



2023 Tweed Hub
Activity Program
4 Catalogue

2023 Tweed Heads Hub Activity Program 4 Catalogue

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

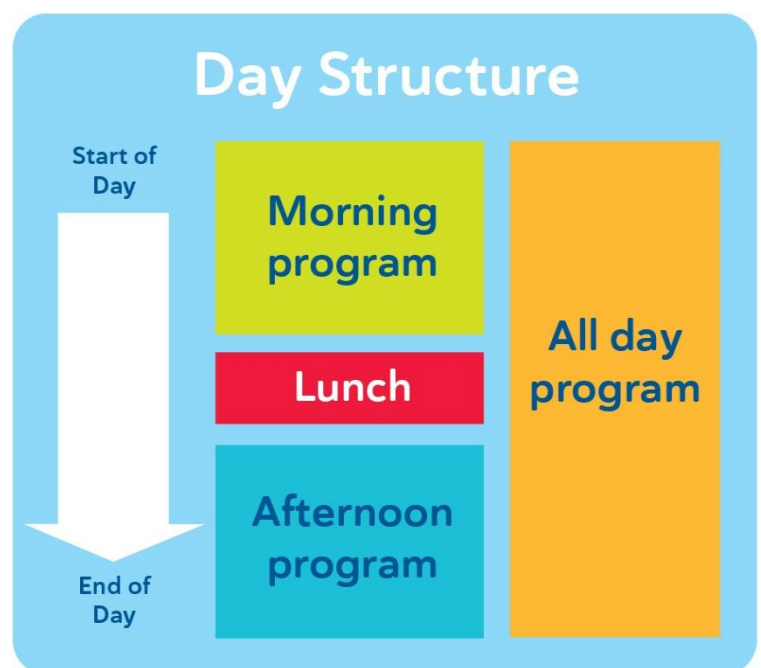
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

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. 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 56554075 or return it to May as soon as possible.
 - 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 56554075.
 - .
 - 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 0756554075.













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
	Ten Pin Bowling Try your luck, bring out your competitive streak with a big strike. (KM's to & from Venues invoiced as per Schedule of Supports)	\$7	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		
	COCA Collage 12-week program	\$5 - \$10	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		
	Dancing Fever Express yourself through the movement of dance. Each week you will choose what style genre of dance you'd like to engage in.	No Cost	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		









AND

Afternoon – Choose One				<div>✓</div> <div>chosen activity</div>
	Beach Explorer/Walking Group Members may choose different Beach Foreshores to have a walk along the amazing beaches in the Gold coast.		No cost	
	Goals to achieve:			
	 Goal #1	 Goal #2		
	Outdoor painting program Get your hat and paint brushes ready and enjoy finding your creative side whilst breathing in the fresh air.		\$5	
	Goals to achieve:			
	 Goal #1	 Goal #2		









OR – choose one All Day activity below

All Day – Choose One			✓ chosen activity
	Asdam Program- Meal Preparation and Cooking Instruction 12-week program This is an intro certified program. 	Program Fee	
	Goals to achieve: <div>  Goal #1  Goal #2  Goal #3 </div>		
	Travel Training and Hopo Ferry You will learn how to read a timetable. You will learn how to use a Go Card and how to put money onto the go card. You will enjoy the pleasure of the Ferry, the fresh air and the sightseeing on the Gold Coast. **Bring or buy lunch**	\$5	
	Goals to achieve: <div>  Goal #1  Goal #2  Goal #3 </div>		





















Tuesday activities

Morning – Choose One			✓ chosen activity
	Swimming Session Join us at one of our local swimming centres to engage in a morning of swimming of activities, exercise and fun!	\$5	
	Goals to achieve:		
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	Visit to the local library Visit the local library and gain knowledge about any subject you choose through books, and videos.	No Cost	
	Goals to achieve:		
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		













AND

Afternoon – Choose One			<div>✓</div> <div>chosen activity</div>
	<div>Green fingers gardening</div> <div>Develop your green thumb and learn about all things gardening. From learning about different plants to working out how to grow them there is so much to learn about the natural world around us.</div> <div>Grow, water, nurture and eat your own vegetables.</div> <div>Goals to achieve:</div> <div><div><div>Goal #1</div></div><div><div>Goal #2</div></div><div><div>Goal #3</div></div></div>	No Cost	
	<div>Board game lover</div> <div>Enjoy engaging in either board games or outdoor sport games and get your mind and body active.</div> <div>Outdoor games – Basketball, soccer, cricket, lawn bowls</div> <div>Goals to achieve:</div> <div><div><div>Goal #1</div></div><div><div>Goal #2</div></div><div><div>Goal #3</div></div></div>	No Cost	













