



# 2023 Marsden 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 Marsden 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.

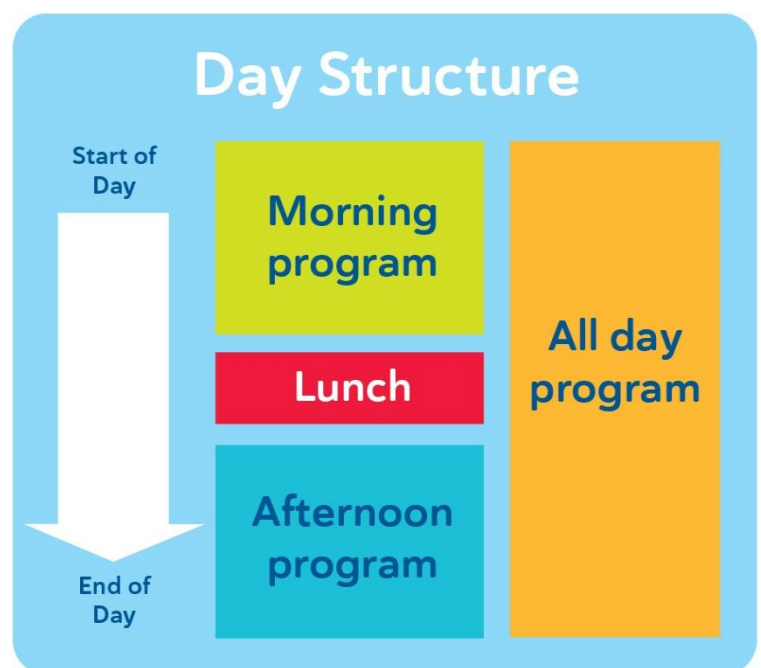
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

## 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 07 38032830 or return it to [Adrine.mugisha@multicap.org.au](mailto:Adrine.mugisha@multicap.org.au) by **10/09/2023**.
- 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 07 38032830.
- 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 0437 142 714.









# 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
	<b>Game on</b> Challenge your friends with our most popular games! this includes board games, puzzles, cards, etc. This program will enable you to spend time with your friends strategizing and playing a wide range of boarding games at the Hub. <b>Goals to achieve:</b>			No cost
	 Goal #1	 Goal #2	 Goal #3	
	<b>Jewelry making</b> Join our Marsden HUB by making jewellery. This activity will put a smile on our customers face seeing and be proud whatever they have made with their own hands. <b>Goals to achieve:</b>			No cost
	 Goal #1	 Goal #2	 Goal #3	

AND









Afternoon – Choose One		✓ chosen activity	
	<b>Movie on Netflix</b> Our customers will discuss each week the movie they would like to watch every afternoon and have a discussion around the movie.  <b>Goals to achieve:</b>	No cost	
	 Goal #1		







## OR – choose one All Day activity below

All Day – Choose One			✓ chosen activity
	<b>Bowling</b> This activity will enable our customer to have a competition between them and have fun in this bowling session. After this session our customers will head at the nearest park to have lunch. <b>**Bring morning tea, hat and lunch**</b>		\$8
	<b>Goals to achieve:</b> <div> <div>  <p>Goal #1</p> </div> <div>  <p>Goal #2</p> </div> <div>  <p>Goal #3</p> </div> </div>		

## Tuesday activities






Morning – Choose One				✓ chosen activity
	<b>Playdough</b> This program will enable our customers to play, explore how the rubbery Goop looks and feels like basic playdough but it is textured differently. It is smooth, soft and slightly stretchy by moulding it in the hands as texture is delightful and so much fun to play with.			No cost
	Goals to achieve:  Goal #1	 Goal #2	 Goal #3	
	<b>Flexible activities</b> Each customer will choose any activity they would like to do before going out. This can be puzzles, painting, etc.			No cost
	Goals to achieve:  Goal #1	 Goal #2	 Goal #3	

AND










Afternoon – Choose One				✓ chosen activity
	<b>Meditation music</b> Join us for our meditation session with calm sound in the background while doing your preferred activity. Relax, breath in and out...			No Cost
	 Goal #1	 Goal #2	 Goal #3	








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

All Day – Choose One				 chosen activity
	<b>Walking group</b> This program is structured for those who like to keep active and get out.  **Bring hat, own lunch and closed shoes **  <b>Goals to achieve:</b>			No cost
	 Goal #1	 Goal #2	 Goal #3	






