



ROCKHAMPTON
Program 4
Catalogue
2023

2023 Rockhampton Hub Activity Program 4 Catalogue

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

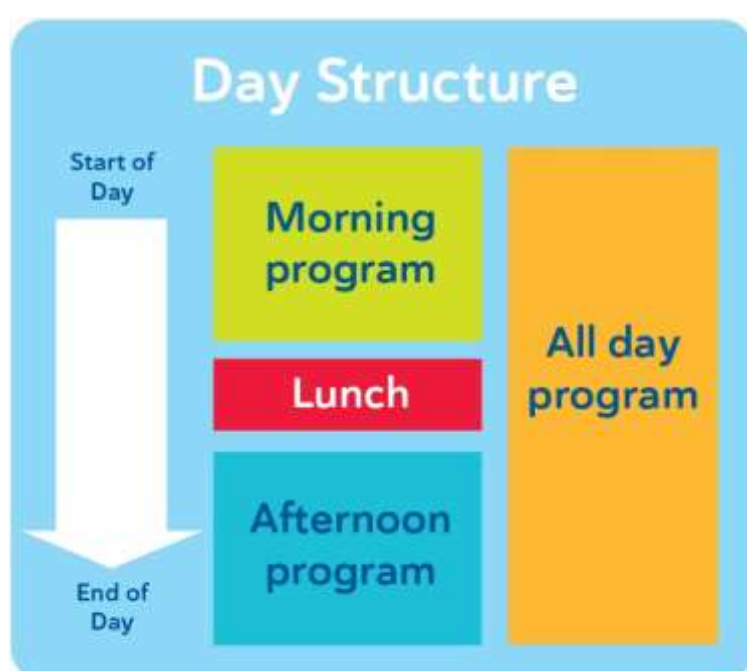
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

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 Melissa Jarred or return it to melissa.jarred@multicap.org.au
- 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 Mobile: 0409 640 239.
- 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 Rockhampton HUB Service Manager, Melissa Jarred – 0409 640 239.







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 - 900 am to 1200 pm - Monday				✓ chosen activity
	Healthy Habits Shopping Monday morning is a great time for budgeting, planning, and shopping for the week. Meal preparation and see what is on special in the local community. BYO Money for food/ activities. Shopping bags are essential.			BYO
	 Goal #1	 Goal #2	 Goal #3	
	Summer Seedlings – Garden Lovers Club Garden Lovers – this is a wonderful time to get out in the garden. Corn, tomatoes, rosemary, cucumbers – let's get our seedlings started.			No Cost
	 Goal #1	 Goal #2	 Goal #3	









AND CHOOSE

Afternoon – Choose One – 1200 pm to 300 pm - Monday				✓ chosen activity
	Healthy Habits Shopping Monday afternoon is a great time for budgeting, planning, and shopping for the week. Meal preparation and see what is on special in the local community. BYO Money for food and activities. Shopping bags are essential.			BYO
	 Goal #1	 Goal #2	 Goal #3	
	Board Games, Trivia and Afternoon Social Share in the fun and challenge your mind to board games, Trivia, Bingo, Uno, Cards, Chess or Connect 4. Afternoon Social activity. Bring or buy afternoon tea for snacks.			No Cost
	 Goal #1	 Goal #2	 Goal #3	









OR – choose one All Day activity below

All Day – Option – 900am to 300 pm with half day option available - Monday					<div>✓</div> <div>chosen activity</div>
ART SPACE					
	Art Space			ALL DAY OPTION	\$5.00
	Learn how to paint, draw, explore in different styles, colours, and textures/ shades! Sculpt with different mediums including clay, Styrofoam and cardboard. **Bring or buy your own lunch** Outdoor and indoor activities with the art crew. Art Facilitator - Suz				
	<div></div> <div>Goal #1</div>	<div></div> <div>Goal #2</div>	<div></div> <div>Goal #3</div>		





