



2024 Ipswich Hub
Activity Program 1
Catalogue

2024 Ipswich Hub Activity Program 1. Catalogue

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

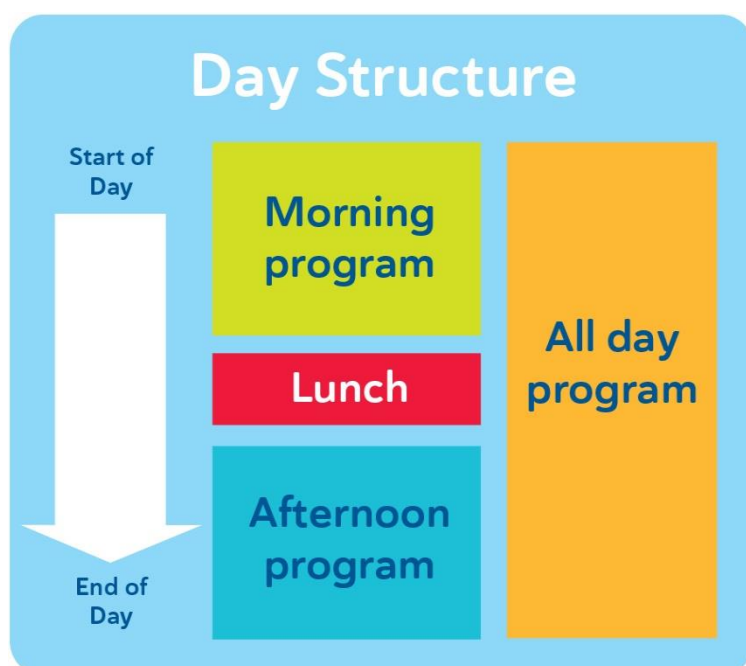
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

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 David Dawson on 0423 035 359 or return it to David.dawson@multicap.org.au by **Friday November 24th 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 0423035359 or David.dawson@multicap.org.au.
- 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 David Dawson on 0423 035 359 or David.dawson@multicap.org.au







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.

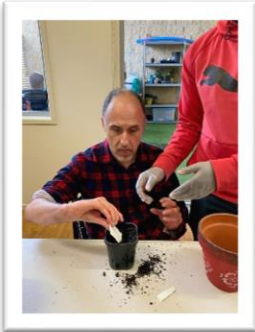


If you are unsure of what goal an icon relates to then please refer to the below list which will allow you to identify the related goal and icon.

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

Sports Stars			 chosen activity
All Day Activity			
	Sports Stars Week 1 – 6 <ul style="list-style-type: none"> ➤ Ten Pin Bowling (\$10.00 per person) ➤ Swimming (\$5.00 per person) ➤ Indoor Ball Sports (\$0.00 per person) ➤ Swimming (\$5.00 per person) ➤ Ten Pin Bowling (\$10.00 per person) ➤ Swimming (\$5.00 per person) Week 6 – 12 <ul style="list-style-type: none"> ➤ Indoor Sports (\$0.00 per person) ➤ Swimming (\$5.00 per person) ➤ Ten Pin Bowling (\$10.00 per person) ➤ Swimming (\$5.00 per person) ➤ Ten Pin Bowling (\$10.00 per person) ➤ Swimming (\$5.00 per person) <p>**Bring or buy lunch**</p>	Cost Varies per person per week	
	Goals to achieve:		
 Incidental Exercise	 Develop Gross & Motor Skills	 Developing Social Skills	









OR – choose one All Day activity below

<p>Crafty Critters</p> <p>All Day Activity</p>		<p>✓</p> <p>chosen activity</p>	
	<p>Crafty Critters</p> <p>A variety of In-Hub Activities</p> <ul style="list-style-type: none"> ❖ Animal Puppet Fingers ❖ Rock Painting ❖ Fire Breathing Dragons ❖ Sip n Paint ❖ Under the Sea Creature Creations ❖ Make your own String Puppet ❖ Hand Print Animals ❖ Stick Puppets ❖ Egg Carton Crafts ❖ Decorate your own photo frame ❖ Leaf Critters ❖ Forest at Night Artwork ❖ And much more... <p>**Bring or buy lunch**</p>		<p>\$2.50 per person per week</p>
	<p>Goals to achieve:</p>		
	 <p>Focus & Concentration</p>	 <p>Creativity</p>	

