



2023 Tweed Heads Hub Activity Program 2 Catalogue

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

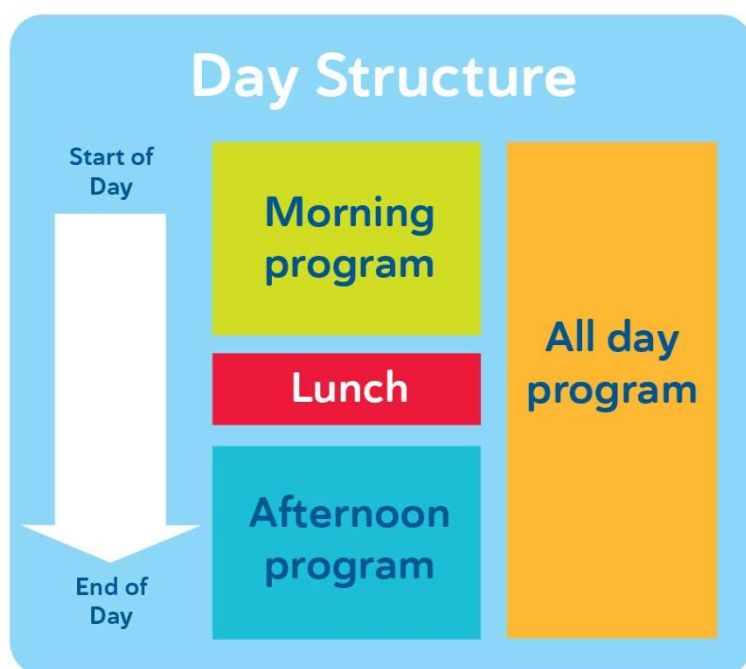
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

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 or return it to Danielle Hutchen by 24th February 2023.
- 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 0421 780 808.
- 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 Danielle on 0421 780 808.





Monday Activities

Morning – Choose One			 chosen activity
	Let's Get Crafty Create different masterpieces that you can take home. Over the course of the program different modes and medias will be explored.	\$5	
	Games Morning Play your favourite board or card games with your peers, with the option to teach others how to play your games.	No Cost	



AND

Afternoon – Choose One			 chosen activity
	Gardening Grow a herb or veggie garden at The Hub. All the end of the program, create a delicious meal with your homegrown ingredients or take them home.	\$5	
	Library Visit Visit the local library, grab a book and relax in the library. With the option to get your own library card and borrow books.	No Cost	



OR – choose one All Day activity below

All Day – Choose One			 chosen activity
	Bingo Socialising, prizes and cup of coffee, whilst playing a game of Bingo at South Tweed Sports Club. **Bring or buy lunch**	TBA	


Tuesday activities

Morning – Choose One			✓ chosen activity
	Arts and crafts Spend the morning using your artistic skills to create different types of artwork every week. These art pieces can be used as gifts for your family and friends.	\$5	
	Library Visit Visit the local library, grab a book and relax in the library. With the option to get your own library card and borrow books.	No Cost	

AND

Afternoon – Choose One			✓ chosen activity
	Cooking Class Develop and improve your cooking skills by learning how to cook twelve different meals. All the end of the program you can take your new skills and recipe book home to share with everyone.	\$10	
	Games Afternoon Play your favourite board or card games with your peers, with the option to teach others how to play your games.	No Cost	



OR – choose one All Day activity below

All Day – Choose One			✓ chosen activity
	Swimming Feel nice and refreshed following a day by the local pool. Move your body and gain confidence in the water. After your swim enjoy your lunch by the poolside.	\$5	


Wednesday activities

Morning – Choose One			✓ chosen activity
	Walking Group Members of the group can choose different walking paths each week in their local community.	No cost	
	Urban Discovery Explore your local community, enjoy discovering your local shopping centres and cafes. Build your social skills and develop new connections within the community.	Personal Spending	

AND

Afternoon – Choose One			✓ chosen activity
	Movie Afternoon Members will choose as a group each week a movie from Netflix Library.	No Cost	
	Beach and Water Appreciation Let's make the most of our beautiful surrounding and take in what our beautiful community has to offer. Bring your hat, towel, swimmers and sunscreen.	No Cost	



OR – choose one All Day activity below

All Day – Choose One			✓ chosen activity
	Sailability Set sail in the Tweed River in a safe and friendly environment and spend some time in the sun with your peers.	\$10	


Thursday activities

Morning – Choose One			✓ chosen activity
	Urban Discovery Explore your local community, enjoy discovering your local shopping centres and cafes. Build your social skills and develop new connections within the community.	Personal Spending	
	Sign Language Singalong Listen and interact with sign language music to learn or improve this communication method. Choose your favourite songs and sing along.	No Cost	



AND

Afternoon – Choose One			✓ chosen activity
	Beach and Water Appreciation Let's make the most of our beautiful surrounding and take in what our beautiful community has to offer. Bring your hat, towel, swimmers and sunscreen.	No Cost	
	Games Afternoon Play your favourite board or card games with your peers, with the option to teach others how to play your games.	No Cost	



OR – choose one All Day activity below

All Day – Choose One			✓ chosen activity
	Train Travel and Hopo Ferry 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 enjoy a bit of sightseeing around the Northern NSW. **Bring or buy lunch**	\$5-\$10	


Friday activities

Morning – Choose One		✓ chosen activity
	Beach and Water Appreciation Let's make the most of our beautiful surrounding and take in what our beautiful community has to offer. Bring your hat, towel, swimmers and sunscreen.	No cost
	MasterChef Develop and improve your baking skills by learning how to bake twelve different dishes. All the end of the program you can take your new skills and recipe book home to share with everyone.	\$10

AND

Afternoon – Choose One		✓ chosen activity
	Walking Group Members of the group can choose different walking paths each week in their local community.	No Cost
	Movie Appreciation Members will choose as a group each week a movie from Netflix and have a discussion around the movie afterwards.	No Cost

OR – choose one All Day activity below

All Day – Choose One		✓ chosen activity
	Swimming Feel nice and refreshed following a day by the local pool. Move your body and gain confidence in the water. After your swim enjoy your lunch by the poolside.	\$5

2023 Tweed Hub Program Dates

Office Opens 3 January 2023

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 King's Birthday 12 June	

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

Program 4		
	Start Date	End Date
Activity Program	Monday 18 September	Friday 8 December
Hub Closed	Labour Day, 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	

