



2023 Mt Ommaney
Hub
Activity Program 1

2023 Mt Ommaney Hub Activity Program 1 Catalogue

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

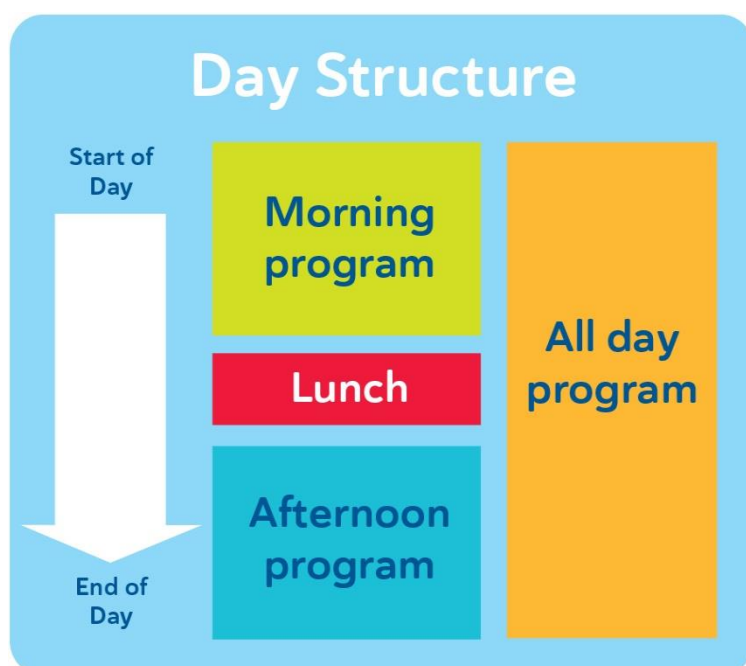
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

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 by 15/11/22
- 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 0733763299
- 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			 chosen activity
	<p>Drumming / Musical Instruments</p> <p>Benefit of playing instrument go far beyond simply learning notes, scales, and songs, it builds confidence while enhancing skills in communication and sensory processing. Grab your favourite instrument from Hub and begin the week with a Bash.</p> <p>Goals to achieve:</p>	No cost	
 Goal #1	 Goal #2		
	<p>Karaoke</p> <p>It is relaxing and empowering to start your day with good song that you like. Grab your mic and follow the lyrics on screen. Sing along with the group and share your songs.</p> <p>Goals to achieve:</p>	No cost	
 Goal #1	 Goal #2		

AND











Afternoon – Choose One			 chosen activity
	Art & Craft Enable to assert individuality, helps to relive stress, develop understanding of cause and effect, increase confidence and many more. Join your friends and get creative. Paint, colour, cut, paste and more. Let's get adventurous and create some masterpieces.		No cost
	Goals to achieve:		
	 Goal #1	 Goal #2	 Goal #3
	Tools & Mechanics An activity towards independence and future employment. Learn and practice the use of everyday tools which lead to actively learn, improve risk assessing skills, responsibility, independence and improve motor skills.		No cost
	Goals to achieve:		
	 Goal #1	 Goal #2	 Goal #3

OR – choose one All Day activity below














All Day – Choose One			 chosen activity	
	<p>Pie in the Park</p> <p>Explore your local Takeaway shops and enjoy the lunch in the park with peers. Experience Money handling and counting. Together we will choose venues and spend the day socialising in a community setting, and spending time with your peers.</p> <p>**Ensure Dietary requirements updated**</p> <p>Goals to achieve:</p>		<p>\$7 Plus transport cost</p>	
	 Goal #1	 Goal #2		 Goal #3
	<p>Fitness in the Park</p> <p>Choose you're your park or sports facility for the day. Enjoy the sports you like or do the fitness activity. Be active and fit while having fun with peers. Explore the local park and facilities have lunch in the park and enjoy the whole day.</p> <p>**Bring lunch**</p> <p>Goals to achieve:</p>			<p>Transport cost</p>
 Goal #1	 Goal #2	 Goal #3		







