



ROCKHAMPTON

Program 1

Catalogue

2023

## 2023 Rockhampton Hub Activity Program 1 Catalogue

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

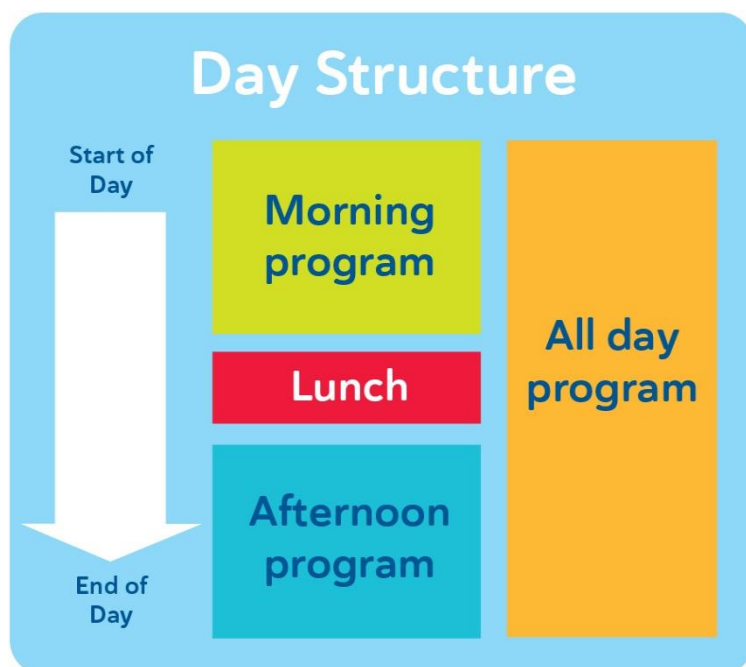
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

### 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 Melissa Jarred or return it to [melissa.jarred@multicap.org.au](mailto:melissa.jarred@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 Mobile: 0409 640 239.
- 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 Rockhampton HUB Service Manager, Melissa Jarred – 0409 640 239.
















## 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 - 9 am to 12 pm			✓ chosen activity
	<b>Calling all Garden Lovers – Monday morning</b> <ul style="list-style-type: none"> <li>Monday Gardening with the HUB Crew!</li> <li>Community Garden Project – Sustainable living. Plant, healthy eating and enjoy morning tea out in our undercover area</li> </ul> Goals to achieve: Physical Health and Well Being, Social and Emotional Well Being, Explore the local community/ adventure/ recreation	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>		
	<b>Recycle and Go Green – Collect Recycling Items with HUB Crew</b> <ul style="list-style-type: none"> <li>Create art and craft projects from recycling materials.</li> <li>Work with both natural and man-made items -including cardboards and fabric. Improve your art and craft skills.</li> </ul> Goals to achieve: Improve Fine Motor, Explore Creative Pursuits, Social and communication	\$3.00	
	<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>		

**AND CHOOSE**

Afternoon – Choose One – 12 pm to 3 pm			✓ chosen activity
	<b>Monday Good Vibes</b> <ul style="list-style-type: none"> <li>Monday afternoon...Get your Monday good vibes started. Light, gentle exercise to start your week off!</li> <li><b>Wii Sport – Bowling, Tennis or a light walk out in the sun!</b></li> </ul> Goals to achieve: Physical well-being, Emotional well-being, Community participation in social setting	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>		
	<b>Recycle and GO Green – Collect Recycling Items with HUB Crew</b> <p>Create art and craft projects from recycling materials. Work with both natural and manmade items- including cardboards and fabric. Improve your art and craft skills.</p> Goals to achieve: Improve Fine Motor, Explore Creative Pursuits, Social and communication	\$3.00	
	<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 – Option – 9 am to 3 pm with half day option available

COCA Painting - Mondays

✓  
chosen  
activity



**COCA Painting**

- Learn how to paint and draw in different styles, colours, and textures/ shades.
- Learn how to use a variety of paints and other materials.
- Showcase your work \*\*Bring or buy your own lunch\*\*

Goals to achieve: Improve Fine Motor, Explore Creative Pursuits, Sensory Exploration

**ALL  
DAY  
OPTION**

\$5.00



Goal #1









Goal #2









Goal #3





## Tuesday Activities

<b>Morning – Choose One – 9 am to 12 pm</b>			✓ chosen activity
	<b>Sing, Sign and Sway- *New Music Program*</b> Be part of our new choir on Tuesdays – Sing, Sign and Sway! Playing instruments, sing at the top of your lungs and make sound! Let's create a musical performance to showcase to family and friends. Incorporating AUSLAN signing. Join us and have lots of fun. Goals to achieve: Develop Social Skills and Understanding, Sensory, Communication		No Cost
	 Goal #1	 Goal #2	
	<b>Garden Lovers – Community Garden Morning</b> Plant, Create and enjoy time out in our community garden with the HUB Crew! Have morning tea in our outdoor area. Participate in our garden activities. Goals to achieve: Develop Social Skills and Understanding, Improve Physical wellbeing, Improve emotional wellbeing, Sensory		No cost
	 Goal #1	 Goal #2	








