



2024 Eight Mile
Plains Hub
Activity Program 1



2024 EMP Hub Activity Program 1 Catalogue

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

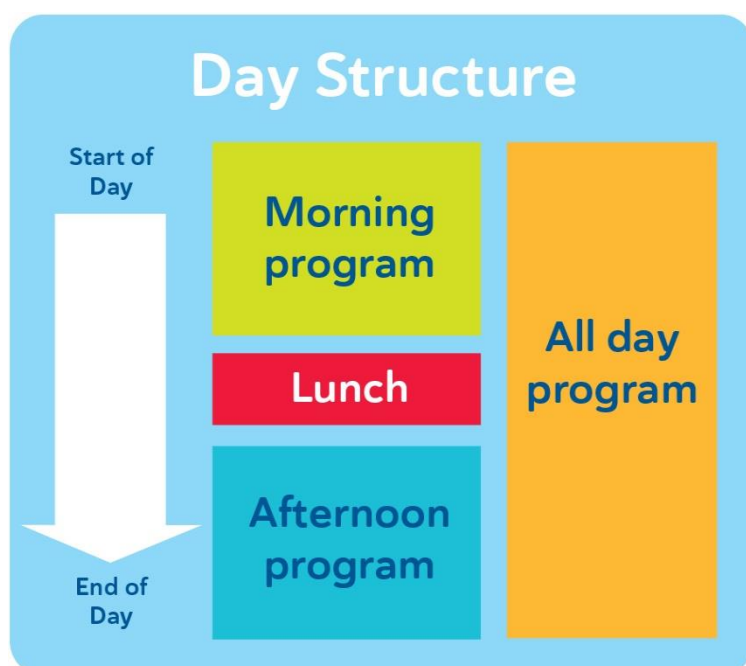
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

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 TERESA DE VRIES or return it to EMP HUB OR Teresa.de-vries@multicap.org.au by 17/11/2023.
- 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 3340 9044 or 0419 682 311.
- 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 Teresa de Vries on 3340 9044 or 0419 682 311.
















Hub Activity Program Goal Reference Guide





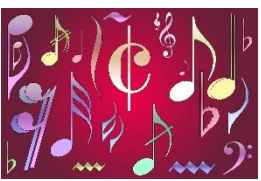





To support you in being able to identify activities in the Program Catalogue that will support you to achieve your individual goals we have added an icon/s to each activity so you can easily identify what core goals the activity is designed to support you to achieve.

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
	EMP HUB MASTER CHEF Our customers work closely with staff to build up their fine and gross motor skills to prepare and create meals of their choice. Each week we will focus on learning new skills and building on these skills as the week progresses.		\$ 5.00
	 Goal #1	 Goal #2	
	MUSIC AND MELODIES An opportunity to listen to relaxing music, meditate, and use percussion instruments. Align and form a blissful experience of sound and movement.		\$2.50
	 Goal #1	 Goal #2	
	PAMPER ME MONDAY A relaxing way to start the week. Pampering includes hand and arm massage, foot spa in Epson salt, nail painting, head and shoulder massage. General relaxation time, with scented candles, slippers, and weighted blankets.		\$2.50
	 Goal #1	 Goal #2	


























AND

Afternoon – Choose One			 chosen activity
	FUN FITNESS IN THE HUB Each week we will focus on different exercises in the hub. <ul style="list-style-type: none"> • Walking onsite (Sensory Garden) • Seated exercise • Yoga • Zumba. • Ball coordination skills. 		No cost
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	
	SENSORY ACTIVITIES We will open our minds to all things sensory. This will include the use of water play, Slime, Sand, Playdough, and many more fun activities. This Program will encourage and promote the use of discovery for all customers to engage their seven senses.		\$2.50
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	
	ARTIST IN THE MAKING Art has a purpose and a future of creativity. Some art pieces our customers would create are: <ul style="list-style-type: none"> • Card making • Jewellery Making • Painted Rocks • Christmas decorations • Canvas Painting 		\$3.50
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	

OR – choose one All Day activity below

All Day – Choose One			 chosen activity
	COCA (Center of Creative Arts) – PUBLIC ARTWORK As a group, the team will create tiny art projects. This will include characters, mini sculptures, and trending objects focusing on the commercial demands.		\$4.50
	 Goal #1	 Goal #2	
	Travel Training and City Cat Members will learn how to use a Go Card and read the timetable for different types of public transport. You will enjoy the pleasure of a train ride or bus to the city followed by a city cat ride around Brisbane and a bit of sightseeing. **Please provide a GO CARD** **BYO lunch required** ** Shared kilometer charge**		Please provide Go Card
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	