Tuesday activities



Around the World MasterChef Half Day Activity		 chosen activity
	<p>Around the World MasterChef</p> <p>Cuisine's from around the world</p> <p>Half Day Activity</p> <p>From cheesy Mexican nachos and classic butter chicken to rich Italian ragu, these recipes from around the world are guaranteed to take you on an unforgettable culinary adventure. Customers will spend time purchasing the ingredients from the shops, studying the recipes and cooking the meals to share.</p> <ul style="list-style-type: none"> ❖ Mexican - Spicy Beef and Bean Nachos ❖ Chinese – Shanghai Dumplings ❖ French – Coq au Vin ❖ Thai – Chicken Pad Thai ❖ Turkish – Beef & Spinach Gozleme ❖ Australian – Pavlova ❖ Vietnamese – Lemongrass pulled pork banh mi ❖ American – Cheeseburger Fries ❖ Indonesian – Nasi Goreng ❖ South African – Bobotie (South African Curried mince Pie) ❖ Indian – Butter Chicken ❖ Italian – Italian Sausage Ragu with Rag Pasta <p>❖ **Bring or buy lunch**</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Focus & Concentration </div> <div style="text-align: center;">  Creativity </div> <div style="text-align: center;">  Develop Motor Skills & Gross Motor Skills </div> </div>	\$2.50 per person per week

AND






The Ultimate Pampering Half Day Activity		✓ chosen activity	
	The Ultimate Pampering Session A variety of In-Hub Activities Half Day Activity <ul style="list-style-type: none">❖ Make your facemasks❖ Virtual Tours❖ Relaxation and Massage❖ Sensory Room Relaxation❖ Learn how to meditate❖ Make your own Arm and Hand cream❖ Manicures and Nail Care❖ Eye Masks❖ Hair Styling❖ Chair Exercise❖ Make a Lip Scrub❖ Make your own Bath Bomb❖ And much more... **Bring or buy lunch**	\$2.50 per person per week	
	Goals to achieve: <table border="1"><tr><td> Focus & Concentration</td><td> Creativity</td><td> Develop Motor Skills & Gross Motor Skills</td></tr></table>		 Focus & Concentration
 Focus & Concentration	 Creativity	 Develop Motor Skills & Gross Motor Skills	

AND





OR – choose one All Day activity below

<p>All Things Science All Day Activity</p>	<p>✓ chosen activity</p>		
	<p>All things Science A variety of In-Hub Activities</p> <ul style="list-style-type: none">❖ Rainbow on a Plate Experiment❖ All things bubble's❖ Make your own Tornado in a bottle❖ Crystalize your own rock candy❖ Rain Clouds in a Jar❖ Build a Ferris wheel❖ Elephant Toothpaste❖ Learn about Capillary Action's❖ Oil and Water Experiments❖ Blow up a balloon – without blowing it up!❖ Vinegar Experiments❖ Homemade Lava Lamps❖ And much more... <p>**Bring or buy lunch**</p> <p>Goals to achieve:</p>	<p>\$2.50 per person per week</p>	
 <p>Focus & Concentration</p>	 <p>Creativity</p>	 <p>Develop Motor Skills & Gross Motor Skills</p>	




Wednesday activities

Travel by Public Transport		 chosen activity
All Day Activity		
	Travel via Public Transport – Discover Ipswich & Brisbane Travel by Train/ City Hopper/ Bus & Explore Ipswich & Brisbane City Week One – Ipswich Railway Museum (\$13.00 per person for day pass, or \$33.00 per person for Annual pass) Week Two – Camel Farm (\$2.00 per person for Camel feed) Week Three – Roma Parklands (\$5.00 per person for public Transport) Week Four – Queensland Museum (\$5.00 per person for public Transport) Week Five – RSPCA (Free) Week Six – ‘Gabba’ Tour (\$6.00 per person) Week Seven – Springfield (\$5.00 per person for public transport) Week Eight – Brisbane Botanical Gardens (\$5.00 per person for public transport) Week Nine – Indooroopilly Riverwalk (Free) Week Ten – Strawberry Picking (\$10.00 per person) Week Eleven – Queens Park & Animal Sanctuary (Free) Week Twelve – Darling Downs Zoo (\$33.00 per person with Concession Card) **Bring or buy lunch** Goals to achieve:	Cost Varies per person per week
	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Incidental Exercise </div> <div style="text-align: center;">  Money Handling Skills </div> <div style="text-align: center;">  Developing Social Skills </div> </div>	





OR – choose one All Day activity below

<p>All Things Textile</p> <p>All Day Activity</p>			<p>✓</p> <p>chosen activity</p>
	<p>All things Textile</p> <p>A variety of In-Hub Activities</p> <ul style="list-style-type: none"> ❖ Make a belt out of fabric ❖ Fabric Tree ❖ Make felt flowers ❖ Practice over/ under sewing ❖ Canvas fabric collage ❖ Holiday Ornaments ❖ Make a necklace out of Fabric ❖ Scrap Fabric Letters & Names ❖ Fabric Scraps Rainbows ❖ Make your own Hair ties or bows ❖ Decorate a flower pot ❖ Make your own sensory mat ❖ And much more... <p>**Bring or buy lunch**</p> <p>Goals to achieve:</p>		<p>\$2.50 per person per week</p>
<p> Focus & Concentration</p>		<p> Creativity</p>	<p> Develop Motor Skills & Gross Motor Skills</p>





