



2022 Mt Ommaney 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 Mt Ommaney 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.

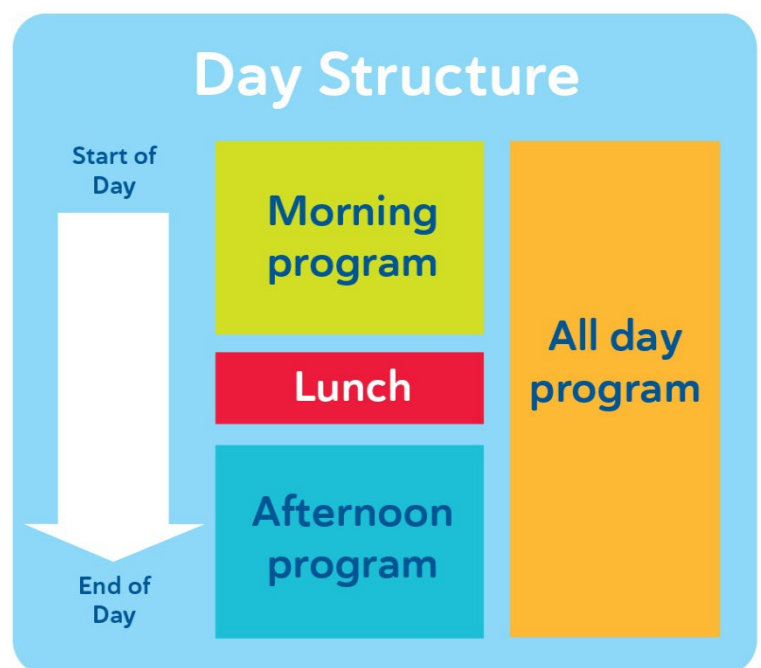
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

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 Samone or return it to Samone.ward@multicap.org.au by 1st 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 33763299.
- 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 Samone.
















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				<div>✓</div> <div>chosen activity</div>	
	<div>Baking</div> <div>Grab your Apron to Learn the basics to Master the skills in kitchen with creative Baking and food decorations. Opportunity for customers to enjoy themselves and take home to share with family and friends.</div> <div>Goals to achieve:</div> <div><div><div>Goal #1</div></div><div><div>Goal #2</div></div><div><div>Goal #3</div></div></div>			<div>\$2</div> <div>Invoiced</div>	
	<div>Movies at MOH</div> <div>Finish your week with the Mount Ommaney Hub cinema experience. Spend time with your friends with some popcorn in hand.</div> <div>Goals to achieve:</div> <div><div><div>Goal #1</div></div><div><div>Goal #2</div></div><div><div>Goal #3</div></div></div>			<div>No cost</div>	

AND

Afternoon – Choose One			✓ chosen activity
	Upcycling Make some valuable treasures from trash. Let's create new opportunity for self-development and rethink about our waste management.	No cost	
	<div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		
	Jam Session Grab the instrument you like and join the group to start the week with a Bang.	Cost	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		









OR – choose All Day activity below

All Day activity			✓ chosen activity
	Fish & Chips Explore your local Takeaway shops. Experience Money handling and counting. Together we will choose venues close to Mt Ommaney and spend the day socialising in a community setting, and spending time with your peers. **Ensure Dietary requirements updated**	\$12 Plus Transport cost	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		

Tuesday activities

Morning – Choose One			✓ chosen activity
	Music Therapy – Morning Session A research-based practice which assists customers to reach functional goals such as facilitating communication, developing self-regulation strategies and developing social interactive skills Goals to achieve:	As per the NDIS Agreement	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	Interactive Story Telling Improve communication and language development skills. Be engaged with imagination and creativity. Share the ideas and express in the group. Have a Fun filled morning with peers with all means of communication. Goals to achieve:	No Cost	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		









AND

Afternoon – Choose One			✓ chosen activity
	Music Therapy – Afternoon Session A research-based practice which assists customers to reach functional goals such as facilitating communication, developing self-regulation strategies and developing social interactive skills. Goals to achieve:	As per the NDIS Agreement	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	Green Thumb Gardeners Join your friends and develop a healthy Vegetable Garden in our beautiful Hub grounds. Starting fresh let's create a garden full of vibrant colours, fresh vegetables and healthy choices. Goals to achieve:	No Cost	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		









OR – choose All Day activity below

All Day Activity			✓ chosen activity
	Brigalow Country Music Club (week 1 & 3) Sing, dance and Listen to some live music at our local Brigalows Country Music Club. Join others from the greater Multicap regions and dance your day away. Food and Drinks will be provided, as well as some great live artists. (on Even weeks we will choose another out Option) Goals to achieve:	\$5 Plus Transport	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		





