



2022 Mackay Hub Activity Program 4 Catalogue

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

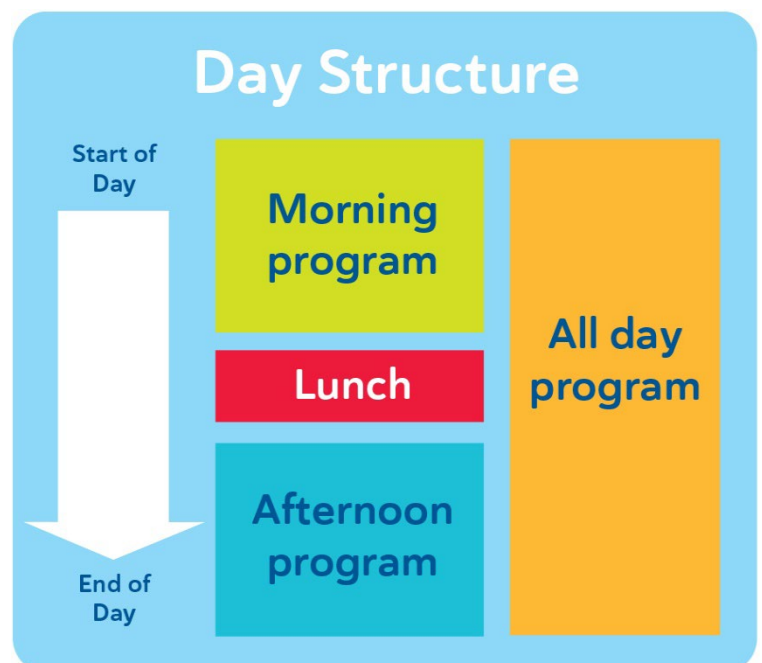
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

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 Karizma Butcher or email to karizma.butcher@multicap.org.au by 26th 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 Karizma Butcher on 0499 344 442.
- 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 Karizma Butcher, Mackay Hub Service Manager on 0499 344 442.
















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

Morning – Choose One				✓ chosen activity
	Sensory Craft Session Members will participate in several activities designed to stimulate and enhance our senses. Members will experience the arts and crafts through touch, taste, feel and smell. Goals to achieve:			\$5
	 Goal #1	 Goal #2	 Goal #3	
	Music Madness Members will spend the morning learning all about music and instruments. Members will have the opportunity to make their own instruments and music videos. Goals to achieve:			No cost
	 Goal #1	 Goal #2	 Goal #3	









AND

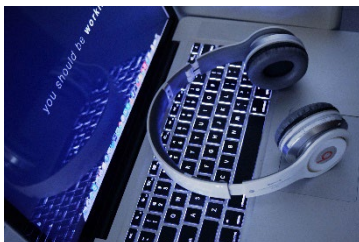




Afternoon – Choose One				✓ chosen activity
	Movie Appreciation Members will choose as a group each week a movie from our Netflix Library and have a discussion around the movie. Goals to achieve:			No cost
	 Goal #1	 Goal #2	 Goal #3	
	Craft Corner Spend the afternoon developing and creating your own masterpiece using textiles, clay and wood. Goals to achieve:			\$5
	 Goal #1	 Goal #2	 Goal #3	

OR – choose one All Day activity below





All Day – Choose One				 chosen activity
	Club House Fun House Members spend the morning participating in a variety of activities designed to increase your social skills. Members attend Shara's club and then visit local parks to have lunch and spend the afternoon out in the community **Bring or buy lunch**			No cost
	 Goal #1	 Goal #2	 Goal #3	

Tuesday activities









Morning – Choose One				✓ chosen activity
	Master Chef Members will learn new skills and prepare and cook a recipe. Members can take home their creations and work towards developing their own cookbook			\$5
	 Goal #1	 Goal #2	 Goal #3	
	Walking Group – Park Picnic Members may choose a different beach or park to have a walk along in the Mackay Whitsundays region, enjoying a picnic afterwards.			No cost
	 Goal #1	 Goal #2	 Goal #3	

Afternoon – Choose One				<div>✓</div> <div>chosen activity</div>
	<div>Technology</div> <div>Members will learn new skills including using computers, iPad and develop skills such as app usage, photography and literacy and numeracy through games.</div>			No Cost
	<div></div> <div>Goal #1</div>	<div></div> <div>Goal #2</div>	<div></div> <div>Goal #3</div>	
	<div>Craft Corner</div> <div>Spend the afternoon developing and creating your own masterpiece using textiles, clay and wood.</div> <div>Goals to achieve:</div>			\$5