### AND CHOOSE

<b>Afternoon – Choose One – 12 pm to 3 pm</b>			✓ chosen activity
	<b>Sing, Sign and Sway- *New Music Program*</b> Be part of our new choir on Tuesdays – Sing, Sign and Sway! Playing instruments, sing at the top of your lungs and make sound! Let's create a musical performance to showcase to family and friends. Incorporating AUSLAN signing. Join us and have lots of fun. Goals to achieve: Develop Social Skills /Understanding, Sensory & Communication		No Cost
	 Goal #1	 Goal #2	
	<b>Pop Up Sensory – Stimulate your senses</b> <ul style="list-style-type: none"> <li>Explore and discover all things sensory. Be part of the activities on offer at the sensory space at the HUB.</li> </ul> Goals to achieve: Sensory Exploration, Fine Motor Skills, Creative Pursuits		No Cost
	 Goal #1	 Goal #2	









OR – choose one All Day activity below

<p><b>All Day - Option – 9 am to 3 pm with half day option available</b></p> <p><b>INDOOR SPORT and Board Games – Tuesdays</b></p>			 chosen activity
	<p><b>Game On!</b></p> <p>Choose your team and play with the HUB Crew in our Tuesday Wii Sports and Board Games</p> <p>Bowling, Tennis, volleyball, car racing. Enjoy the games. You choose what game you will conquer! <b>**Bring or buy lunch**</b></p> <p>Goals to achieve: Improve Fine Motor, Explore Creative Pursuits, Social Skills</p>		<p><b>ALL DAY OPTION</b></p> <p>No Cost</p>
	 Goal #1	 Goal #2	

## Wednesday Activities

<b>Morning – Choose One – 9 am to 12 pm</b>				✓ chosen activity
	<b>Pump it Up!</b> Do you like Hip Hop, 80's, 90's Dance music, ABBA, Rock or just want to move and grove for some gentle exercise with your friends? Pump it Up is for you! Goals to achieve: Develop Social Skills and Understanding, Sensory, Social participation/ Communication			No cost
	 Goal #1	 Goal #2	 Goal #3	
	<b>Garden Lovers – Community Garden Morning</b> Plant, Create and enjoy time out in our community garden with the HUB Crew! Have morning tea in our outdoor area. Participate in our garden activities. Goals to achieve: Develop Social Skills and Understanding, Improve Physical wellbeing, Improve emotional wellbeing, Sensory			No cost
	 Goal #1	 Goal #2	 Goal #3	

### AND CHOOSE

<b>Afternoon – Choose One – 12 pm to 3 pm</b>				✓ chosen activity
	<b>Rockstar Session</b> <ul style="list-style-type: none"> <li>• 1:1 session available with music facilitator to explore you love of all things Rock!</li> <li>• Explore your inner rockstar!</li> </ul> Goals to achieve: Develop Social Skills and Understanding, Sensory, Social participation/ Improve communication skills, improve emotional health and well being			No Cost
	 Goal #1	 Goal #2	 Goal #3	
	<b>Movie Appreciation Club – Movie Magic!</b> <ul style="list-style-type: none"> <li>• Do you love to chat about movies and know all the theme songs? Pick a different movie each week with the group.</li> </ul> Goals to achieve: Social, Creative, Improve Communication			No Cost
	 Goal #1	 Goal #2	 Goal #3	

OR – choose one - All Day -activity below



All Day – Option – 9 am to 3 pm with half day option available



chosen activity

**COCA CHOIR - Wednesdays**



**COCA Choir - Join our HUB Choir!**

- Sing, learn new songs and develop friendships on the popular Wednesday Music Group with Music Facilitator.
- Choir performance for family and friends at the end of program.
- Build your confidence through art and singing. AUSLAN signing Choir – developing new skills.

Goals to achieve: Sensory, Creative, Social Participation



Goal #1





Goal #2











Goal #3

No Cost

## Thursday Activities

Morning – Choose One – 9 am to 12 pm			✓ chosen activity
	<b>Greenlight creations- Recycle and Create</b> <ul style="list-style-type: none"> <li>• Create art and craft projects from recycling materials</li> <li>• Work with both natural and man-made items- including cardboard and fabric</li> <li>• Improve your art and crafting skills.</li> </ul> Goals to achieve: Improve Fine Motor, Explore Creative Pursuits, Social	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>		
	<b>Baker's Delight at the HUB- Morning Tea</b> <ul style="list-style-type: none"> <li>• Bake some treats for morning tea with our resident cooks. Learn how to make simple snack foods to take out and about. Learn how meal plan and budget.</li> </ul> Goals to achieve: Independence, Explore Creative Pursuits, Fine Motor Skills	\$10.00	
	<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>		

