



2023 Eight Mile
Plains Hub
Activity Program 1

2023 Eight Mile Plains Hub Activity Program 2 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.

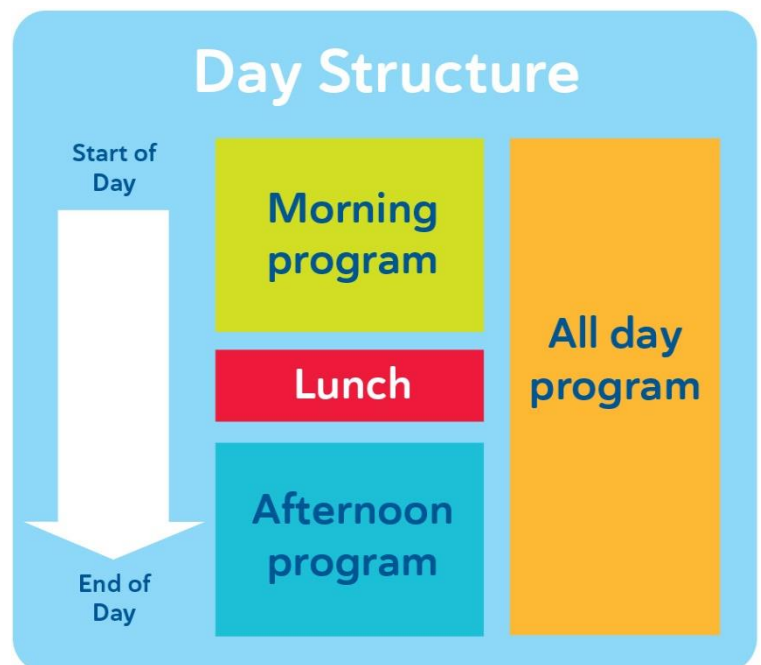
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

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 (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 Ann-Marie Barber or return it to Ann-Marie by 15/11/2022.
 - 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 0410 452 719.
 - 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 Ann-Marie Barber.



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









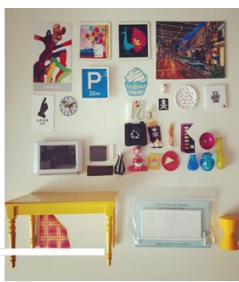



Monday Activities

Morning – Choose One			✓ chosen activity
	TDF-Touch, Discover, Feel. 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.	\$2.50	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		
	Ready, Steady, Cook. Where customer work closely with satff to build up their fine and gross motor skills to create meals of their fine choices. Each week we will focus on learning new skills and building on these skills as the week's progress.	\$5	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		
	SWP – Signs, Words, Pictures 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.	No Cost	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		

AND

Afternoon – Choose One			 chosen activity
	Walking Group – EMP Hub Take a walk around Emp Site and visit the sensory garden and basketball court. Why not have a go on our swing. Enjoy walking around Multicap and its surroundings. Goals to achieve:	No cost	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	ASDAN Sound, Rhythm & Music Learn and understand A combination of three core components sound, rhythm, and music where you listen and share what sounds you hear that is close to you or far away from you. Goals to achieve:	\$25.00 once off registration fee (new ASDAN customers) \$10.00 for the certificate.	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	MMP- Music Meditation, and Percussion An opportunity to listen to relaxing music, mediate and use percussion instruments. Align and form a blissful experience of sound and movement. Goals to achieve:	\$2.50	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		