Tuesday Activities

Morning – Choose One – 900 am to 1200 pm - Tuesday						<div>✓</div> <div>chosen activity</div>
	Sing, Sign and Sway Be part of our exciting group on Tuesdays – Sing, Sign and Sway! Join in with Auslan Signing. Choose your songs and sway to the music. Tuesday fun.			No Cost		
	 Goal #1	 Goal #2	 Goal #3			
	Photography Outdoor art, scrapbooking ideas, making gifts for family and friends. Photography has so much to offer. Explore elements and places in Rockhampton.			\$5.00		
	 Goal #1	 Goal #2	 Goal #3			










AND CHOOSE

Afternoon – Choose One – 1200 pm to 300 pm - Tuesday				✓ chosen activity
	Sing, Sign and Sway Be part of our Tuesdays – Sing, Sign and Sway! Join in with Auslan Signing. Choose your songs and sway to the music. Tuesday Fun.			No Cost
	 Goal #1	 Goal #2	 Goal #3	
	Dance Fever Exercise with Dance. Express yourself through different genre of dance each week.			No Cost
	 Goal #1	 Goal #2	 Goal #3	









OR – choose one All Day Activity below

All Day - Option – 900 am to 300 pm with half day option available TUESDAY Two Up – Out and About				✓ chosen activity
	Tuesday Two UP – Out and About Something different each week. Archery, Bowling, Cinema, Mini Golf, Pool Competition, Bingo. Finish off your day with the crew – Activity then off for lunch! Places are limited. Bookings are essential. BYO money and companion card for this activity.			BYO ALL DAY OPTION
	 Goal #1	 Goal #2	 Goal #3	





Wednesday Activities

Morning – Choose One – 900 am to 1200 pm - Wednesday						 chosen activity
	Karaoke Kruiser's Do you like Hip Hop, 80's, 90's Dance music, ABBA, Dolly Parton, Country, Rock or just want to move and grove for some gentle exercise? Karaoke Kruiser's Wednesday at the HUB.			No Cost		
	 Goal #1	 Goal #2	 Goal #3			
	Garden Lovers – Community Garden Project This is an outdoor adventure activity. Take part in visits to our local garden nurseries. See what is best to plant in your back garden. Visit Bunnings Warehouse and other local businesses in Rockhampton. Places are limited.			No Cost		
	 Goal #1	 Goal #2	 Goal #3			









AND CHOOSE

Afternoon – Choose One – 1200 pm to 300 pm - Wednesday						<div>✓</div> <div>chosen activity</div>
	Wednesday Sessions – Music one on one with Music Facilitator 1:1 session available with music facilitator to explore your love of all things Rock! Session is 1:1 with Music Facilitator Suz			No Cost		
	 Goal #1	 Goal #2	 Goal #3			
	HUB Pool Sharks Want to be the best pool player among your friends. Come and learn how to play pool with our HUB Pool Shark – Maddy. Great exercise for gross and fine motor skills. Get social and have fun at the same time. BYO money for food/ drinks and activity			BYO		
	 Goal #1	 Goal #2	 Goal #3			





OR – choose one All Day activity below/ half day option available





All Day – Option – 900 am to 300 pm with half day option available - Wednesday				✓ chosen activity
HUB – Wednesday HUB Choir				
	HUB Choir - Join our HUB Choir - Wednesdays Join us - sing, learn new songs and develop friendships at our popular Wednesday Music HUB Choir. Build your confidence through art and singing. AUSLAN signing Choir. Group Program. Bookings are essential ##		No Cost	
	 Goal #1	 Goal #2	 Goal #3	

Thursday Activities






Morning – Choose One – 900 am to 1200 pm - Thursday				✓ chosen activity
	Treasure Hunting – Thursday Op Shopping Calling all OP SHOPS Lovers! Join us and search for what we can recycle and create. What hidden treasures could there be? Books, Photos Frames and Tote Bags. Stop somewhere for morning tea in the community with your friends. Places are limited. BYO Money for Activities Purchases and food/ Drinks.		BYO	
	 Goal #1	 Goal #2	 Goal #3	
	Baker's Delight at the HUB- Morning Tea Bake some treats for morning tea with our resident cook. Learn how to make simple snack foods. Learn how to meal plan and budget.		\$10.00	
	 Goal #1	 Goal #2	 Goal #3	

