



# 2023 Ipswich Hub Activity Program 4 Catalogue

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

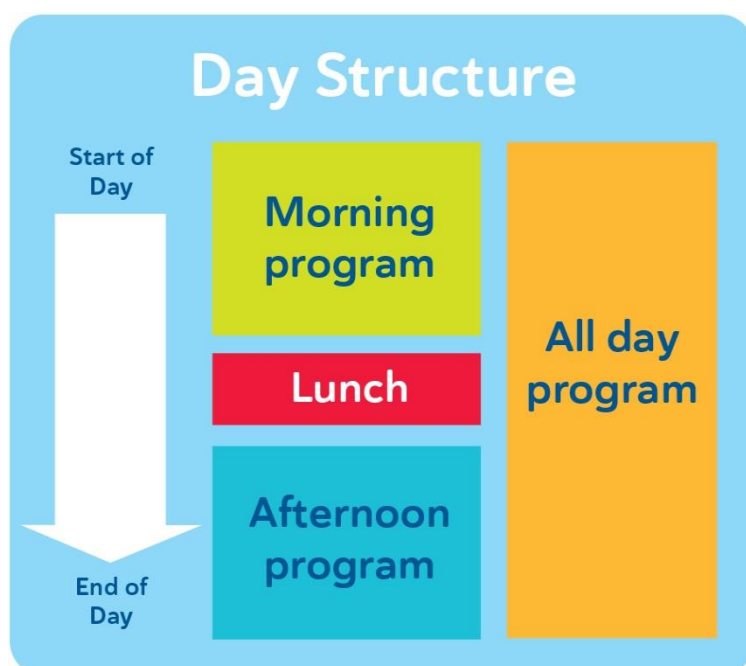
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

## 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 (i.e. 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 David Dawson on 0423 035 359 or return it to [David.Dawson@multicap.org.au](mailto:David.Dawson@multicap.org.au) by **Friday 1<sup>st</sup> September 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 0423035359 or [David.Dawson@multicap.org.au](mailto:David.Dawson@multicap.org.au)
- 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 David Dawson on 0423 035 359 or [David.Dawson@multicap.org.au](mailto:David.Dawson@multicap.org.au)




# 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

Engaging the world around me			✓ chosen activity
Half Day Activity			
	Engaging the world around me		\$2.50 per person per week
	A variety of In-Hub and community Activities		
	<ul style="list-style-type: none"><li>❖ Get to know the people around you</li><li>❖ Visit a variety of local parks and venues to explore.</li><li>❖ Travel on public transport as needed.</li><li>❖ Celebrate cultural events.</li><li>❖ Share birthday celebrations.</li><li>❖ Have a picnic or BBQ.</li><li>❖ Celebrate history.</li><li>❖ And much more...</li></ul> <p>**Bring or buy lunch**</p>		
Goals to achieve:			
			
Focus & Concentration	Creativity	Develop Motor Skills & Gross Motor Skills	




AND

Sensory Activities			✓ chosen activity
Half Day Activity			
	<b>Sensory Activities with texture, smells and sounds.</b> <b>Explore the world around you and experience your environment.</b>		\$2.50 per person per week
	<b>Half Day Activity</b> <ul style="list-style-type: none"><li>❖ Papier-Mache</li><li>❖ Water fun play</li><li>❖ Sensory Activities</li><li>❖ Gardening</li><li>❖ And much more...</li></ul>		
	Goals to achieve:		
	 Focus & Concentration	 Creativity	
	 Develop Motor Skills & Gross Motor Skills		




