



2023 Melbourne Hub
Activity Program 4
Catalogue

2023 Melbourne Hub Activity Program 4 Catalogue

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

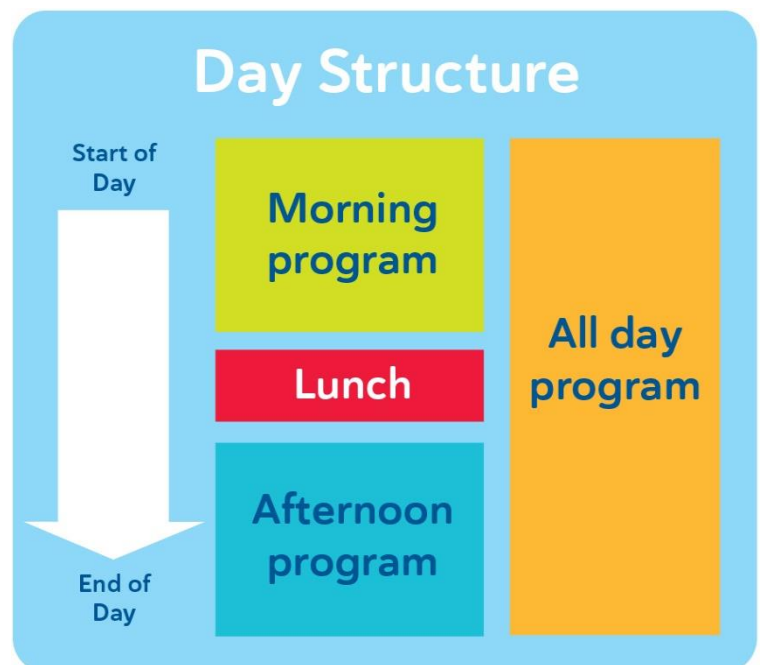
For each day you attend the Hub, choose one activity for the morning and one activity for the afternoon, or a full day activity where available.

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 experience.melbourne@multicap.org.au or return it to **by 17th of September**.
- 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 0468690763.
- 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 to see if you would like to be placed into an alternate 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 0468 673 000.
















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
	Creative Art Explore art mediums and techniques identify projects for completion across the term. Work on individual and shared projects across the term. Provides customers with the opportunity to explore their passion with art with a new focus each week. This involves the use of a variety of tools, methods and equipment to explore sensory needs, increasing confidence and social skills. Goals to achieve:	\$3	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	Music Move to music, play an instrument or sing along. Build confidence while enhancing skills in communication and sensory processing. Grab your favourite instrument or use electronic equipment to play a tune. Goals to achieve:	Free	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		





Afternoon			✓ chosen activity
	Everyone's a Critic! Members will choose as a group each week a movie from our Netflix Library. A discussion will be facilitated that discusses what people like and don't like about movie editing, content and acting in the movie. ***The group may identify a movie they would like to see at the cinema additional program costs will be advised if this occurs. Goals to achieve:	Free	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		

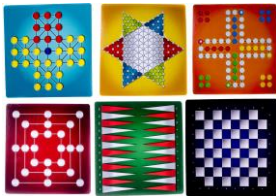


Tuesday Activities

Morning			✓ chosen activity
	Coffee Club Explore the local community and identify venues to enjoy a coffee and morning tea around the town and beyond! Join us as we travel to venues chosen by group members and enjoy social outing in various locations. *** Shared kilometre charge*** *** BYO funds for coffee and morning tea*** Goals to achieve:		Kms
	 Goal #1	 Goal #2	
	Goal #3		


Afternoon 1.00pm – 5.00pm			✓ chosen activity
	ASDAN Meet at the venue or travel from our hub to the Canterbury Neighborhood Precinct to join this group. Build your self advocacy skills and ability to raise your voice in service delivery. Supporting Aspirations – Independent Living The Independent Living pathway is to enable people to build skills that enable self-determination and control over their lives. It comprises of three modules: 1. Looking after myself 2. Engaging with my environment. 3. Using my technology *** Kilometre costs based on number of people travelling from the hub.*** Goals to achieve:		\$15 One off cost to register
	 Goal #1	 Goal #2	
	Goal #3		


Wednesday activities

Morning			✓ chosen activity
	Wellbeing Wednesday Each week we will focus on our wellbeing in a different way! We will focus on all thing's health for the mind and body. Activities may include meditation, relaxation, dance, cooking or fitness. The group will determine an activity schedule for the term and enjoy activities of their choice. *** Shared kilometres cost if community access is scheduled		Free
	Goals to achieve:		
	 Goal #1	 Goal #2	 Goal #3

Afternoon			<div>✓</div> <div>chosen activity</div>
<div></div>	<div>Game Day</div> <div>Get together and play a variety of games. From board games to life size Connect four, or a game of pool. Connect over fun as a team player!</div>		Free
	Goals to achieve:		
	<div></div> <div>Goal #1</div>	<div></div> <div>Goal #2</div>	









Thursday activity





Morning				✓ chosen activity
	Out and About <p>Let's get out and about in the local community and explore activities, visit local landmarks, parks and gardens, access local sporting grounds, you choose.</p> <p>The group will identify preferred activities for the term at the first session and travel to venues chosen by group members.</p> <p>*** Shared kilometre charge*** *** BYO funds for any entry fees, tickets, food and refreshments***</p> <p>Goals to achieve:</p>			Kms
	Goal #1	Goal #2	Goal #3	

Morning/Afternoon 1.00pm – 5.00pm				✓ chosen activity
	ASDAN <p>Meet at the venue or travel from our hub to the Canterbury Neighborhood Precinct to join this group. Build your self advocacy skills and ability to raise your voice in service delivery.</p> <p>Self-Advocacy</p> <p>The Self-Advocacy module will cover various sections including talking and listening to others, rights and responsibilities, speaking up for yourself, making decisions for yourself, advocacy services, being assertive, knowing about meetings, representation and more.</p> <p>Goals to achieve:</p>			\$15 One off cost to register
	Goal #1	Goal #2	Goal #3	



Friday Activities

Morning- Choose One			✓ chosen activity
	Mud and Clay Explore tactile mediums while creating works of art! identify projects for completion across the term. Work on individual and shared projects across the term. This involves the use of a variety of tools, methods and equipment to explore sensory needs, increasing confidence and social skills. Goals to achieve:	\$5	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	Music Move to music, play an instrument or sing along. Build confidence while enhancing skills in communication and sensory processing. Grab your favourite instrument or use electronic equipment to play a tune. Goals to achieve:	Free	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		



Afternoon			✓ chosen activity
	Social Connections Let's talk together and get to know the people we are connecting with at activities. There are lot's of activities onsite, use the instruments, hang out in the Lego room, watch a movie! The afternoon is yours, find like minded people and do something you like. Goals to achieve:	\$10	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		

2023 Melbourne Hub Program Dates

Office Open from 9.00am to 5.00pm daily

Hub closed on public holidays

Program 4

	Start Date	End Date
Activity Program	2nd of October	20 th of December
Hub Closed	<div><p>AFL Grand Final Holiday Friday 29 September 2023</p><p>Melbourne Cup Day Tuesday, 7 November 2023</p><p>Watch out for special themed events to celebrate special holidays!!</p></div>	

