



2022 Nudgee Hub
Activity Program 4
Catalogue



MULTICAP[®]

HIGH NEEDS DISABILITY SUPPORT

2022 Nudgee Hub Activity Program 4 Catalogue

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

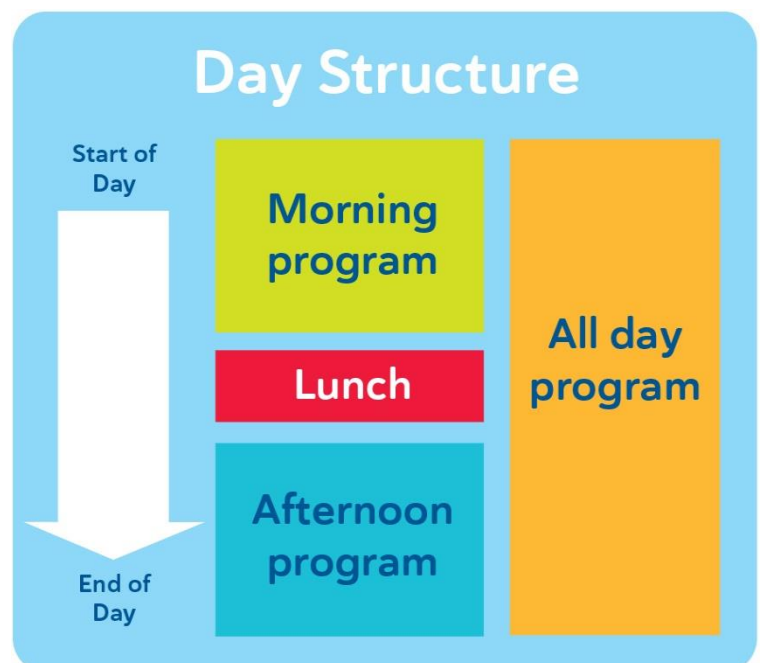
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

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 Liz Alexiev 0437 158 035 or return it to liz.alexiev@multicap.org.au
 - 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 0437 158 035
 - 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 0437 158 035









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 |
|  | Shopping and cooking morning tea Take a stroll down to Woollies if the weather is nice or take the car to get some ingredients for morning tea. Become more independent in the kitchen. Learn the skills of cutting, slicing, grating, grilling, frying and baking. Members to choose the meal to cook on the day in our state-of-the-art kitchen. | | \$10 each |
| | Goals to achieve: | | |
|  Goal #1 |  Goal #2 |  Goal #3 | |
|  | Art and craft Let's get creative with our art resources here at Nudgee, enjoy the company of others and listen to some great tunes as we create our masterpieces, please bring your morning Tea | | Free |
| | Goals | | |
|  Goal #1 |  Goal #2 |  Goal #3 | |

AND










| | | | |
|--|--|---------|----------------------|
| Afternoon – Choose One | | | ✓ chosen activity |
|  | Walking Group – beach walk Feel the sand in between your toes, Members may choose from different Beach Foreshores and explore new places near and around the Moreton Bay Region. Goals to achieve: | No cost | |
| |  Goal #1 | | |
|  | Pilates Lets get our mats out and build core strength, flexibility, and awareness to support efficient, graceful movement with our fellow peers at Nudgee Hub. Goals to achieve: | No Cost | |
| |  Goal #1 | | |

Tuesday activities





| | | | |
|---|---|-----|----------------------|
| Morning – Choose One | | | ✓ chosen activity |
|  | Ten Pin Bowling ‘Strike’, ‘Spare’, Knock those pins down!!! Where members can enjoy a game of Ten Pin and try to improve their scores each week, you can bring lunch on the day or buy lunch out. | \$6 | |
| |  Goal #1 | | |

| | | | | | |
|---|--|--|--|-----|--|
|  | Travel Training and City Cat Members will learn how to read a timetable. We will learn how to use a Go Card and how to put money onto the 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. **Bring or buy lunch** | | | \$6 | |
| | Goals to achieve: | | | | |
| |  Goal #1 |  Goal #2 |  Goal #3 | | |



AND

| | | | | | |
|---|---|--|--|--|--|
| Afternoon – Choose One | | | |  chosen activity | |
|  | Activity Movies and Games Enjoy watching a movie with your peers or play a board game. Goals to achieve: | | | No Cost | |
| |  Goal #1 |  Goal #2 |  Goal #3 | | |
|  | Activity BAKING- STARS Become more independent in the kitchen and earn the skills of baking. Members to choose what they would like to bake the week before, please bring a container so your baked goods can be taken home to share. Goals to achieve: | | | No cost | |
| |  Goal #1 |  Goal #2 |  Goal #3 | | |

