <ul style="list-style-type: none"> <li>❖ Make a belt out of fabric</li> <li>❖ Fabric Tree</li> <li>❖ Make felt flowers</li> <li>❖ Practice over/ under sewing</li> <li>❖ Canvas fabric collage</li> <li>❖ Holiday Ornaments</li> <li>❖ Make a necklace out of Fabric</li> <li>❖ Scrap Fabric Letters &amp; Names</li> <li>❖ Fabric Scraps Rainbows</li> <li>❖ Make your own Hair ties or bows</li> <li>❖ Decorate a flower pot</li> <li>❖ Make your own sensory mat</li> <li>❖ And much more...</li> </ul>		\$2.50 per person per week	
	**Bring or buy lunch**			
	<b>Goals to achieve:</b>			
 Focus & Concentration	 Creativity	 Develop Motor Skills & Gross Motor Skills		

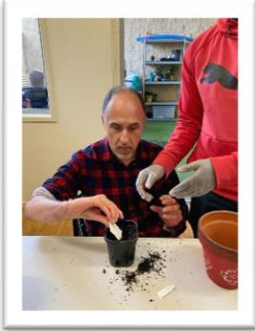



# Wednesday activities

Travel by Public Transport		 chosen activity
<b>All Day Activity</b>		
	<b>Travel via Public Transport – Discover Ipswich &amp; Brisbane</b> Travel by Train/ City Hopper/ Bus & Explore Ipswich & Brisbane City Week One – Toowoomba Carnival of Flowers Week Two – Camel Farm Week Three – Roma Parklands Week Four – Queensland Museum Week Five – RSPCA Week Six – GOMA – Southbank Week Seven – Springfield Week Eight – Brisbane Botanical Gardens Week Nine – Indooroopilly Riverwalk Week Ten – Ipswich Railway Museum Week Eleven – Queens Park & Animal Sanctuary Week Twelve – Mount Coo-tha Botanical Gardens  <b>**Bring or buy lunch**</b>	Cost Varies per person per week
	<b>Goals to achieve:</b>	
 Incidental Exercise	 Money Handling Skills	 Developing Social Skills



AND





OR – choose one All Day activity below

Crafty Critters <b>All Day Activity</b>		✓ chosen activity		
	<b>Crafty Critters</b> <b>A variety of In-Hub Activities</b> <ul style="list-style-type: none"><li>❖ Animal Puppet Fingers</li><li>❖ Rock Painting</li><li>❖ Fire Breathing Dragons</li><li>❖ Sip n Paint</li><li>❖ Under the Sea Creature Creations</li><li>❖ Make your own String Puppet</li><li>❖ Hand Print Animals</li><li>❖ Stick Puppets</li><li>❖ Egg Carton Crafts</li><li>❖ Decorate your own photo frame</li><li>❖ Leaf Critters</li><li>❖ Forest at Night Artwork</li><li>❖ And much more...</li></ul> <p><b>**Bring or buy lunch**</b></p> <p><b>Goals to achieve:</b></p>	\$2.50 per person per week		
	 Focus & Concentration		 Creativity	 Develop Motor Skills & Gross Motor Skills

# Thursday activities




Morning			 chosen activity
	<b>Community &amp; Social Participation</b> <b>Café Hopping</b> <ul style="list-style-type: none"> <li>❖ Exploring the local areas to discover cafes in our community</li> <li>❖ To enjoy Morning Tea with friends</li> </ul>		Between \$0.00 - \$20.00 per person per week
	 Communication, Participation & Interaction	 Developing Social Skills	

AND


Afternoon			 chosen activity
	<b>Community &amp; Social Participation</b> <b>Let's Explore</b> <ul style="list-style-type: none"> <li>❖ Week One - Walking Group (No Cost)</li> <li>❖ Week Two - Kholo Gardens (No Cost)</li> <li>❖ Week Three – Ipswich Nature Park (No Cost)</li> <li>❖ Week Four – Balloon Tennis (No Cost)</li> <li>❖ Week Five – Chair exercise (No Cost)</li> <li>❖ Week Six – Board Game Day (No Cost)</li> <li>❖ Week Seven – Jewellery Making (\$2.50)</li> <li>❖ Week Eight – Pamper Afternoon (\$2.50)</li> <li>❖ Week Nine – Music &amp; Meditation (No Cost)</li> <li>❖ Week Ten – Karaoke (No Cost)</li> <li>❖ Week Eleven – Recycled Artwork (\$2.50)</li> <li>❖ Week Twelve – Messy Thursday (No Cost)</li> </ul> <p>**Bring or buy lunch**</p>		See costs of activities (no charge or cost amount)
	 Develop Motor Skills & Gross Motor Skills	 Incidental Exercise	