OR – choose one All Day activity below

All Day – Choose One			✓ chosen activity			
	<p>Bingo</p> <p>Who will win today and get a small prize, try your luck with our bingo sessions.</p> <p>Goals to achieve:</p> <table border="1"> <tr> <td data-bbox="619 600 708 680">  Goal #1 </td> <td data-bbox="849 600 938 680">  Goal #2 </td> <td data-bbox="1091 600 1181 680">  Goal #3 </td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	No Cost	
 Goal #1	 Goal #2	 Goal #3				
	<p>Dance Fever</p> <p>Express yourself through the movement of dance. Each week you will choose what style and genre of dance you'd like to engage in. Build and increase your overall health and wellbeing through dance.</p> <p>Goals to achieve:</p> <table border="1"> <tr> <td data-bbox="619 1115 708 1196">  Goal #1 </td> <td data-bbox="849 1115 938 1196">  Goal #2 </td> <td data-bbox="1091 1115 1181 1196">  Goal #3 </td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	No Cost	
 Goal #1	 Goal #2	 Goal #3				









Wednesday activities

Morning – Choose One							✓ chosen activity
	Café Surfing/ Flora & Fauna Walk Visit various Café's each week to sample their morning teas, learn how to place orders and pay for them. (This will be limited to small portions as lunch will be had on return to the Hub) Followed by a gentle walk through pre-selected parks/beach. (KM's to & from Venues invoiced as per Schedule of Supports)					\$10	
Goals to achieve:							
 Goal #1		 Goal #2		 Goal #3			
	Sailability (Southport Yacht Club) The group will join the Southport Yachts Club for sailing around the bay, exploring the sea and learning the ropes on how to sail with supports from the professionals. Bring lunch or buy.					Program Fee	
Goals to achieve:							
 Goal #1		 Goal #2		 Goal #3			
	Shopping You will spend the morning at shopping at your chosen destination. You can buy yourself some lunch.					\$10	
Goals to achieve:							
 Goal #1		 Goal #2		 Goal #3			













AND

Afternoon – Choose One				<div>✓</div> <div>chosen activity</div>
	<div>Wicked Science</div> <div>Members will enjoy creating that amazing and magical moment where science collides with our curiosity and imagination.</div>			No Cost
	Goals to achieve:			
	<div></div> <div>Goal #1</div>	<div></div> <div>Goal #2</div>	<div></div> <div>Goal #3</div>	
	<div>Walking Group – Park Picnic</div> <div>You can choose a different beach or park to have a walk along Enjoy a picnic afterwards.</div>			No Cost
	Goals to achieve:			
	<div></div> <div>Goal #1</div>	<div></div> <div>Goal #2</div>	<div></div> <div>Goal #3</div>	
	<div>Sensory Craft Session</div> <div>Members will participate in several activities designed to stimulate and enhance our senses. Members will experience the arts and crafts through touch, taste, feel and smell</div> <div>.</div>			No Cost
	Goals to achieve:			
	<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				<div>✓</div> <div>chosen activity</div>
	<div>BBQ In the Park</div> <div>Have your tongs and apron, walk to the local park with the friends and enjoy the afternoon with a sausage sizzle and games in the park. “Lunch Provided (2 sausage with bread)”</div>			\$2.50
	<div>Goals to achieve:</div>			
	<div></div> <div>Goal #1</div>	<div></div> <div>Goal #2</div>	<div></div> <div>Goal #3</div>	
	<div>Travel Training and Hopo Ferry</div> <div>You will learn how to read a timetable. You will learn how to use a Go Card and how to put money onto the go card. You will enjoy the pleasure of the Ferry, the fresh air and the sightseeing on the Gold Coast. **Bring or buy lunch**</div>			\$5
	<div>Goals to achieve:</div>			
	<div></div> <div>Goal #1</div>	<div></div> <div>Goal #2</div>	<div></div> <div>Goal #3</div>	









Thursday activities

Morning – Choose One						<div>✓</div> <div>chosen activity</div>	
	<div>Craft Corner</div> <div>Spend the afternoon developing and creating your own masterpiece using textiles, clay and wood.</div> <div>Goals to achieve:</div>					\$2.50	
	<div></div> <div>Goal #1</div>	<div></div> <div>Goal #2</div>	<div></div> <div>Goal #3</div>				
	<div>Healthy Habits</div> <div>You will spend the morning cooking or baking healthy alternatives to a favorite sweet or savory treat!</div> <div>Goals to achieve:</div>					\$5	
	<div></div> <div>Goal #1</div>	<div></div> <div>Goal #2</div>	<div></div> <div>Goal #3</div>				
	<div>Out and About</div> <div>Spend the day out, perhaps having a fish or enjoying a game of ten pin bowling with your mates, participants will have the opportunity to make the day completely their own by choosing a new destination or activity every week.</div> <div>**Bring or buy lunch**</div> <div>Goals to achieve:</div>					\$5	
	<div></div> <div>Goal #1</div>	<div></div> <div>Goal #2</div>	<div></div> <div>Goal #3</div>				