OR – choose one All Day activity below

All Day – Choose One				✓ chosen activity
	Mind and Body Spend the morning at a local library. Borrow some books, read a book or spend time on the computers. Lunch out at a local attraction and then spend the afternoon exploring the botanical Gardens and discover new activities each week. **Bring or buy lunch** Goals to achieve:			No Cost
	 Goal #1	 Goal #2	 Goal #3	

Wednesday activities

Morning – Choose One			✓ chosen activity
	Music Madness Members will spend the afternoon learning all about music and instruments. Members will have the opportunity to make their own instruments and music videos. Goals to achieve:	No cost	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	Scrap Booking Spend the afternoon developing and creating your own masterpiece using textiles, clay and wood. Goals to achieve:	\$5	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		

AND

Afternoon – Choose One			✓ chosen activity
	Health & Hygiene Craft Members participate in creating their own hygiene products, from a relaxing bath bomb to the practical hand sanitizers all whilst learning the importance of health and hygiene. Goals to achieve:	\$5	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	Trike Madness Members can learn new skills in riding bikes and scooters around the harbour. Learn road skills and how to bike safely Goals to achieve:	No Cost	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		

OR – choose one All Day activity below

All Day – Choose One

✓
chosen
activity



The Great outdoors

Members will have a discussion in the afternoon the week before where they might like to go for the next week, giving choice and control. First week Marians Alpaca and mini animal farm.

Bring Lunch.

Goals to achieve:



Goal #1











Goal #2











Goal #3

\$20





Thursday activities

Morning – Choose One				✓ chosen activity
	Healthy Habits Members will spend the morning cooking or baking healthy alternatives to a favorite sweet or savory treats!			\$5
	Goals to achieve:  Goal #1	 Goal #2	 Goal #3	
	Sporting Stars Members will have the opportunity to go to a park or sporting complex where they can participate in backyard cricket or Giant ten pin bowling along with much much more.			No Cost
	Goals to achieve:  Goal #1	 Goal #2	 Goal #3	









AND

Afternoon – Choose One				✓ chosen activity
	Wicked Science Members will enjoy creating that amazing and magical moment where science collides with our curiosity and imagination.			\$5
	Goals to achieve:  Goal #1	 Goal #2	 Goal #3	
	Gaming Legends Spend the afternoon testing your skills playing computer games or board games.			No cost
	 Goal #1	 Goal #2	 Goal #3	









OR – choose one All Day activity below

All Day – Choose One				✓ chosen activity
	Music and Shopping Members will spend the morning at Canelands Rotunda participating in a local Music group. Members will then go to Canelands shopping centre for Lunch and complete the shopping for the cooking. Members can purchase lunch or bring lunch Goals to achieve:			\$5
	 Goal #1	 Goal #2	 Goal #3	






Friday activities

Morning – Choose One				✓ chosen activity
	Trike Madness Members can learn new skills in riding bikes and scooters around the harbour. Learn road skills and how to bike safely Goals to achieve:			No cost
	 Goal #1	 Goal #2	 Goal #3	
	Bingo Warriors Members will spend the morning playing Bingo with friends. Goals to achieve:			\$5
	 Goal #1	 Goal #2	 Goal #3	

AND

Afternoon – Choose One				✓ chosen activity
	Music Madness Members will spend the afternoon learning all about music and instruments. Members will have the opportunity to make their own instruments and music videos. Goals to achieve:			Cost
	 Goal #1	 Goal #2	 Goal #3	
	Green thumb Gardening Members will learn new skills relating to growing, tendering and maintain a garden, growing your own foods and creating crafts related to Gardening. Goals to achieve:			No cost
	 Goal #1	 Goal #2	 Goal #3	

OR – choose one All Day activity below

All Day – Choose One				 chosen activity
	Out and About Spend the day out, perhaps having a fish in mackays pioneer river or enjoying a game of ten pin bowling with your mates, participants will have the opportunity to make the day completely their own by choosing a new destination or activity every week. **Bring or buy lunch** Goals to achieve:			\$10
	 Goal #1	 Goal #2	 Goal #3	

2022 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	