Wednesday activities

Morning – Choose One				✓ chosen activity
	ASDAN- Craft making Develop fine motor skills, Boost counting and pattern recognition, identify colors and shapes in the meantime encourages critical thinking and builds resilience. Learn the whole aspect and get certified at the end of term. Goals to achieve:			\$25 for new signup \$15 for existing participant
	 Goal #1	 Goal #2	 Goal #3	
	Dance Along A therapeutical form of exercise and a great way to foster communication and teamwork. Enjoy the morning with the group with some free movements that enhances the mind and body. Goals to achieve:			No cost
	 Goal #1	 Goal #2	 Goal #3	









AND

Afternoon – Choose One			✓ chosen activity
	Baking Grab your Apron to Learn the basics to Master the skills in kitchen with creative Baking and food decorations. Opportunity for customers to enjoy themselves and take home to share with family and friends.	\$2 Invoiced	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		
	Outdoor Sports Get Outdoor and choose a sport or activity that enhances the healthy mind and body. Be fit and active, join the group to enjoy a nice afternoon playing sports with your peers	No Cost	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		









OR – choose one All Day activity below

All Day – Choose One			✓ chosen activity
	Indoor swimming Bring your bathers and enjoy some leisure swimming. With suitability for all needs, swimming in an Indoor Pool will help relieve aches and pains, burn some energy and have some fun with friends. Start your day with a leisurely swim and lunch in your local community. Please provide Swimming aids	\$4 Invoiced	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		

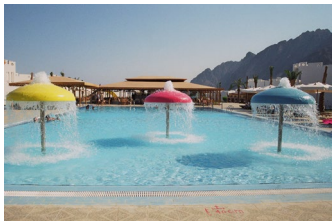



Thursday activities

Morning – Choose One				✓ chosen activity
	Movies at MOH Finish your week with the Mount Ommaney Hub cinema experience. Spend time with your friends with some popcorn in hand.			No cost
	Goals to achieve:  Goal #1	 Goal #2	 Goal #3	
	Messy Thursday Be creative go crazy with the colours. Feel the texture, develop sensory and motor skills. Be creative, express emotions and build self-esteem.			No Cost
	Goals to achieve:  Goal #1	 Goal #2	 Goal #3	









AND

Afternoon – Choose One			✓ chosen activity
	BBQ In the park Have your tongs and apron, walk to the local park with the friends and enjoy the afternoon with a sausage sizzle and games in the park. “Lunch Provided (2 sausage with bread)” Goals to achieve:	\$2.50 Invoiced	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	Numeracy & Literacy skills Stimulate your memory, develop your counting skills, and practice your literacy with your peers. Learn and grow with educational support. 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
	Water Park Integrate community participation with fun, enjoy the day in the local park with peers. Improve social skills and explore the world around you. ‘Pack Lunch’ Goals to achieve:	Transport cost	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		





Friday activities

Morning – Choose One				✓ chosen activity
	COCA - Sensory Wall Create a wall of different textures and shapes on your own timber square to display in the hub. You can use fabric, bottle tops, buttons and all sorts of textures to create an interesting series of panels. The wall will be for touching, looking and enjoying! Goals to achieve:			No cost
	 Goal #1	 Goal #2	 Goal #3	
	Music Therapy – Morning Session A research-based practice which assists customers to reach functional goals such as facilitating communication, developing self-regulation strategies and developing social interactive skills Goals to achieve:			As per the NDIS Agreement
	 Goal #1	 Goal #2	 Goal #3	

AND

Afternoon – Choose One			✓ chosen activity
	Music Therapy – Afternoon Session A research-based practice which assists customers to reach functional goals such as facilitating communication, developing self-regulation strategies and developing social interactive skills Goals to achieve:	As per the NDIS Agreement	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	Karaoke Grab your mic and follow the lyrics on screen. Sing along with the group and enjoy the Friday afternoon Goals to achieve:	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
	Ten Pin Bowling- AMF Bowling Join your friends and experience all the fun that Ten Pin Bowling has to offer. Bright lights, music and fun with friends. Play your morning away and enjoy some lunch in your local community **Bring lunch** Goals to achieve:	\$6.50 Plus, transport Invoiced	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		

2022 Mt Ommaney 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 16 September
Hub Closed	EKKA Show Day, Wednesday 10 August	

Program 4

	Start Date	End Date
Activity Program	Monday 19 September	Friday 9 December
Hub Closed	Queen's Birthday Monday 3 October	

Showcase week 2

	Start Date	End Date
Showcase Program	Monday 12 December	Friday 16 December
Hub Closed	Monday 19 December – Tuesday 3 January 2023	

