



2023 Eight Mile
Plains Hub
Activity Program 4

2023 Eight Mile Plains Hub Activity Program 4 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.

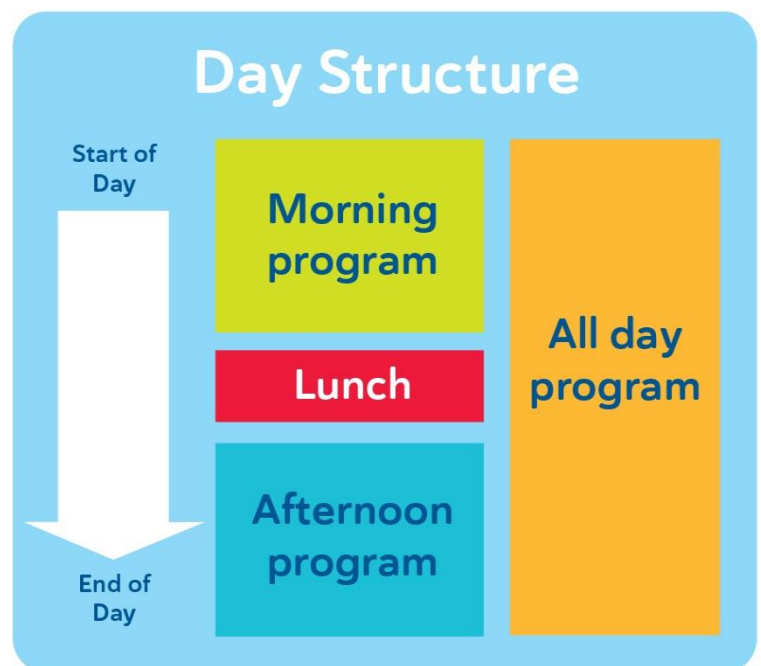
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

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 Hena Mahfooz Mauger 0447367375 or return it to teresa.de-vries@multicap.org.au or EMP Hub Office by 29/08/2023.
- 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 0419682311 (Teresa de Vries)
- 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 0419682311 (Teresa de Vries)





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 their seven senses. Goals to achieve:	\$2.50	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	Ready, Steady, Cook. Where customers work closely with staff 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 progresses. Goals to achieve:	\$5	
	<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>		














AND

Afternoon – Choose One				<div>✓</div> <div>chosen activity</div>
	<div>Walking Group – EMP Hub</div> <div>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.</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>	
	<div>Library Club – EMP Hub</div> <div>A library Club is a wonderful community resource. It is a special place where customer can learn something new, pursue a hobby, meet friends, or just relax with a book, newspaper, or magazine.</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>	
	<div>Nail Art and Pampering</div> <div>Tie ot relax and enjoy a hand or arm massage. Learn to trim, file, paint and design your own nails and make them look beautiful for the rest of the week.</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
	ASDAN Sound, Rhythm & Music (Full day Program). 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. You will be covering different themes each week.	\$25.00 once off registration fee (new ASDAN customers) \$10.00 for the certificate	
	Goals to achieve: <div>  Goal #1  Goal #2  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. **BYO lunch required** ** Shared kilometer charge**	Please provide Go Card	
	Goals to achieve: <div>  Goal #1  Goal #2  Goal #3 </div>		
	COCA – Public Artwork As a group the team will create tiny art projects. This will include characters, mini sculptures and trending objects focusing on the commercial demands. These items will be for sale at the end of year.	\$2.50	
	Goals to achieve: <div>  Goal #1  Goal #2  Goal #3 </div>		














Tuesday activities

Morning – Choose One			 chosen activity
	Music around the World Take a trip around the globe. Each week you will learn, 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>		
	Let's go Bowling. 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 their 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:  Goal #1	 Goal #2	 Goal #3
	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:  Goal #1	 Goal #2	 Goal #3
	World around us - Documentaries An opportunity to explore and learn about the world that exists around us and observe life through documentaries.		No Cost
	Goals to achieve:  Goal #1	 Goal #2	













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 joining 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 – Fabric design. Macrame/bead making. As a group we will work on designing unique macrame and bead making patterns. These items will be for sale at the end of year.	\$2.50	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		

Wednesday activities













Morning – Choose One			 chosen activity
	ASDAN - Self Advocacy program This program is designed for our customers to discuss topics of interest, current life practices or concerns. This program is ideal for customers to discuss and express their thoughts. At the end of the program customers have the option to register membership to the HAVEN network. HAVEN members will then attend meetings monthly either in person or virtually to discuss community or policy issues that are of interest and importance to them. 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>		
	Hub Gardening Club. We purchase pots, customers design and paint their pots with their choice of plant to grow. Planting and maintaining our fruits and veggies in the built-up garden beds. A variety of learnings on how to grow your gardens. Customers take home their potted plants. Goals to achieve:	No cost	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </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, Dancing and Karaoke 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>		
	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  Goal #2  Goal #3 </div>		













	Music Therapy Sessions – Morning and Afternoon. Individualised and evidence-based music therapy program to assist customers with functional goals such as facilitating communication, developing self-regulation strategies, and developing social interactive skills. If you are interested, please tick the box and we will get back to you with a suitable time. Contact Carrie Henschell for more information: PH: 0427 792 820 Email: carrie.henschell@multicap.org.au	As per the NDIS Agreement	
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OR – choose one All Day activity below.