**OR – choose one All Day activity below**

Sports Space All Day Activity			✓ chosen activity
	<b>Sports Space</b> Week 1 – 6 <ul style="list-style-type: none"> <li>➤ Ten Pin Bowling (\$10.00 per person)</li> <li>➤ All things kite's (\$5.00 per person build or buy)</li> <li>➤ Indoor Ball Sports (\$0.00 per person)</li> <li>➤ Totem Tennis (\$0.00 per person)</li> <li>➤ Ten Pin Bowling (\$10.00 per person)</li> <li>➤ Soccer (\$0.00 per person)</li> </ul> Week 6 – 12 <ul style="list-style-type: none"> <li>➤ Indoor Sports (\$0.00 per person)</li> <li>➤ Volleyball (\$0.00 per person)</li> <li>➤ Ten Pin Bowling (\$10.00 per person)</li> <li>➤ Table Tennis (\$0.00 per person)</li> <li>➤ Ten Pin Bowling (\$10.00 per person)</li> <li>➤ Football (\$0.00 per person)</li> </ul> **Bring or buy lunch**	Cost Varies per person per week	
	<b>Goals to achieve:</b> <div>  Incidental Exercise            Develop Gross &amp; Motor Skills            Developing Social Skills         </div>		

## Tuesday activities

Colour my world			✓ chosen activity
Half Day Activity			
	<b>Colour my world</b> <b>A variety of In-Hub Activities</b> <b>Half Day Activity</b> <ul style="list-style-type: none"><li>❖ Explore colours through different mediums</li><li>❖ Paint, and different textures</li><li>❖ Wear your funkiest clothes and</li><li>❖ Theme days</li></ul> <p style="text-align: center;">**Bring or buy lunch**</p>		\$2.50 per person per week
	<b>Goals to achieve:</b>		
	 Focus & Concentration	 Creativity	

AND

Care for the environment			<div>✓</div> <div>chosen activity</div>
Half Day Activity			
	<div>Care for the environment</div> <div>A variety of In-Hub and community Activities</div> <div><div>❖ Recycling centres</div><div>❖ Sorting our waste</div><div>❖ Plant and garden appreciation</div><div>❖ Water use and conservation</div><div>❖ And much more...</div></div>		<div>See costs of activities (no charge or cost amount)</div>
	<div>Goals to achieve:</div>		
	<div></div> <div>Focus &amp; Concentration</div>	<div></div> <div>Communication, Participation &amp; Interaction</div>	

**OR – choose one All Day activity below**

## Travel by Public Transport

### All Day Activity



chosen  
activity



#### Travel via Public Transport – Discover

##### Ipswich & Brisbane

Travel by Train/ City Hopper/ Bus & Explore Ipswich & Brisbane City

Week One – Rosewood Cobb and co park (go card and packed lunch)

Week Two – Travel to Brisbane and city cat trip (go card)

Week Three – Springfield domain via bus to explore (go card)

Week Four – Queensland Museum (\$5.00 per person for public Transport)

Week Five – RSPCA (Free)

Week Six – Ipswich art gallery and library (free)

Week Seven – Springfield Library (\$5.00 per person for public transport)

Week Eight – Brisbane Botanical Gardens (\$5.00 per person for public transport)

Week Nine – Lone Pine koala sanctuary (go card and companion card entry \$39.00 with valid ID)

Week Ten – Ipswich Rail museum Ipswich Railway Museum (\$13.00 per person for day pass, or \$33.00 per person for Annual pass)

Week Eleven – Queens Park & Animal Sanctuary (Free)

Week Twelve – GOMA (Gallery of modern Art) (Go – Card)

Cost  
Varies  
per  
person  
per  
week

**\*\*Bring or buy lunch\*\***

#### Goals to achieve:



Incidental Exercise







Money Handling  
Skills







Developing Social Skills





## Wednesday activities

The Art of Baking			✓ chosen activity		
Half Day Activity					
	<b>Develop New Skills</b> <b>The Art of Baking</b> <b>Half Day Activity</b> <ul style="list-style-type: none"><li>❖ Create delicious memories with homemade sweet and savory treats.</li><li>❖ Come experience the taste of joy</li><li>❖ To enjoy Morning Tea with friends<ul style="list-style-type: none"><li>○ Cakes</li><li>○ Savory treats</li><li>○ And much more...</li></ul></li></ul> <p><b>**Bring or buy lunch**</b></p> <p><b>Goals to achieve:</b></p>	\$2.50 per person per week			
	 Incidental Exercise			 Communication, Participation & Interaction	 Teamwork