## Wednesday activities

Morning – Choose One						 chosen activity	
	<b>All things sensory</b> Sensory activity Water fun play Play dough. Bubbles, etc  <b>Goals to achieve:</b>					No cost	
	 Goal #1	 Goal #2	 Goal #3				
	<b>Music session</b> This music session will help our customers to relax while doing sensory activities outside or inside the hub.  <b>Goals to achieve:</b>					No cost	
	 Goal #1	 Goal #2	 Goal #3				







AND

Afternoon – Choose One				 chosen activity
	<b>Flexible games</b> This activity will enable our customer to choose a game they feel like playing (puzzles, cards, etc)			No Cost
	Goals to achieve:	 Goal #1	 Goal #2	
		 Goal #3		










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

All Day – Choose One				 chosen activity	
	<b>Cooking Program</b> Be more independent in the kitchen. Learn the skills of cooking and baking different recipes each week. The customers will share the cost of the groceries.  Week 1: Chicken curry and rice Week 2; Pasta and mince meat Week 3: Sausages barbecue and breads +onions Week 4: Pizza Week 5: Saucy Beef stir fry with Broccoli. Week 6: Fish and chips plus salads Week 7: Steak with mash potatoes and greens Week 8: Beef burgers and chips Week 9: Drumstick Chicken plus veggies Week 10: Lamb loins plus potato salads. Week 11: Spaghetti and meatballs recipe Week 12: Roast chicken plus salads  **Bring morning Tea**			Cost of the groceries	
	 Goal #1	 Goal #2	 Goal #3		

## Thursday activities






Morning – Choose One			✓ chosen activity
	<b>Coloring and painting</b> This activity will enable our customers to create new skills and build confidence in themselves. <b>Goals to achieve:</b>		No cost
	 Goal #1	 Goal #2	
	<b>Indoor games</b> Join our Team to play some indoor games in our backyard by kicking the balls, play tennis, etc. <b>Goals to achieve:</b>		No cost
	 Goal #1	 Goal #2	

## AND









Afternoon – Choose One						 chosen activity	
	<b>Sound of music</b> Karaoke, music circle, creative dance. This program the customers will learn how to dance with their staff support and other customers as well. <b>Goals to achieve:</b>					No Cost	
	 Goal #1	 Goal #2	 Goal #3				
	<b>Nails art program</b> This activity will enable our customers to learn how to make their nails beautiful by experimenting different colors and arts on their nails. <b>Goals to achieve:</b>					No Cost	
	 Goal #1	 Goal #2	 Goal #3				







## OR – choose one All Day activity below

All Day – Choose One				 chosen activity
	<b>Walking group</b> This program is structured for those who like to keep active and get out.  <b>**Bring your lunch, hat and closed shoes**</b>  <b>Goals to achieve:</b>			No cost
	 Goal #1	 Goal #2	 Goal #3	


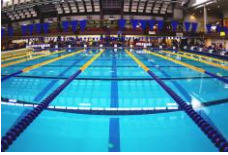



## Friday activities

Morning – Choose One				✓ chosen activity
	<b>Arts and crafts</b> This program will allow our customers to self-expressing and managing feelings. As with all creative pursuits, arts and crafts activities are fantastic creative outlet. This activity also improves self-confidence, self-esteem, fine motor skills, patience and concentration.			No cost
	Goals to achieve:  Goal #1	 Goal #2	 Goal #3	
	<b>Meditation music</b> Join us for our meditation session with calm sound in the background while painting. Relax, breath in and out...			No cost
	Goals to achieve:  Goal #1	 Goal #2	 Goal #3	

## AND

Afternoon – Choose One				✓ chosen activity
	<b>Sing star.</b> Sing and dance to your hearts content. Learn to sing and dance as a group and showcase your act at the end of the program to an audience.			No Cost
	Goals to achieve:  Goal #1	 Goal #2	 Goal #3	

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

All Day – Choose One				 chosen activity
	<b>Swimming</b> Spend the morning at Eight Mile plains hydro pool. Whether you want to swim, splash, float and play, then this is the program for you. Lunch to follow at the local park where you can relax outdoors, play ball sports or go for a walk.  <b>**Bring swimming suits, own lunch**</b>			No cost
	<b>Goals to achieve:</b>			
	 Goal #1	 Goal #2	 Goal #3	

# 2023 Marsden 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, Monday 14 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	