### AND CHOOSE

Afternoon – Choose One – 12 pm to 3 pm			✓ chosen activity
	<b>Baker's Delight at the HUB- Afternoon Tea</b> <ul style="list-style-type: none"> <li>• Bake some treats for afternoon tea with our resident cooks. Learn how to make simple snack foods to take out and about to share with family and friends.</li> </ul> Goals to achieve: Independence, Explore Creative Pursuits, Fine Motor	\$10.00	
	<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>		
	<b>Game on! Wii Sports and Boardgames at the HUB</b> <p>Escape the summer heat and enjoy sport with us indoors with a game of Wii Sport bowling or tennis. Play a game of Uno or Connect 4!</p> Goals to achieve: Improve Fine Motor, Explore Creative Pursuits, Social Skills	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 – Option – 9am to 3 pm with half day option available

✓  
chosen activity

**COCA Collage – Painting with Scissors – Collage – Thursdays**



**COCA Collage- Painting with Scissors**

*If you love to paint, scrapbook, create and experience art and craft with your friends – this program is for you. Painting with Scissors is for all things sensory and to create beautiful projects.*

Goals to achieve: Improve Fine Motor, Explore Creative Pursuits, Sensory, Social



Goal #1



Goal #2









Goal #3







**All Day Option**

\$5.00

## Friday Activities

<b>Morning – Choose One – 9 am to 12 pm</b>			✓ chosen activity
	<b>The Breakfast Club – Social and Community Participation with HUB Crew!</b> Explore our local community. Enjoy morning tea with your friends – Visit parks, Rocky Art Gallery, and Local shops. Somewhere new each week to visit with The HUB Crew ** Bring or buy food for our and about** Goals to achieve: Social, Community Participation, Independence, Sensory		No cost
	 Goal #1	 Goal #2	
	<b>SLICE OF ART – Friday at the HUB</b> This program will focus on building and creating art projects from recycled materials – including paint, papier mache, fabric and cardboard. Goals to achieve: Improve Fine Motor, Explore Creative Pursuits, Independence		\$3.00
	 Goal #1	 Goal #2	

### AND CHOOSE

<b>Afternoon – Choose One – 12 pm to 3 pm</b>			✓ chosen activity
	<b>The Lunch Club – Friday Afternoon at the HUB</b> We love Friday at the HUB – join us and all the HUB Crew for BBQ lunch, assist with cooking and getting the BBQ ready. Make your own board games and enjoy the entertainment at the HUB. Program includes BBQ Lunch and afternoon activities. Goals to achieve: Social, Community, Independence, Sensory		\$10.00
	 Goal #1	 Goal #2	
	<b>SLICE OF ART – Friday at the HUB</b> This program will focus on building and creating art creations from recycled materials – including papier mache, fabric and cardboard. Goals to achieve: Improve Fine Motor, Explore Creative Pursuits, Independence		\$3.00
	 Goal #1	 Goal #2	

OR – choose one All Day activity below

All Day – Choose One – 9 am to 3 pm with half day option available

✓  
chosen  
activity

**Garden Lovers CLUB - Fridays**



**The Garden Lovers Club and Lunch @ The HUB**

Do you love to be out in the garden? Learn about different plants, work out how to grow them. See the garden bloom – veggies, flowers, succulents and more. Enjoy the day and stay for a lunch BBQ with your friends  
Goals to achieve: Improve Fine Motor, Explore Creative Pursuits, Community Exploration

**All Day  
Option**  
\$10.00



Goal #1



Goal #2



Goal #3

## ROCKHAMPTON HUB PROGRAM DATES - 2023

Office Opens \*3rd January 2023

Hub closed on ALL public holidays

Program 1		
	Start Date	End Date
Activity Program	Monday 2nd January	Friday 24th March
Hub Closed	Australia Day, Tuesday 26 January	

Program 2		
	Start Date	End Date
Activity Program	Monday 27th March	Friday 16th June
Hub Closed	Good Friday 7 <sup>th</sup> April Easter Monday 10 <sup>th</sup> April Anzac Day Holiday 25 <sup>th</sup> April Labour Day 1 <sup>st</sup> May	

Showcase week 1		
	Start Date	End Date
Showcase Program	Monday 19th June	Friday 23rd June

Program 3		
	Start Date	End Date
Activity Program	Monday 26th June	Friday 15th September

Program 4		
	Start Date	End Date
Activity Program	Monday 18th September	Friday 8th December
Hub Closed	Queen's Birthday Monday 3 October	

Showcase week 2		
	Start Date	End Date
Showcase Program	Monday 11 <sup>th</sup> December	Friday 15 <sup>th</sup> December
Hub Closed	18 <sup>th</sup> December 2023 – 2 <sup>nd</sup> January 2024	