Wednesday activities










| Morning – Choose One | | | ✓ chosen activity |
|--|---|-----------------|----------------------|
|  | Music Therapy Actively support members as they strive to improve their health, functioning and well-being. Engage is a range of music-making methods within and through a therapeutic relationship to address individual goals. Goals to achieve: | To be confirmed | |
| |  Goal #1 | | |
|  | Park Life Take a morning stroll, throw a frisbee, kick a ball or even do some Tai chi at our local park, bring your morning tea to enjoy a snack in the sun or shade! | No Cost | |
| |  Goal #1 | | |


AND

| Afternoon – Choose One | | | ✓ chosen activity |
|---|---|---------|----------------------|
|  | Fishing Can you snare the big one, try your luck, have lunch while your fishing (fishing gear supplied) (Km's to and from venue invoiced as per schedule of support) | \$10.00 | |
| |  Goal #1 | | |
| | Beat the Bush Members may choose different Bush walking to have a fun way | No Cost | |





















| | | | | | |
|---|--|--|--|--|--|
|  | to exercise in the Moreton Bay Region and or surrounds Bring or buy lunch | | | | |
| | Goals to achieve: | | | | |
| |  Goal #1 |  Goal #2 |  Goal #3 | | |

Thursday activities









| | | | | | |
|---|--|---|--|---|-----------------|
| Morning – Choose One | | | |  | chosen activity |
|  | CAFÉ SURFING For the lovers of good food and coffee. We will be visiting various Café's in and around the region for morning tea. Members will need to bring money for their purchases | | No cost | | |
| |  Goal #1 |  Goal #2 |  Goal #3 | | |
|  | Revolution Sports Park – 2000 square meters of trampoline fun or test your skill at walking on walls in the climb park with over 16 unique Rock-climbing walls, a boulder alley and 3 ninja ramps. Loads of fun and laughter and fitness. Goals to achieve: | | \$10 | | |
| |  Goal #1 |  Goal #2 |  Goal #3 | | |

| | | |
|---|--|----------------------|
| All Day – Choose One | | ✓ chosen activity |
|  | <p>COCA—All day activity Learn how to create 3D sculpture projects using paper mâché, cardboard and other soft materials. Decorate these sculptures with paint and found objects to give them their character.</p> <p>Decorate these sculptures with paint and found objects to give them their character. When your sculptures are complete you will work in groups to write stories about their adventures. You will learn how to make short animation movies using your sculptures, bringing your creations to life!</p> | \$10 |










AND

| | | | | | |
|--|---|--|--|--|---------|
| Afternoon – Choose One | | ✓ chosen activity | | | |
|  | <p>Activity Yoga Learn how to unwind, relax with these basic Yoga moves. (On Site)</p> <p>Goals to achieve:</p> <table border="1" style="width: 100%; text-align: center;"> <tr> <td> Goal #1</td> <td> Goal #2</td> <td> Goal #3</td> </tr> </table> |  Goal #1 |  Goal #2 |  Goal #3 | No Cost |
|  Goal #1 |  Goal #2 |  Goal #3 | | | |
|  | <p>Music Appreciation – Everything about Music. Karaoke, Dance or Singing to our favourite Hits, play instruments or watch a musical. Members on the day will choose as a group what experience they would like to enjoy.</p> <table border="1" style="width: 100%; text-align: center;"> <tr> <td> Goal #1</td> <td> Goal #2</td> <td> Goal #3</td> </tr> </table> |  Goal #1 |  Goal #2 |  Goal #3 | No Cost |
|  Goal #1 |  Goal #2 |  Goal #3 | | | |

Friday activities

| Morning – Choose One | | | ✓ chosen activity |
|---|--|------|----------------------|
|  | <p>The Fitzgibbon Green Thumbs have two purposes: to care for and enhance the local environment and to nurture a community garden. Our vision is that, through gardening, we will create and nurture an inclusive, connected community where the lives of Customers are enriched as they learn and share in sustainable activities that enhance their health and our environment.</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div> | Free | |
|  | <p>Putt Putt golf and BBQ Play a round of golf or practice your long shots on the driving range each week and improve your scores and try for a hole in one 9 spots available BBQ or bring lunch</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div> | \$11 | |

AND

| | | | |
|--|---|---|--|
| Afternoon – Choose One | | |  chosen activity |
|  | Music Appreciation – Everything about Music. Karaoke, Dance or Sing to favourite Hits, play instruments or watch a musical. Members on the day will choose as a group what experience they would like to enjoy. | No Cost | |
| | Goals to achieve: | | |
| |  Goal #1 |  Goal #2 |  Goal #3 |
|  | Making homemade Pizzas and having a movie afternoon. | No Cost | |
| | Goals to achieve: | | |
| |  Goal #1 |  Goal #2 |  Goal #3 |



2022 [Location] Hub Program Dates

Office Opens 4 January 2022

|

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 | |