AND

Scrapbooking			✓
Half Day Activity			chosen activity
	<h3>Scrapbooking</h3> <p>A variety of in Hub Activities</p> <p>Half Day Activity</p> <ul style="list-style-type: none"><li>❖ Work through magazines and picture books</li><li>❖ Cut and colour into individual scrap books</li><li>❖ Make your own designs</li><li>❖ Build some memories</li></ul> <p><b>**Bring or buy lunch**</b></p> <p>Goals to achieve:</p>	See costs of activities (no charge or cost amount)	
	 <p>Focus &amp; Concentration</p>		 <p>Creativity</p>
	 <p>Develop Motor Skills &amp; Gross Motor Skills</p>		

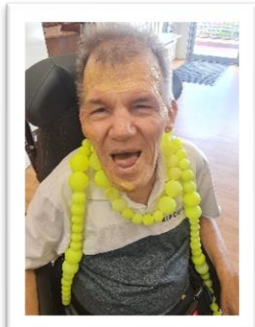



OR – choose one All Day activity below

Let's Explore			 chosen activity
All Day Activity			
	<b>Community &amp; Social Participation</b> <b>Let's Explore</b> <ul style="list-style-type: none"> <li>❖ Week One - Walking Group (No Cost)</li> <li>❖ Week Two - Kholo Gardens (No Cost)</li> <li>❖ Week Three – Ipswich Nature Park (No Cost)</li> <li>❖ Week Four – Balloon Tennis (No Cost)</li> <li>❖ Week Five – Chair exercise (No Cost)</li> <li>❖ Week Six – Board Game Day (No Cost)</li> <li>❖ Week Seven – Jewellery Making (\$2.50)</li> <li>❖ Week Eight – Pamper Afternoon (\$2.50)</li> <li>❖ Week Nine – Music &amp; Meditation (No Cost)</li> <li>❖ Week Ten – Karaoke (No Cost)</li> <li>❖ Week Eleven – Recycled Artwork (\$2.50)</li> <li>❖ Week Twelve – Messy Friday (No Cost)</li> </ul> <p align="center">**Bring or buy lunch**</p>		See costs of activities (no charge or cost amount)
	<b>Goals to achieve:</b>		
	 Develop Motor Skills & Gross Motor Skills	 Incidental Exercise	

## Thursday activities

Music magic			✓ chosen activity	
Half Day Activity				
	<b>Music magic</b> <b>A variety of in/ Out -Hub Activities</b> <b>Half Day Activity</b> <ul style="list-style-type: none"><li>❖ Let's make some music together</li><li>❖ Bang the drums</li><li>❖ Play a variety of musical instruments</li><li>❖ Enjoy local musical options if available</li></ul> <p><b>**Bring or buy lunch**</b></p>		See costs of activities (no charge or cost amount)	
	<b>Goals to achieve:</b>			
	 Focus & Concentration	 Creativity		 Develop Motor Skills & Gross Motor Skills

AND

The Ultimate Pampering			✓ chosen activity
Half Day Activity			
	The Ultimate Pampering Session		\$2.50 per person per week
	A variety of In-Hub Activities		
	Half Day Activity		
	<ul style="list-style-type: none"><li>❖ Manicures and Nail Care</li><li>❖ Eye Masks</li><li>❖ Hair Styling</li><li>❖ Chair Exercise</li><li>❖ And much more...</li></ul> <p>**Bring or buy lunch**</p>		
Goals to achieve:			
			
Focus & Concentration	Creativity	Develop Motor Skills & Gross Motor Skills	

OR – choose one All Day activity below

All Things Textile

All Day Activity



chosen  
activity



### All things Textile

#### A variety of In-Hub Activities

- ❖ Make a belt out of fabric
- ❖ Fabric Tree
- ❖ Make felt flowers
- ❖ Practice over/ under sewing
- ❖ Canvas fabric collage
- ❖ Holiday Ornaments
- ❖ Make a necklace out of Fabric
- ❖ Scrap Fabric Letters & Names
- ❖ Fabric Scraps Rainbows
- ❖ Make your own Hair ties or bows
- ❖ Decorate a flower pot
- ❖ Make your own sensory mat
- ❖ And much more...