Tuesday activities

Morning – Choose One			 chosen activity	
	BIG BALL – LET’S GO BOWLING Lace up your bowling shoes and hit the lanes for a game of ten-pin bowling at Strike Zone Mount Gravatt. ** Shared kilometer charge**		\$7.50	
	Goals to achieve: <table border="1" style="width: 100%; text-align: center;"> <tr> <td>  Goal #1 </td> <td>  Goal #2 </td> <td>  Goal #3 </td> </tr> </table>			 Goal #1
 Goal #1	 Goal #2	 Goal #3		
	MUSIC AND MELODIES An opportunity to listen to relaxing music, meditate, and use percussion instruments. Align and form a blissful experience of sound and movement.		\$2.50	
	Goals to achieve: <table border="1" style="width: 100%; text-align: center;"> <tr> <td>  Goal #1 </td> <td>  Goal #2 </td> <td>  Goal #3 </td> </tr> </table>			 Goal #1
 Goal #1	 Goal #2	 Goal #3		
	LITERACY BASED LEARNING Basic Literacy Skills. The includes story reading, singing, educational puzzles, literacy books (writing practice), picture books, and educational games.		\$2.50	
	Goals to achieve: <table border="1" style="width: 100%; text-align: center;"> <tr> <td>  Goal #1 </td> <td>  Goal #2 </td> <td>  Goal #3 </td> </tr> </table>			 Goal #1
 Goal #1	 Goal #2	 Goal #3		











AND

Afternoon – Choose One			 chosen activity
	<p>ASDAN PHOTOGRAPHY</p> <p>Gain a deep understanding on how to use a camera by capturing a wide range of different subjects which include people, places, things and photograms. Then, we will create scrap books to showcase the amazing photos that have been taken.</p> <p>Goals to achieve:</p>	\$25 for Registration (once off payment for new ASDAN customers) + \$10 for the Certificate	
	 Goal #1	 Goal #2	 Goal #3
	<p>WATER ACTIVITIES</p> <p>Build Sensory Skills with Water Activities.</p> <ul style="list-style-type: none"> Mini Fish and Seashells water bath Wet paintbrush activities Ball and squeeze pom pom water bath Bubble and water play Water beads Splash in the water bath, foot spa Wash off foam activities Many more fun wet activities <p>Goals to achieve:</p>	No Cost	
	 Goal #1	 Goal #2	 Goal #3
	<p>WORLD AROUND US DOCUMENTARIES</p> <p>An opportunity to explore and learn about the world that exists around us and observe life through documentaries.</p> <ul style="list-style-type: none"> Cultures Sporting Foods Music <p>Goals to achieve:</p>	No Cost	
	 Goal #1	 Goal #2	 Goal #3














OR – choose one All Day activity below

All Day – Choose One			chosen activity
	<p>BRIGALOW AND PARK LUNCH</p> <p>Enjoy Brigalow Country Escape every 1st and 3rd Tuesday of each month. Entertainment starts at 10.00 am and concludes at 1.00 pm. Every other Tuesday will be a BBQ lunch at the park.</p> <p style="text-align: center;">** Shared kilometer charge**</p> <p>Goals to achieve:</p>	\$8.00	
	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>		
	<p>EXPLORE OUR BRISBANE CITY</p> <p>Time to explore Brisbane City. Activities would include:</p> <ul style="list-style-type: none"> Mt Coo-tha Visit RSPCA Botanical Gardens Koala Parklands Underwood Park Lone Pine Koala Sanctuary (Once off). <p style="text-align: center;">**Bring or buy lunch**</p> <p style="text-align: center;">** Shared kilometer charge**</p> <p>Goals to achieve:</p>	\$TBA	
	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>		
	<p>COCA – Fabric design.</p> <p>Macrame/bead making.</p> <p>As a group, we will work on designing unique macrame and bead-making patterns.</p> <p>Goals to achieve:</p>	\$3.50	
	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>		

Wednesday activities








Morning – Choose One			 chosen activity
	MINI GOLF Mini golf is a low-impact exercise that improves hand-eye coordination, balance, and other gross motor skills. ** Shared kilometer charge**		\$10.00
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	
	SENSORY ACTIVITIES We will open our minds to all things sensory. This will include the use of water play, Slime, Sand, Playdough, and many more fun activities. This Program will encourage and promote the use of discovery for all customers to engage their seven senses.		\$2.50
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	
	ANIMAL LESSONS AND EXPERIEMENTS AL & E offers unique, activities to teach customers about animal behaviour, animal anatomy and adaptations. <ul style="list-style-type: none"> • Animal Habitats • Body structures and Adaptions • What animals need • Animal Camouflage • Growing chickens • Build a bird Feeder. 		\$2.50
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	