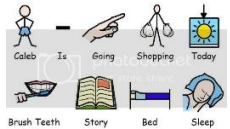



OR – choose one All Day activity below

All Day – Choose One			✓ chosen activity
	Work Experience ASDAN Makeables Tingalpa Employment Program Learn vital skills for working within Makeables that can be used in the future to help gain employment. **BYO lunch required** ** Shared kilometer charge** Goals to achieve:	\$25.00 once off registration fee (new ASDAN customers) \$10.00 for the certificate.	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	Travel Training and Park Fitness Members will experience different forms of transport. Train, bus, or the City Cat. Understanding a timetable and a GO card. Enjoy the sights of Brisbane. Chill out at the park or partaking in fitness fun. **BYO lunch required** ** Shared kilometer charge** Goals to achieve:	Please provide Go Card.	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	COCA – Public Art Marvellous Miniatures As a group the team will create a tiny scene of their choice such as a shop, a house, or a festival stage. This will be used as the backdrop for their own animation project. Each team member will write their own story about their character as part of the scene. They will then narrate and record this story over the top of the animation. Goals to achieve:	No cost.	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		













Tuesday activities

Morning – Choose One			✓ chosen activity
	Music around the World Take a trip around the globe and enjoy music and dance from all corners of the earth. Goals to achieve:	No cost	
	<div>Goal #1</div> <div>Goal #2</div> <div>Goal #3</div>		
	Library Club – Springwood A public library is a wonderful community resource. It is a special place where members of a community can learn something new, pursue a hobby, meet friends, or just relax with a book, newspaper, or magazine. ** Shared kilometer charge** Goals to achieve:	No Cost	
	<div>Goal #1</div> <div>Goal #2</div> <div>Goal #3</div>		
	Bowling – Lucky Strike Lace up your bowling shoes and hit the lanes for a game of ten pin bowling at Strike Zone Mount Gravatt. ** Shared kilometer charge** Goals to achieve:	\$7	
	<div>Goal #1</div> <div>Goal #2</div> <div>Goal #3</div>		
	TDF-Touch, Discover, Feel. 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. Goals to achieve:	\$2.50	
	<div>Goal #1</div> <div>Goal #2</div> <div>Goal #3</div>		













AND

Afternoon – Choose One			✓ chosen activity
	Lunch Club Southside 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. ** Shared kilometer charge**	\$10-\$20 depending on the location.	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		
	MMP- Music Meditation, and Percussion An opportunity to listen to relaxing music, mediate and use percussion instruments. Align and form a blissful Experience of sound and movement.	\$2.50	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		
	SWP – Signs, Words, Pictures 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.	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
	Explore Brisbane City. Options to explore different parts of Brisbane city. City Hall, Roma Parklands, Myer Christmas window display, Botanical Gardens. **BYO lunch required** ** Shared kilometer charge**	No cost.	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	Park Fitness & Fun Chill out by taking a walk or join in on some group park fitness fun, play ball games or join a group workout. **BYO lunch required** ** Shared kilometer charge**	No cost	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	COCA - Textiles Crafty Cuts As a group we will work on a range of fun smaller projects like arm bands, animals, and tote bags from recycled tea towels! We will plan the design and use recycled fabrics to create unique, cool items for gifts or sale. Goals to achieve:	No cost.	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		










Wednesday activities

Morning – Choose One			✓ chosen activity
	Dancercise The morning to dance and exercise. Move your body with the sound of music.	No Cost	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		
	MMP- Music Meditation, and percussion An opportunity to listen to relaxing music, mediate and use percussion instruments. Align and form a blissful Experience of sound and movement	\$2.50	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		
	A Little Dirt never hurts: Gardening Program Let's get our hand dirty and have fun. Learn and understand how to care for our plants. Possibly enjoy eating fresh fruit and veggies from our garden. Hand over hand feel and touch and smell.	No cost	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		













AND

Afternoon – Choose One			 chosen activity
	TDF- Touch, Discover, Feel - RM2. 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 their seven senses. Goals to achieve:	\$2.50	
	<div>  Goal #1  Goal #2  Goal #3 </div>		
	Singing and Dancing Singing and dancing the afternoon away with your friends. Music of your choice. Goals to achieve:	No Cost	
	<div>  Goal #1  Goal #2  Goal #3 </div>		
	Flexible in center activities 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. Goals to achieve:	2.50	
	<div>  Goal #1  Goal #2  Goal #3 </div>		