AND

OR – choose one All Day activity below





The Ultimate Pampering <b>All Day Activity</b>		✓ chosen activity	
	<b>The Ultimate Pampering Session</b> <b>A variety of In-Hub Activities</b> <ul style="list-style-type: none"><li>❖ Make your facemasks</li><li>❖ Virtual Tours</li><li>❖ Relaxation and Massage</li><li>❖ Sensory Room Relaxation</li><li>❖ Learn how to meditate</li><li>❖ Make your own Arm and Hand cream</li><li>❖ Manicures and Nail Care</li><li>❖ Eye Masks</li><li>❖ Hair Styling</li><li>❖ Chair Exercise</li><li>❖ Make a Lip Scrub</li><li>❖ Make your own Bath Bomb</li><li>❖ And much more...</li></ul> <b>**Bring or buy lunch**</b>	\$2.50 per person per week	
	<b>Goals to achieve:</b>		
	 Focus & Concentration		 Creativity

# Friday activities

Half Day Activities			 chosen activity
	<b>Centre of Creative Arts (COCA)</b> <b>Print Making</b> <b>Half Day Activity</b> Come along and have some fun learning to make and use stamps and stencils. You'll also learn to Screen print and Mono print on both paper and fabric. We will have fun projects like poster and card making and printing on tea towels and shopping bags.  <b>**Bring or buy lunch**</b>  <b>Goals to achieve:</b>	\$2.50 per person per week	
	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">             Communication, Participation &amp; Interaction         </div> <div style="text-align: center;">             Focus &amp; Concentration         </div> <div style="text-align: center;">             Developing Social Skills         </div> </div>		
	<b>Walking Group</b> <b>Social &amp; Community Participation</b> <b>Half Day Activity</b> Walking groups help promote physical activity among adults and have added benefits including increased motivation and opportunity for socialisation. <b>Benefits of walking</b> <ul style="list-style-type: none"> <li>❖ Maintain a healthy weight</li> <li>❖ Strengthen your bones and muscles</li> <li>❖ Increase energy levels</li> </ul> <b>**Bring or buy lunch**</b>  <b>Goals to achieve:</b>	See costs of activities (no charge or cost amount)	
	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">             Incidental Exercise         </div> <div style="text-align: center;">             Communication, Participation &amp; Interaction         </div> <div style="text-align: center;">             Teamwork         </div> </div>		

# AND

OR – choose one All Day activity below

All Things Science			<b>All things Science</b> <b>A variety of In-Hub Activities</b> <ul style="list-style-type: none"> <li>❖ Rainbow on a Plate Experiment</li> <li>❖ All things bubble's</li> <li>❖ Make your own Tornado in a bottle</li> <li>❖ Crystalize your own rock candy</li> <li>❖ Rain Clouds in a Jar</li> <li>❖ Build a Ferris wheel</li> <li>❖ Elephant Toothpaste</li> <li>❖ Learn about Capillary Action's</li> <li>❖ Oil and Water Experiments</li> <li>❖ Blow up a balloon – without blowing it up!</li> <li>❖ Vinegar Experiments</li> <li>❖ Homemade Lava Lamps</li> <li>❖ And much more...</li> </ul>	\$2.50 per person per week	✓ chosen activity
<b>All Day Activity</b>					
<b>Goals to achieve:</b>					
Focus & Concentration		Creativity		Develop Motor Skills & Gross Motor Skills	



# 2022 Ipswich 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 19th September 2022	Friday 9th December 2022
Hub Closed	Queen's Birthday Monday 3 <sup>rd</sup> of October 2022	

Showcase week 2		
	Start Date	End Date
Showcase Program	Monday 12th December 2022	Friday 16th December 2022
Hub Closed	Monday 16th December 2022 – Tuesday 3rd January 2023	

