



2023 Nudgee Hub Activity Program 1 Catalogue

2023 Nudgee Hub Activity Program 2 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.

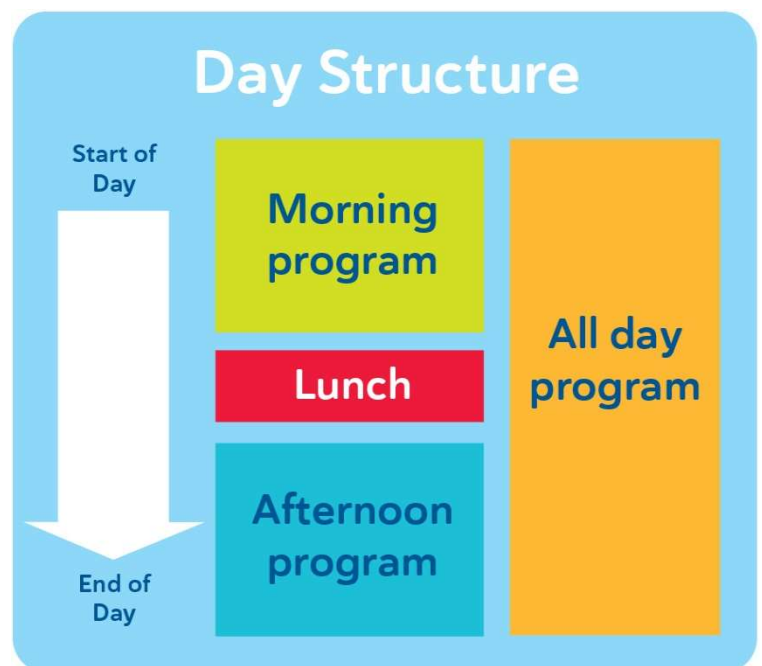
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

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 or return it to liz.alexiev@multiap.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 Liz on 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.






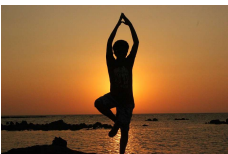



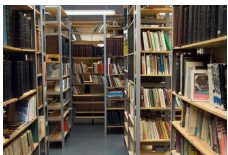



If you are unsure of what goal an icon relates to then please refer to the below list which will allow you to identify the related goal and icon.

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
	Sea Breeze Walks Local beaches Members may choose different Beach Foreshores within the local region to have a breezy walk, have a picnic and go for a swim. KM's to and from venue invoiced as per Schedule of Supports Goals to achieve:	No cost	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	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. Goals to achieve:	\$5	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	Beading Group Zillmere Neighbourhood Centre Learn the art of beading, creating your own masterpiece such as bracelets and necklaces and other creations. KM's to and from venue invoiced as per Schedule of Supports Goals to achieve:	\$5	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		













AND

Afternoon – Choose One			 chosen activity
	<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> <p>Goals to achieve:</p> <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>	No cost	
	<p>Yoga</p> <p>Learn the art of unwinding while listening to the breath and soothing music in the back ground, facilitated by our very own staff.</p> <p>Goals to achieve:</p> <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>	No Cost	
	<p>Visit to local Library</p> <p>Join the local library gain knowledge about any subject you choose, borrow a video/book to watch at home</p> <p>KM's to and from venue invoiced as per Schedule of Supports</p> <p>Goals to achieve:</p> <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>	No Cost	










OR – choose one All Day activity below

All Day – Choose One			 chosen activity
	12 week work experience program- café and laundry on site Provide an authentic learning experience through the delivery of the Introduction to Work program. Students will be taught a broad range of basic yet essential aspects of employment while ensuring skills learnt are applicable across various types of employment. Students will be given hands-on training in a real work environment with other supported. **Bring or buy lunch**	To be confirmed	
	Goals to achieve:		
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	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**	\$5	
	Goals to achieve:		
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		






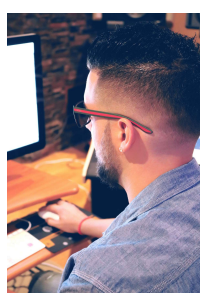



Tuesday activities

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	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		
	BAKING- STARS Become more independent in the kitchen and learn 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.	Free	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		
	Flora & Fauna Walk Various parks Enjoy a leisurely walk around our local parks, gazing at the wonderful plants and birdlife on offer. KM's to and from venue invoiced as per Schedule of Supports Bring morning tea	Free	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		





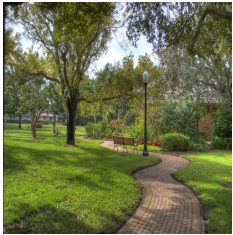



AND

Afternoon – Choose One			✓ chosen activity
	Movies and Games Enjoy watching a movie with your peers or play a board game.		Free
	Goals to achieve: <div>  Goal #1 </div>	<div>  Goal #2 </div>	
	In house Bingo Who will win today and get a small prize? Try your luck with our very popular Bingo sessions.		Free
	Goals to achieve: <div>  Goal #1 </div>	<div>  Goal #2 </div>	
	Walk the Wetlands Boondall wetlands Enjoy a relaxing walk, learning about our environment looking at the various types of Flora and fauna along with the birdlife KM's to and from venue invoiced as per Schedule of Supports Bring afternoon tea		Cost
	Goals to achieve: <div>  Goal #1 </div>	<div>  Goal #2 </div>	