OR – choose one All Day activity below

All Day – Choose One			 chosen activity
	Greenbank RSL Come and join us at Greenbank RSL where the fun begins meeting new friends. Enjoy a light lunch followed by dancing and singing. ** Shared kilometer charge**	\$10-\$15 menu choice.	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	Bush Discovery. Let's go bush walking and discover our local wildlife and plants. Location options are: Daisy Hill, Mt Coo-tha, Wetlands in Lota and many more. **BYO lunch required** ** Shared kilometer charge**	No Cost	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	COCA - Ceramics Tiny Houses This term we will design your ideal clay house in miniature! These traditional pieces are very popular around the world and are created by many different cultures. We will plan the best places for sale of these items and design how they will be presented.	\$30.00 for the program.	
	Goals to achieve: <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		





Thursday activities

Morning – Choose One			✓ chosen activity
	Bowling – Lucky Strike Lace up your bowling shoes and hit the lanes for a game of ten pin bowling at Strike Zone Mount Gravatt. ** Shared kilometer charge**	\$7.00	
	Goals to achieve: <div>  Goal #1  Goal #2  Goal #3 </div>		
	OZ Sports A sporting facility where you can play games or participate in ball activities at EMP Fields. Keeping us all fit and healthy.	No Cost	
	<div>  Goal #1  Goal #2  Goal #3 </div>		
	Flexible in center activities For our customers who like to drive their own centre-based activities. This program will focus on discovering what strikes the interest of those who may not be interested in the other activities provided in the centre.	\$2.50	
	<div>  Goal #1  Goal #2  Goal #3 </div>		













AND

Afternoon – Choose One			 chosen activity
	Ready Steady Bake 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. Each week we will focus on learning new skills and building on these skills as the week's progress.	\$5.00	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		
	TDF- Touch, Discover, Feel 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.	\$2.50	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		
	Library Club – Springwood A public library is a wonderful community resource. It is a special place where members of a community can learn something new, pursue a hobby, meet friends, or just relax with a book, newspaper, or magazine. ** Shared kilometer charge**	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
	<p>Sailability Bayside & Lunch in the Park.</p> <p>Enjoy your day by the ocean and let the activity of sailing refine your day with calm breeze and eye soothing sea wave. Then enjoy lunch by the seaside.</p> <p>**BYO lunch required**</p> <p>**Shared kilometre charge**</p> <p>**Sailing takes place during the state school terms only – Sailing will commence Monday January 30th. When out of school terms Due to bad weather sailing will be cancelled and we will have alternat Program going to Garden city or maybe going to Brisbane Museum **</p> <p>Goals to achieve:</p> <div>  Goal #1  Goal #2  Goal #3 </div>	<p>\$7.00 for sailing and \$4.00 for lunch.</p>	
	<p>Park Fitness & Fun</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>**BYO lunch required**</p> <p>** Shared kilometer charge for driving**</p> <p>Goals to achieve:</p> <div>  Goal #1  Goal #2  Goal #3 </div>	<p>No Cost.</p>	
	<p>COCA – Painting and Sculpture</p> <p>Cardboard Wall Painting</p> <p>Using recycled cardboard, we will design and create amazing wall murals. These art pieces will decorate the hub and develop your skills in graphic art and sculpture on a large scale.</p> <p>Goals to achieve:</p> <div>  Goal #1  Goal #2  Goal #3 </div>	<p>No Cost</p>	