AND

Afternoon – Choose One			 chosen activity
	SINGING, DANCING AND KARAOKE GET JAMMING. Our Staff sure know how to entertain. Enjoy a good session of singing and Dancing. We call this our Wacky Wednesday Jive.		No Cost
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	
	LUNCH CLUB Come and join us to explore a variety of restaurants offering various cuisines for lunchtime where the fun begins meeting new friends. <p style="text-align: center;">** Shared kilometer charge**</p>		\$15-\$20 depending on the location
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	
	ARTIST IN THE MAKING Art has a purpose and a future of creativity. Some art pieces our customers would create are: <ul style="list-style-type: none"> • Card making • Jewellery Making • Painted Rocks • Christmas decorations • Canvas Painting 		\$3.50
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	
















OR – choose one All Day activity below














All Day – Choose One			 chosen activity
	<p>Urban Discovering/Bushwalking</p> <p>Explore a variety of parks and bushland in the area.</p> <p>Some examples are Koala Park Bushlands, Warril Parklands and Toohey Forest Park.</p> <p>Discover a variety of native wildlife and plant species.</p> <p style="text-align: center;">**BYO lunch required** ** Shared kilometer charge**</p> <p>Goals to achieve:</p>		No cost
	 Goal #1	 Goal #2	
	<p>COCA – Ceramics</p> <p>Our COCA Ceramics Program provides customers with the opportunity to explore the artistic medium of Ceramics. This involves the use of a variety of mediums and techniques.</p> <p>This is designed to recognize the growth and development of our customers over time as they perfect their chosen mediums and advance to a new level exploring more technically challenging skills. The 3 levels are:</p> <ul style="list-style-type: none"> • Beginner • Intermediate • Advanced <p>Goals to achieve:</p>		\$5.00
	 Goal #1	 Goal #2	















Thursday activities

Morning – Choose One			 chosen activity
	HUB GARDENING CLUB Maintaining and planning Planting and maintaining our fruits and veggies in the built-up garden beds. Pots are purchased, and customers design and paint their pot with their choice of plant to grow. A program designed out how to look after our gardens. A variety of learnings on how to grow your gardens. Customers take home their potted plants.		\$2.50
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	
	MT GRAVATT LAWN BOWLS / TEN PIN BOWLING Each week we alternative games from lawn bowls to ten-pin bowls. A chance to experience and learn different techniques in both games. <p style="text-align: center;">** Shared kilometer charge**</p>		\$8.00
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	
	LITERACY BASED LEARNING Basic Literacy Skills. The includes story reading, singing, educational puzzles, literacy books (writing practice), picture books, and educational games.		\$3.50
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	













AND

Afternoon – Choose One			 chosen activity
	FUN FITNESS IN THE HUB Each week we will focus on different exercises in the hub. <ul style="list-style-type: none"> • Walking onsite (Sensory Garden) • Seated exercise • Yoga • Zumba. • Ball coordination skills. 		No Cost
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	
	MUSIC AND MELODIES An opportunity to listen to relaxing music, meditate, and use percussion instruments. Align and form a blissful experience of sound and movement.		\$2.50
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	
	READY STEADY BAKE Challenge your baking skills and learn how to create different type of baked goods.		\$5
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	










OR – choose one All Day activity below

All Day – Choose One			chosen activity
	<p>Sailability and Lunch at the Park</p> <p>Enjoy your day by the ocean and let the activity of sailing refine your day with a calm breeze and eye-soothing sea waves. Then enjoy lunch by the seaside.</p> <p style="text-align: center;">**BYO lunch required**</p> <p style="text-align: center;">**Shared kilometer charge**</p> <p style="text-align: center;">**Sailing takes place during the state school terms only**</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around; text-align: center;"> <div style="border: 1px solid #ccc; padding: 5px; width: 30%;">  Goal #1 </div> <div style="border: 1px solid #ccc; padding: 5px; width: 30%;">  Goal #2 </div> <div style="border: 1px solid #ccc; padding: 5px; width: 30%;">  Goal #3 </div> </div>	\$7.00	
	<p>PARKS FITNESS CLUB</p> <p>Chill out by taking a walk or joining in on some group park fitness fun, playing ball games, or join a group workout.</p> <p style="text-align: center;">**BYO lunch required**</p> <p style="text-align: center;">** Shared kilometer charge for driving**</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around; text-align: center;"> <div style="border: 1px solid #ccc; padding: 5px; width: 30%;">  Goal #1 </div> <div style="border: 1px solid #ccc; padding: 5px; width: 30%;">  Goal #2 </div> <div style="border: 1px solid #ccc; padding: 5px; width: 30%;">  Goal #3 </div> </div>	\$5	
	<p>COCA – Painting/Mixed Media</p> <p>Our COCA Painting Program provides customers with the opportunity to explore the artistic medium of Painting. This is designed to recognize the growth and development of our customers over time as they perfect their chosen mediums and advance to a new level exploring.</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around; text-align: center;"> <div style="border: 1px solid #ccc; padding: 5px; width: 30%;">  Goal #1 </div> <div style="border: 1px solid #ccc; padding: 5px; width: 30%;">  Goal #2 </div> <div style="border: 1px solid #ccc; padding: 5px; width: 30%;">  Goal #3 </div> </div>	\$5	