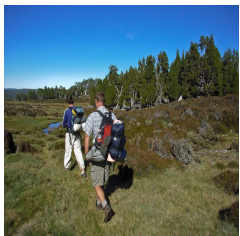







OR – choose one All Day activity below

All Day – Choose One				 chosen activity
	Furniture Recycling Over this 12-week program we will go to various op shops around our areas to find the perfect piece. We will learn how upcycle old furniture through minor repairs, Sanding, and repainting/staining, replacing handles to recreate a masterpiece. Goals to achieve: **Bring or buy lunch** Goals to achieve:	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>	Cost of piece and \$30 for 12 weeks for materials	
	12 week work experience program- café and laundry on site Provide an authentic learning experience through the delivery of the Introduction to Work program. Students will be taught a broad range of basic yet essential aspects of employment while ensuring skills learnt are applicable across various types of employment. Students will be given hands-on training in a real work environment with other supported. Bring or buy lunch** Goals to achieve:	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>	To be confirmed	









Wednesday activities

Morning – Choose One				✓ chosen activity
	Music Therapy As per Schedule of supports A research-based practise which assists customers to reach functional goals such as communication and interactive skills. Minimum number of customers required. N.B Those participating will unable to select an all-day activity due to time constraints. As per Schedule of supports Goals to achieve:			As per schedule of support
	 Goal #1	 Goal #2	 Goal #3	
	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! Goals to achieve:			Free
	 Goal #1	 Goal #2	 Goal #3	













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) Goals to achieve:			\$5
	 Goal #1	 Goal #2	 Goal #3	
	Met the bush Members may choose different bush walks around the Moreton Bay region and surrounds and explore new places. Please pack your lunch and bring plenty of water. Km's to and from venue invoiced as per schedule of support Goals to achieve:			Free
	 Goal #1	 Goal #2	 Goal #3	
	ASDAN Photography Get your camera ready as you go on a journey of discovery to learn all about the world of photography. KM's to and from venue invoiced as per Schedule of Supports Goals to achieve:			Cost to be confirmed
	 Goal #1	 Goal #2	 Goal #3	






Thursday activities

Morning – Choose One					✓ chosen activity
	Café surfing For the lovers of goof food and coffee, we will be visiting various cafes in and around the region for morning team. Members will need to bring money for their purchases Goals to achieve:			\$10	
	 Goal #1	 Goal #2	 Goal #3		
	Recreational Swimming Local Pool Stretch those muscles, cool off and have fun frolicking around in the pool. KM's to and from venue invoiced as per Schedule of Supports Goals to achieve:			\$5	
	 Goal #1	 Goal #2	 Goal #3		









AND

Afternoon – Choose One			✓ chosen activity
	Putt Putt Golf Enjoy some morning tea with your friends then a round of Putt Putt, challenge your friends for the best score. KM's to and from venue invoiced as per Schedule of Supports	Cost	
	Goals to achieve: <div>  Goal #1  Goal #2  Goal #3 </div>		
	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.	Cost	
	Goals to achieve: <div>  Goal #1  Goal #2  Goal #3 </div>		
	Puzzles and board games Spend the afternoon learning new board games, card games or perhaps do a puzzle.	Cost	
	Goals to achieve: <div>  Goal #1  Goal #2  Goal #3 </div>		









OR – choose one All Day activity below

All Day – Choose One			 chosen activity
	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. 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!	\$10	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		










Friday activities

Morning – Choose One				✓ chosen activity
	Gardening at Fitzgibbon Community Garden 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. Goals to achieve:			No cost
	 Goal #1	 Goal #2	 Goal #3	
	Revolution Sports Park 2000sqm of trampoline fun or test your skills at walking on walls in the climb park with over 16 unique rock climbing walls, a boulder alley and 3 ninja ramps- hreat for fun, laughter and fitness. Goals to achieve:			\$5
	 Goal #1	 Goal #2	 Goal #3	

AND

Afternoon – Choose One				<div>✓</div> <div>chosen activity</div>	
	<div>Music Appreciation</div> <div>Everything about music, karaoke, dance or sing to favorite hits with our without instruments.</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>			Free	
	<div>Home made pizza</div> <div>Making our own dough and using fresh ingredients from the community garden we will make fresh pizza wish fresh ingredients to share and enjoy</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>			Free	

OR – choose one All Day activity below

All Day – Choose One			 chosen activity
	Furniture Recycling Over this 12-week program we will go to various op shops around our areas to find the perfect piece. We will learn how upcycle old furniture through minor repairs, Sanding, and repainting/staining, replacing handles to recreate a masterpiece. Goals to achieve: **Bring or buy lunch**	\$30 for a 12 week program	
	Goals to achieve:		
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	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. Goals to achieve: **Bring or buy lunch**	\$5	
	Goals to achieve:		
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		

2023 Nudgee 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	