Friday activities

Morning – Choose One				<div>✓</div> <div>chosen activity</div>
	<div>Café Discovery</div> <div>Traveling around to our local cafes to have a hot cupper and tasting some culinary delights.</div> <div>** Shared kilometer charge **</div> <div>Goals to achieve:</div> <div><div></div><div>Goal #1</div></div> <div><div></div><div>Goal #2</div></div> <div><div></div><div>Goal #3</div></div>	<div>\$5-10</div> <div>Depends on café</div>		
	<div>Creativity at its Peak</div> <div>For the next 12 weeks we will offer a themed art class. Customer will choose a project and create their own artwork.</div> <div>Goals to achieve:</div> <div><div></div><div>Goal #1</div></div> <div><div></div><div>Goal #2</div></div> <div><div></div><div>Goal #3</div></div>	<div>\$2.50</div>		
	<div>TDF- Touch, Discover, Feel - RM2.</div> <div>We will open our minds to all things sensory.</div> <div>This will include the use of water play, Slime, Sand, Playdough and Jelly and many more funs activities. This program will encourage and promote the use of discovery for all customer to engage there seven senses.</div> <div>Goals to achieve:</div> <div><div></div><div>Goal #1</div></div> <div><div></div><div>Goal #2</div></div> <div><div></div><div>Goal #3</div></div>	<div>\$2.50</div>		

AND

Afternoon – Choose One				<div>✓</div> <div>chosen activity</div>
	<div>MMP- Music Meditation, and Percussion</div> <div>An opportunity to listen to relaxing music, mediate and use percussion instruments. Align and form a blissful Experience of sound and movement.</div> <div>Goals to achieve:</div>			\$2.50
	<div></div> <div>Goal #1</div>	<div></div> <div>Goal #2</div>	<div></div> <div>Goal #3</div>	
	<div>Flexible in center activities</div> <div>For our customers who like to drive their own centre-based activities.</div> <div>This program will focus on discovering what strikes the interest of our customers.</div> <div>What a good way to end the week with a pamper with a glass of appetizer.</div> <div>Goals to achieve:</div>			\$2.50
	<div></div> <div>Goal #1</div>	<div></div> <div>Goal #2</div>	<div></div> <div>Goal #3</div>	
	<div>Movie Appreciation</div> <div>Members will choose as a group each week a movie from our Netflix Library and have a discussion around the movie.</div> <div>Goals to achieve:</div>			No Cost
	<div></div> <div>Goal #1</div>	<div></div> <div>Goal #2</div>	<div></div> <div>Goal #3</div>	

OR – choose one All Day activity below

All Day – Choose One			 chosen activity
	Urban Discovering Why not take a dip at Plantation Aquatic center in the summer weather and have lunch in the park. **BYO lunch required** ** Shared kilometer charge**	\$4.00 (entry fee).	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	Bush Walking and BBQ Chill out by taking a walk or join in on some group park fitness fun, play ball games or join a group workout. ** Shared kilometer charge**	\$5.00	
	Goals to achieve: <div>  Goal #1  Goal #2  Goal #3 </div>		
	COCA – Dance Hip Hop Inspired Freestyle you way into some new moves each week as you watch and learn new ways to express yourself in dance. Your Facilitator will use hip hop music and videos to encourage new ways to express yourself in hip hop inspired movement. This will culminate in a video and dance performance at your hub	No Cost	
	Goals to achieve: <div>  Goal #1  Goal #2  Goal #3 </div>		

2023 Eight Mile Plains Hub Program Dates

Office Opens 3 January 2023

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Hub closed on public holidays

Program 1

	Start Date	End Date
Activity Program	Tuesday 3 January	Friday 24 March
Hub Closed	New Year Holiday, Monday 2 January; Australia Day, Tuesday 26 January	

Program 2

	Start Date	End Date
Activity Program	Monday 27 March	Friday 16 June
Hub Closed	Good Friday 7 April Easter Monday 10 April Anzac Day Holiday 25 April Labour Day 1 May	

Showcase week 1

	Start Date	End Date
Showcase Program	Monday 19 June	Friday 23 June

Program 3

	Start Date	End Date
Activity Program	Monday 26 June	Friday 15 September
Hub Closed	EKKA Show Day, Wednesday 16 August	

Program 4

	Start Date	End Date
Activity Program	Monday 18 September	Friday 8 December
Hub Closed	Queen's Birthday, Monday 2 October	

Showcase week 2

	Start Date	End Date
Showcase Program	Monday 11 December	Friday 15 December
Hub Closed	Monday 18 December 2023 – Tuesday 2 January 2024	