Tuesday activities

Morning – Choose One			 chosen activity
	Music Therapy 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	
	Interactive Story telling A way to practice imagination and be creative. Listen to the audio book and share your favourite stories with your peers. Or grab a book, make yourself comfortable and enjoy listening to a journey with your peers. Feel inspired? create a story of your own to share with your family and friends. Goals to achieve:		No Cost
	 Goal #1	 Goal #2	
	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 Goals to achieve:		No cost
	 Goal #1	 Goal #2	






AND

Afternoon – Choose One			 chosen activity
	Music Therapy 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 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>		
	Board Games and Puzzles Enjoy the indoors and play endless games with your friends. Complete a puzzle and expand your mind. Goals to achieve:	No Cost	
	<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>		
	Photography Scrapbook A form of art therapy. Grab your camera and start taking your favourite pictures to make a scrapbook. The act of focussing your attention on a tactile activity can help improve your emotional wellbeing. Walk around the centre or the park nearby to capture your favourite clicks and make them memories. Goals to achieve:	No Cost	
	<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>		













OR – choose one All Day activity below

All Day – Choose One			 chosen activity
	<p>Brigalow Country Music Club (week 1 & 3)</p> <p>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 outing Option to the park of choice and need to bring lunch)</p> <p>Goals to achieve:</p>		<p>\$5 Plus Transport</p>
	 Goal #1	 Goal #2	


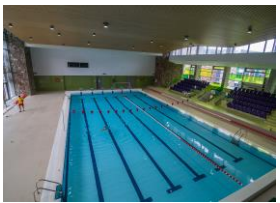


Wednesday activities

Morning – Choose One			✓ chosen activity
	<p>COCA - Painting</p> <p>This module will develop participants skills in watercolour painting techniques through experimenting with colours and applying to different surfaces.</p> <p>The sessions will use special watercolour paper and paints to create new effects and compositions that all participants will enjoy!</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>	<p>\$5 Quarter</p>	
	<p>Walk in the park</p> <p>Join the group for a walk to the park next door and breath in some fresh air. Watch the birds and start the day with fresh attitude. Working towards an active lifestyle and enjoy nature</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>	<p>No cost</p>	
	<p>Shopping</p> <p>Shopping for what you need every day. Go to the local shop with the list you need and experience the full form of shopping with the group. The participants will learn the cash handling and organising which leads improve their independent living skills.</p> <p>“Bring Money and shopping list”</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>	<p>No cost</p>	








AND

Afternoon – Choose One			 chosen activity
	<p>Music/Dance</p> <p>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.</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>	No Cost	
	<p>Woodwork</p> <p>With the support from staff, lets create some masterpieces for the Mount Ommaney Hub site. Build, Paint, create and develop fine motor skills. Do sanding, cutting, shaping and painting follow step by step to create a treasure. And improve your skills to work towards future employment.</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>	No Cost	
	<p>BBQ In the park</p> <p>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.</p> <p>“Lunch Provided (2 sausage with bread)”</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>	\$2.50	








OR – choose one All Day activity below

All Day – Choose One			 chosen activity
	<p>Indoor swimming + Lunch in the Park</p> <p>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 visit the local park to have lunch with the group. Please provide Swimming aids **Bring or buy lunch**</p> <p>Goals to achieve:</p>		<p>\$4 Invoiced</p>
	 Goal #1	 Goal #2	










Thursday activities

Morning – Choose One			 chosen activity
	<p>Woodwork</p> <p>With the support from staff, lets create some masterpieces for the Mount Ommaney Hub site. Build, Paint, create and develop fine motor skills. Do sanding, cutting, shaping and painting follow step by step to create a treasure. And improve your skills to work towards future employment.</p> <p>Goals to achieve:</p>		No cost
	 Goal #1	 Goal #2	
	<p>Art & Craft</p> <p>Enable to assert individuality, helps to relive stress, develop understanding of cause and effect, increase confidence and many more. Join your friends and get creative. Paint, colour, cut, paste and more. Let's get adventurous and create some masterpieces.</p> <p>Goals to achieve</p>		No cost
	 Goal #1	 Goal #2	