Thursday activities

Café Hopping Half Day Activity			✓ chosen activity
	Community & Social Participation Café Hopping Half Day Activity <ul style="list-style-type: none"> ❖ Exploring the local areas to discover cafes in our community ❖ To enjoy Morning Tea with friends 		Between \$0.00 - \$20.00 per person per week
	 Communication, Participation & Interaction	 Developing Social Skills	









AND

All Things Sensory Half Day Activity			✓ chosen activity
	All things Sensory A variety of In-Hub Activities Half Day Activity <ul style="list-style-type: none"> ❖ Creativity with Play Doh ❖ Papier-Mache ❖ Water fun play ❖ Sensory Activities ❖ Make your own decorative clothing piece ❖ Beading & Jewelry making ❖ Walking Group ❖ Indoor Sports ❖ Gardening ❖ And much more... <p>**Bring or buy lunch**</p>		\$2.50 per person per week
	Goals to achieve:		
 Focus & Concentration	 Creativity	 Develop Motor Skills & Gross Motor Skills	

OR – choose one All Day activity below

<p>Walking Group</p> <p>All Day Activity</p>				<p>✓</p> <p>chosen activity</p>	
	<p>Walking Group</p> <p>Social & Community Participation</p> <p>Half Day Activity</p> <p>Walking groups help promote physical activity among adults and have added benefits including increased motivation and opportunity for socialisation.</p> <p>Benefits of walking</p> <ul style="list-style-type: none"> ❖ Maintain a healthy weight ❖ Strengthen your bones and muscles ❖ Increase energy levels <p>**Bring or buy lunch**</p> <p>Goals to achieve:</p>			<p>See costs of activities (no charge or cost amount)</p>	
 <p>Incidental Exercise</p>		 <p>Communication, Participation & Interaction</p>	 <p>Teamwork</p>		

Friday activities

Centre of Creative Arts (COCA)			✓		
Half Day Activity			chosen activity		
	Centre of Creative Arts (COCA) Collage Program Half Day Activity <p>In this program you will choose images from magazines and coloured shapes to paste together to make interesting artwork. In the first few weeks you will learn to 2D pictures, cards and book covers. You will then move on to covering 3D objects like boxes and pots and then cover with varnish for a glossy finish. If you like cutting and pasting, this is the activity for you!</p> <p>**Bring or buy lunch**</p> <p>Goals to achieve:</p>	\$2.00 per person per week			
	 Communication, Participation & Interaction			 Focus & Concentration	 Developing Social Skills
Movie Appreciation & Relaxation Afternoon			✓		
Half Day Activity			chosen activity		
	In Hub Relaxation Movie Appreciation & Relaxation Afternoon Half Day Activity <p>❖ Customer will choose as a group each week a movie from our Netflix Library and have a discussion around the movie.</p> <p>Goals to achieve:</p>	See costs of activities (no charge or cost amount)			
	 Developing Social Skills			 Communication, Participation & Interaction	 Teamwork

OR – choose one All Day activity below

Let's Explore

All Day Activity

✓
chosen
activity

Community & Social Participation

Let's Explore



- ❖ Week One - Walking Group (No Cost)
- ❖ Week Two - Kholo Gardens (No Cost)
- ❖ Week Three – Ipswich Nature Park (No Cost)
- ❖ Week Four – Balloon Tennis (No Cost)
- ❖ Week Five – Chair exercise (No Cost)
- ❖ Week Six – Board Game Day (No Cost)
- ❖ Week Seven – Jewellery Making (\$2.50)
- ❖ Week Eight – Pamper Afternoon (\$2.50)
- ❖ Week Nine – Music & Meditation (No Cost)
- ❖ Week Ten – Karaoke (No Cost)
- ❖ Week Eleven – Recycled Artwork (\$2.50)
- ❖ Week Twelve – Messy Friday (No Cost)

****Bring or buy lunch****

See
costs of
activities
(no
charge
or cost
amount)

Goals to achieve:



Develop Motor Skills
& Gross Motor Skills



Incidental Exercise



Creativity

2024 Ipswich HUB Program Dates

Office Opens 2 January 2024 | Hub closed on public holidays

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

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

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

Program 3		
	Start Date	End Date
Activity Program	Monday 24 June	Friday 13 September
Hub Closed	Agricultural Show Day, Friday 14 th June	

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

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