**\*\*Bring or buy lunch\*\***

\$2.50  
per  
person  
per  
week

#### Goals to achieve:



Focus &  
Concentration



Creativity



Develop Motor Skills &  
Gross Motor Skills

## Friday activities

Centre of Creative Arts (COCA)			
Half Day Activity			chosen activity
	<b>Centre of Creative Arts (COCA)</b> <b>Eco art</b> <b>Half Day Activity</b>  ❖ Our COCA Eco Art Program provides customers with the opportunity to explore the artistic medium of Eco Art. This involves the use of a variety of mediums and imagery.  **Bring or buy lunch**  <b>Goals to achieve:</b>		\$2.50 per person per week
	Communication, Participation & Interaction	Focus & Concentration	
		Developing Social Skills	
Wind down time			
Half Day Activity			chosen activity
	<b>In Hub Relaxation</b> <b>Relaxation Afternoon</b> <b>Half Day Activity</b>  ❖ Customers will choose as a group music or entertainment activities.  **Bring or buy lunch**  <b>Goals to achieve:</b>		See costs of activities (no charge or cost amount)
	Developing Social Skills	Communication, Participation & Interaction	
		Teamwork	

OR – choose our All-Day activity below

## Photography

### All Day Activity



chosen  
activity

## Photography

### A variety of Photography Activities

- ❖ Black and White Photography – Two toned photography provides a different perspective or feel to your work, gives you the chance to highlight people, places and objects.
- ❖ What you find in a museum – Using perspective photography to capture a shot from a low or high angle.
- ❖ All creatures great and small (Ipswich Nature Park) – Take candid shots of the subject in their natural element.
- ❖ Old Buildings around Ipswich – Symmetry Photography.
- ❖ What you find in a library – Create a collection of shots with unique subjects that focus on the detail.
- ❖ River walks/ Water – All about the detail with unique subjects that focus on the detail
- ❖ Self-portraits – Switching the focus from other subjects to yourself. This will lead to a whole new perspective.
- ❖ Wisdom Project – Gather photos of people or items that have provide you wisdom or helpful perspective
- ❖ Street Style Photography - either eye catching or stunningly neutral
- ❖ Panoramic Pictures – used for landscape photography
- ❖ Cityscapes – using skyscrapers and diverse skylines using different vantage points across Ipswich.
- ❖ Food Photography – Using good lighting, props and styles of food. By amplifying the arrangement of the food whilst using decorative pieces like colourful fruit and sprigs of herbs to shoot a variety of foods and dishes.

\$2.50  
per  
person  
per  
week

**\*\*Bring or buy lunch\*\***

### Goals to achieve:



Focus &  
Concentration



Creativity



Develop Motor Skills &  
Gross Motor Skills

# 2023 Ipswich Hub Program Dates

Office Opens 3 January 2023

Hub closed on public holidays

## Program 1

	Start Date	End Date
Activity Program	Tuesday 3rd January 2023	Friday 24th March 2023
Hub Closed	<b>New Year Holiday - Monday 2nd January 2023</b> <b>Australia Day - Tuesday 26th January 2023</b>	

## Program 2

	Start Date	End Date
Activity Program	Monday 27th March 2023	Friday 16th June 2023
Hub Closed	<b>Good Friday 7th April 2023</b> <b>Easter Monday 10th April 2023</b> <b>Anzac Day Holiday Tuesday 25th April 2023</b> <b>Labour Day Monday 1st May 2023</b> <b>Ipswich Show Holiday Friday 19<sup>th</sup> of May 2023</b>	

## Showcase week 1

	Start Date	End Date
Showcase Program	Monday 19th June 2023	Friday 23th June 2023

## Program 3

	Start Date	End Date
Activity Program	Monday 26th June 2023	Friday 15th September 2023

## Program 4

	Start Date	End Date
Activity Program	Monday 18th September 2023	Friday 8th December 2023
Hub Closed	<b>King's Birthday Monday 2nd October 2023</b>	

## Showcase week 2

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