All Day – Choose One			 chosen activity
	Lunch- Eat out. Come and join us to explore a variety of restaurants offering various cuisines for lunch time where the fun begins meeting new friends. ** Shared kilometer charge**	\$10- \$15 menu choice.	
	<div>  Goal #1 </div> <div>  Goal #2 </div>		
	Swimming and Lunch at the Park. Enjoy a relaxing swim in the morning followed by Lunch in the park. Swimming pool locations vary in the area. Bring your swimming suit, towel and lunch. ** Shared kilometer charge**	\$5.00	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	COCA – Ceramics Our COCA Ceramics Program provides customers with the opportunity to explore the artistic medium of Ceramics. This involves the use of a variety of mediums and techniques. This is designed to recognize the growth and development of our customers over time as they perfect their chosen mediums and advance to a new level exploring more technically challenging skills. The 3 levels are: <ul style="list-style-type: none"> • Beginner • Intermediate • Advanced 	\$5.00.	
	Goals to achieve: <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		




Thursday activities













Morning – Choose One				 chosen activity
	Let’s go Bowling. 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:			
	 Goal #1	 Goal #2		
	ASDAN Geography A 12-week program where customers can work closely with staff to build their knowledge around Geography. Each week we will focus on a different theme and learn new skills about the earth and its atmosphere. Goals to achieve:			\$25.00 once off registration fee (new ASDAN customers) \$10.00 for the certificate.
	Goals to achieve:			
	 Goal #1	 Goal #2	 Goal #3	
	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:			
	 Goal #1	 Goal #2	 Goal #3	

AND













Afternoon – Choose One			✓ chosen activity
	Baking Program A 12-week program where customers 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 progress. Goals to achieve:	\$5.00	
	<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 their seven senses. Goals to achieve:	\$2.50	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	World around us-Documentaries An opportunity to explore and learn about the world that exists around us and observe life through documentaries. Goals to achieve:	No Cost	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		

	Music Therapy Sessions – Morning and Afternoon. Individualised and evidence-based music therapy program to assist customers with functional goals such as facilitating communication, developing self-regulation strategies, and developing social interactive skills. If you are interested, please tick the box and we will get back to you with a suitable time. Contact Carrie Henschell for more information: PH: 0427 792 820 Email: carrie.henschell@multicap.org.au	As per the NDIS Agreement	
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OR – choose one All Day activity below.


All Day – Choose One			✓ chosen activity
	Sailability Bayside & Lunch in the Park. 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. **BYO lunch required** **Shared kilometre charge** **Sailing takes place during the state school terms only – Sailing will commence Monday July 9th. Goals to achieve:	\$7.00 for sailing and \$4.00 for lunch.	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	Park Fitness & Fun Chill out by taking a walk or joining in on some group park fitness fun, play ball games or join a group workout. **BYO lunch required** ** Shared kilometer charge for driving** Goals to achieve:	No Cost.	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	COCA – Painting Our COCA Painting Program provides customers with the opportunity to explore the artistic medium of Painting. This is designed to recognize the growth and development of our customers over time as they perfect their chosen mediums and advance to a new level exploring. The 3 levels are: <ul style="list-style-type: none"> • Beginner • Intermediate • Advanced Goals to achieve:	\$5.00	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		

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>\$5-10</div> <div>Depends on café</div>
	<div></div> <div>Goal #1</div>	<div></div> <div>Goal #2</div>	<div></div> <div>Goal #3</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 customers to engage there seven senses.</div> <div>Goals to achieve:</div>			<div>\$2.50</div>
	<div></div> <div>Goal #1</div>	<div></div> <div>Goal #2</div>	<div></div> <div>Goal #3</div>	
	<div>Commercial Arts</div> <div>We will work on different art pieces. This could range from paintings, jewelry making, collage, photography etc. Our art works will be created to express our customers important ideas and feelings. The art projects will be created to target the markets at the end of the year.</div> <div>This will give customers an opportunity to identify the value of their artwork.</div> <div>Goals to achieve:</div>			<div>\$3.00</div>
	<div></div> <div>Goal #1</div>	<div></div> <div>Goal #2</div>	<div></div> <div>Goal #3</div>	

AND

Afternoon – Choose One			✓ chosen activity
	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>  Goal #1  Goal #2  Goal #3 </div>		
	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: <div>  Goal #1  Goal #2  Goal #3 </div>		

	Music Therapy Sessions – Morning and Afternoon. Individualised and evidence-based music therapy program to assists customers with functional goals such as facilitating communication, developing self-regulation strategies, and developing social interactive skills. If you are interested, please tick the box and we will get back to you with a suitable time. Contact Carrie Henschell for more information: PH: 0427 792 820 Email: carrie.henschell@multicap.org.au	As per the NDIS Agreement	
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OR – choose one All Day activity below.

All Day – Choose One			 chosen activity
	Urban Discovering/Bush walking Explore a variety of parks and bushland in the area. Some examples are Koala Park Bushlands, Warril Parklands and Toohey Forest Park. Discover a variety of native wildlife and plant species. **BYO lunch required** ** Shared kilometer charge**	No Cost	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	Outdoor cooking Program Come to make your Friday a funday in our beautiful outdoor BBQ area. Learn to cook outdoors and have a fun time with your peers. Goals to achieve:	\$5.00	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	Creative Dance and Performance Customers will be working towards Flash mob performance in the public. We will work on contemporary, Bollywood, hip hop and Jazz Dance styles and work on themes. Customers will make their own Dance t-shirts to perform in or where to Multicap on Dance Day. Each day we work on flexibility and strength training with your professional Dance teacher. Creative Dance builds on the skills of team building, self-expression, fine motor skills, human motor development, improvement in health and well-being. Goals to achieve:	\$10.00 T-shirt	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		

2023 Eight Mile Plains 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 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	King'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	