And Choose – Afternoon Session










Afternoon – Choose One – 1200 pm to 300 pm - Thursday				✓ chosen activity
	Baker's Delight at the HUB- Afternoon Tea Bake some treats for afternoon tea with our resident cook. Learn how to make simple snack foods. Learn how to meal plan and budget.		\$10.00	
	 Goal #1	 Goal #2	 Goal #3	

	Health and Well Being Warriors Engage in an activity which promotes self-awareness/ regulation. Build fine and gross motor skills. Join friends and relax on a Thursday to discover a healthy mind, body and soul.			\$5.00	
	 Goal #1	 Goal #2	 Goal #3		









OR – choose one All Day activity below for Thursday/ half day option available

All Day – Option – 900 am to 300 pm with half day option available - Thursday					 chosen activity
Scrapbooking – ALL DAY OPTION					
	Scrapbooking Back by popular demand... Scrapbooking. If you love to experience art and craft with your friends – this program is for you. Work on a portfolio of designs. Different theme each week! Scrapbooking textures, colours and designs galore.			All Day Option	
	 Goal #1	 Goal #2	 Goal #3	NO COST	





Friday Activities

Morning – Choose One – 900 am to 1200 pm - Friday					 chosen activity
	The Breakfast Club Explore our local community. Enjoy morning tea with your friends – Visit parks, Rocky Art Gallery, and Local shops. Somewhere new each week to visit with The HUB Crew ** Bring or buy food for out and about** This is a group program. Bookings essential.			No Cost	
	 Goal #1	 Goal #2	 Goal #3		
	Seedlings for Summer! Out and About in the Garden If you are green thumb and want to get ready for summer produce, come and plant in the garden with us. Seedlings ready to use in the kitchen.			No Cost	
	 Goal #1	 Goal #2	 Goal #3		

AND CHOOSE

Afternoon – Choose One – 1200 pm to 300 pm - Friday				✓ chosen activity
	HUB Pool Sharks Want to be the best pool player among your friends. Come and learn how to play pool with our HUB Pool Shark – Maddy. Great exercise for gross and fine motor skills. Get social and have fun at the same time. BYO money for food/ drinks and activity		BYO	
	 Goal #1	 Goal #2	 Goal #3	
	Health and Well Being Warriors Engage in an activity which promotes self-awareness/ regulation. Build fine and gross motor skills. Join friends and relax on a Friday to discover a healthy mind, body and soul.		\$5.00	
	 Goal #1	 Goal #2	 Goal #3	

OR – choose one All Day activity below for Friday / half day option available

All Day – Choose One – 900 am to 300 pm with half day option available - Friday				✓ chosen activity
FRIDAY – SUSTAINABILITY SUPERSTARS ★				
	Recycling Superstars – This program is for you. If you love to save the planet and make money at the same time, check out sustainability superstars on Friday. Enjoy breakfast with the crew, visit Bunnings Warehouse and participate in all things recycling. Container for Change Program ##		All Day Option No Cost	
	 Goal #1	 Goal #2	 Goal #3	

ROCKHAMPTON HUB PROGRAM DATES - 2023

Office Opens *3rd January 2023

Hub closed on ALL public holidays

Program 1		
	Start Date	End Date
Activity Program	Monday 2nd January	Friday 24th March
Hub Closed	Australia Day, Tuesday 26 January	

Program 2		
	Start Date	End Date
Activity Program	Monday 27th March	Friday 16th June
Hub Closed	Good Friday 7 th April Easter Monday 10 th April Anzac Day Holiday 25 th April Labour Day 1 st May	

Showcase week 1		
	Start Date	End Date
Showcase Program	Monday 19th June	Friday 23rd June

Program 3		
	Start Date	End Date
Activity Program	Monday 26th June	Friday 15th September

Program 4		
	Start Date	End Date
Activity Program	Monday 18th September	Friday 8th December
Hub Closed	King's Birthday Monday 3 October	

Showcase week 2		
	Start Date	End Date
Showcase Program	Monday 11 th December	Friday 15 th December
Hub Closed	18 th December 2023 – 2 nd January 2024	