AND

Afternoon – Choose One			✓ chosen activity
	Arts & Craft Skills Participating in different art and craft activities. Learning new art skills. Working on fine motor skills, building confidence and self-esteem.	No Cost	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		
	Jam Session Grab the instrument you like and join the group to start the week with a Bang.	No Cost	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		
	Fish & Chips Explore your local Takeaway shops. Experience Money handling and counting. Together we will choose venues close to Mt Ommaney and spend the day socialising in a community setting, and spending time with your peers. **Ensure Dietary requirements updated**	\$10	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		














OR – choose one All Day activity below

All Day – Choose One			✓ chosen activity
	<p>Dance Fever</p> <p>Express yourself through the movement of dance. Each week you will choose what style and genre of dance you'd like to engage in.</p> <p>Build and increase your overall health and wellbeing through dance.</p> <p>Goals to achieve:</p> <div> <div>  <p>Goal #1</p> </div> <div>  <p>Goal #2</p> </div> <div>  <p>Goal #3</p> </div> </div>	No cost	
	<p>Travel Training</p> <p>You will learn how to read a timetable. You 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, tram or bus to a place of your destination.</p> <p>**Bring or buy lunch**</p> <p>Goals to achieve:</p> <div> <div>  <p>Goal #1</p> </div> <div>  <p>Goal #2</p> </div> <div>  <p>Goal #3</p> </div> </div>	\$5	










Friday activities

Morning – Choose One				<div>✓</div> <div>chosen activity</div>
	<div>Basic baking</div> <div>Learn how to bake biscuits and scones etc. Enjoy the fruits of your labor</div>			\$5
	<div>Goals to achieve:</div> <div><div><div>Goal #1</div></div><div><div>Goal #2</div></div><div><div>Goal #3</div></div></div>			
	<div>Café Surfing/ Flora & Fauna Walk</div> <div>Visit various Café’s each week to sample their morning teas, learn how to place orders and pay for them. (This will be limited to small portions as lunch will be had on return to the Hub) Followed by a gentle walk through pre-selected parks/beach. (KM’s to & from Venues invoiced as per Schedule of Supports)</div>			\$5
	<div>Goals to achieve::</div> <div><div><div>Goal #1</div></div><div><div>Goal #2</div></div><div><div>Goal #3</div></div></div>			
	<div>Outdoor Sports</div> <div>Get Outdoor and choose a sport or activity that enhances the healthy mind and body. Be fit and active, join the group to enjoy a nice afternoon playing sports with your peers</div>			No Cost
	<div>Goals to achieve:</div> <div><div><div>Goal #1</div></div><div><div>Goal #2</div></div><div><div>Goal #3</div></div></div>			

AND

Afternoon – Choose One			✓ chosen activity
	Beach Explorer/Walking Group Members may choose different Beach Foreshores to have a walk along the amazing beaches in the Gold Coast.	No Cost	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		
	Treasure Hunting – Bargain Stores around town! Discover what bargains we have at the local OP Shops. What treasures can we find to upcycle and create into an art masterpiece? Photo frame or a tote bag? BYO food, drinks, and money for this activity.	No Cost	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		
	ASDAN CRAFT MAKING A 12-week program 	Program Fee	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		

OR – choose one All Day activity below

All Day – Choose One			 chosen activity
	Food Shopping and making something for lunch Learn vital skills for working within a Supermarket that can be used in the future to help gain employment. We will be coming back to the Hub and making something delish for lunch.	\$10	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		
	BBQ & Ball Games at Local Parks Show your ball skills, using your hands and feet, shoot hoops at the basket ball ring. Kick the soccer ball to each other then enjoy a relaxed BBQ lunch followed by a leisurely walk through the park to wind down before returning to the hub. (KM's to & from Venues invoiced as per Schedule of Supports)	\$5	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		

2023 Tweed Heads Hub Program Dates

Office Opens 3 January 2023

|

Hub closed on public holidays

Program 1

	Start Date	End Date
Activity Program	Monday 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 12 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 19 June	Friday 15 September

Program 4

	Start Date	End Date
Activity Program	Monday 18 September	Friday 8 December
Hub Closed	Labour Day, 2 October	

Showcase week 2

	Start Date	End Date
Showcase Program	Monday 11 December	Friday 15 December
Hub Closed	Monday 18 December – Tuesday 2 January 2024	