Friday activities














Morning – Choose One			✓ chosen activity
	<p>ARTIST IN THE MAKING</p> <p>Art has a purpose and a future of creativity. Some art pieces our customers would create are:</p> <ul style="list-style-type: none"> • Card making • Jewellery Making • Painted Rocks • Christmas decorations • Canvas Painting <p>Goals to achieve: Goals to achieve:</p>	\$2.50	
	 Goal #1	 Goal #2	 Goal #3
	<p>COMMUNITY DISCOVERY</p> <p>Discover parks, cafes, and shopping centers in the area. An opportunity to learn more about our lifestyles or experience something new, engaging in social activity.</p> <p style="text-align: center;">** Shared kilometer charge **</p>	Cafe expense if visited.	
	 Goal #1	 Goal #2	 Goal #3
	<p>MUSIC AND MELODIES</p> <p>An opportunity to listen to relaxing music, meditate, and use percussion instruments. Align and form a blissful experience of sound and movement.</p> <p>Goals to achieve:</p>	\$2.50	
	 Goal #1	 Goal #2	 Goal #3

AND

Afternoon – Choose One			 chosen activity
	<p>MOVIE APPRECIATION</p> <p>Each week, we will choose a new movie as a group and discuss the movie afterwards.</p> <p>Goals to achieve:</p>		No Cost
 Goal #1	 Goal #2	 Goal #3	
	<p>SENSORY ACTIVITIES</p> <p>We will open our minds to all things sensory. This will include the use of water play, Slime, Sand, Playdough, and many more fun activities.</p> <p>This Program will encourage and promote the use of discovery for all customers to engage their seven senses.</p> <p>Goals to achieve:</p>		\$2.50
 Goal #1	 Goal #2	 Goal #3	



OR – choose one All Day activity below

All Day – Choose One			 chosen activity
	<p>FEASTY FRIDAY</p> <p>Come to make your Friday a fun day in our beautiful Kitchen and outdoor BBQ area. Relax to music while preparing food for your Friday Lunch. Have a fun time with your peers.</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>	\$5.00	
	<p>Travel Training and City Cat</p> <p>Members will learn how to read a timetable. We will learn how to use a Go Card and how to put money into the go card. You will enjoy the pleasure of a train ride or bus to the city followed by a city cat ride around Brisbane and a bit of sightseeing.</p> <p style="text-align: center;">**Bring or buy lunch**</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>	Go Card is required.	
	<p>COCA – Creative Dance and Performance</p> <p>Customers will be working towards Flash mob performance in the public. We will work on contemporary, Bollywood, hip hop, and Jazz Dance styles and work on themes.</p> <p>Customers will make their own Dance t-shirts to perform in or where to Multicap on Dance Day. Each day we work on flexibility and strength training with your professional Dance teacher.</p> <p>Creative Dance builds on the skills of team building, self-expression, fine motor skills, human motor development, and improvement in health and well-being.</p> <p>These items will be for sale at the end of the year.</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>	\$TBA Next year. Equipment purchases	

2024 Eight Mile Plains Hub Program Dates

Office Opens 2 January 2024

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Hub closed on public holidays

Program 1		
	Start Date	End Date
Activity Program	Tuesday 2 nd January	Friday 22 nd March
Hub Closed	New Year Holiday, Monday 1 st January; Australia Day, Friday 26 th January	

Program 2		
	Start Date	End Date
Activity Program	Monday 25 th March	Friday 14 th June
Hub Closed	Good Friday 29 th March Easter Monday 1 st April Anzac Day Holiday Thursday 25 th April Labour Day Monday 6 th May	

Showcase week 1		
	Start Date	End Date
Showcase Program	Monday 17 th June	Friday 21 st June

Program 3		
	Start Date	End Date
Activity Program	Monday 24 th June	Friday 13 th September
Hub Closed	EKKA Show Day Wednesday 14 th August	

Program 4		
	Start Date	End Date
Activity Program	Monday 16 th September	Friday 6 th December
Hub Closed	King's Birthday Monday 7 th October	

Showcase week 2		
	Start Date	End Date
Showcase Program	Monday 9 th December	Friday 13 th December
Hub Closed	Monday 16 th December 2024 – Tuesday 2 nd January 2025	