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.		No Cost
	Goals to achieve:		
	 Goal #1	 Goal #2	
	Photography Scrapbook A form of art therapy. Grab your camera and start taking your favourite pictures to make a scrapbook. The act of focussing your attention on a tactile activity can help improve your emotional wellbeing. Walk around the centre or the park nearby to capture your favourite clicks and make them memories.		No Cost
	Goals to achieve:		
	 Goal #1	 Goal #2	

OR – choose one All Day activity below




























All Day – Choose One			 chosen activity
	<p>Train & Lunch in the Park</p> <p>Catch the train from local train station to your choice of destination and enjoy lunch in the park with peers. 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 and enjoy lunch in the park</p> <p>**Bring lunch and Go card **</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>	No cost	
	<p>Morning tea @ Café & Lunch in the park</p> <p>Visit the local café for a Morning tea. And choose a park to have lunch with peers. Members will experience local community, cash handling</p> <p>**Bring or buy lunch**</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>	\$10	












Friday activities

Morning – Choose One			 chosen activity			
	<p>Music Therapy</p> <p>A research-based practice which assists customers to reach functional goals such as facilitating communication, developing self-regulation strategies and developing social interactive skills.</p> <p>Goals to achieve:</p>	 Goal #1	 Goal #2	 Goal #3	<p>As per the NDIS Agreement</p>	
	<p>COCA - Painting</p> <p>This module will develop participants skills in watercolour painting techniques through experimenting with colours and applying to different surfaces.</p> <p>The sessions will use special watercolour paper and paints to create new effects and compositions that all participants will enjoy!</p> <p>Goals to achieve:</p>	 Goal #1	 Goal #2	 Goal #3	<p>\$5 Per Quarter</p>	
	<p>Walking Group</p> <p>Members can enjoy the nice relaxing walk near the Golf course and around the park with the group for morning and com back to Hub for Lunch.</p> <p>Goals to achieve:</p>	 Goal #1	 Goal #2	 Goal #3	<p>No Cost</p>	

AND

Afternoon – Choose One			 chosen activity			
	<p>Music Therapy</p> <p>A research-based practice which assists customers to reach functional goals such as facilitating communication, developing self-regulation strategies and developing social interactive skills.</p> <p>Goals to achieve:</p> <table border="1" style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td style="width: 33%;"> Goal #1</td> <td style="width: 33%;"> Goal #2</td> <td style="width: 33%;"> Goal #3</td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	As per the NDIS Agreement	
 Goal #1	 Goal #2	 Goal #3				
	<p>Sensory stimulation</p> <p>This program is aimed exploring sensations and having fun. Each week the theme will change, this could involve activities relating to Jelly, pasta throwing, shaving cream, whipped cream, foam, connect sand, slime, water play, nothing is off limits. All participants will have protective apron during the activity but be prepared to get Messy.</p> <p>Goals to achieve:</p> <table border="1" style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td style="width: 33%;">Goal #1</td> <td style="width: 33%;"> Goal #2</td> <td style="width: 33%;"> Goal #3</td> </tr> </table>	Goal #1	 Goal #2	 Goal #3	No Cost	
Goal #1	 Goal #2	 Goal #3				
	<p>Movie Appreciation</p> <p>Members will choose as a group each week a movie from our Netflix Library and have a discussion around the movie.</p> <p>Goals to achieve:</p> <table border="1" style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td style="width: 33%;"> Goal #1</td> <td style="width: 33%;"> Goal #2</td> <td style="width: 33%;"> Goal #3</td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	No Cost	
 Goal #1	 Goal #2	 Goal #3				

OR – choose one All Day activity below

All Day – Choose One			 chosen activity
	<p>Ten Pin Bowling- AMF Bowling</p> <p>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. After bowling customers get to choose a park to have lunch and games in the afternoon. **Bring lunch**</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>	<p>\$6.50 Plus, transport Invoiced</p>	
	<p>Bushwalking</p> <p>A fun filled day with a goal towards fitness and community integration. Customers get to choose various locations in Brisbane for Bushwalking ex; Mt Coo-tha, Toohey forest etc. for a nice walk enjoying the scenery and enjoy lunch in the park. **Bring lunch**</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>	<p>Transport cost</p>	



2023 MOH 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	

