2024 Marsden Hub Activity Program 1 Catalogue



## 2024 Marsden Hub Activity Program 1 Catalogue

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

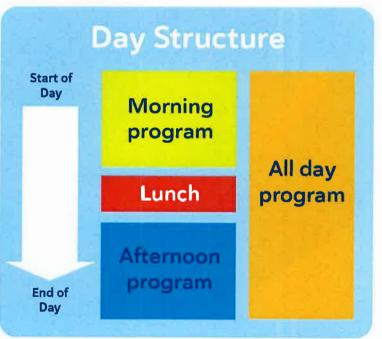
 For each day you attend the Hub, choose one activity for the morning and one activity for the afternoon, or a full day activity where available.

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 <u>Adrine.mugisha@multicap.org.au</u> or call on

Adrine.mugisha@multicap.org.au or call on 0437 142 714 or return it to Marsden Hub by Monday 13<sup>th</sup> November 2023.

- Program allocation is based on first-come, firstserved; so, make sure you get your selections in fast! If you need help to complete the form, please call us on 0437 142 714.
- 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 Adrine Mugisha on 0437 142 714.





## 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.

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
lcon	•**	0		*	(Internet internet in		0	<b>3</b>	0	<b>R</b>			S a X





S
Ð
•
<b>_</b>
4
<b>O</b>
~
-

Morning – Choose One	Dne				chosen activity
	Flexible activities This activity will enable our customers t any activity they feel like doing in the m Puzzles, Play dough, sensory play, etc	<b>Flexible activities</b> This activity will enable our customers to choose a game or any activity they feel like doing in the morning. Examples: Puzzles, Play dough, sensory play, etc	choose a game or ning. Examples:	°Z	
	Goals to achieve:			cost	
	Goal #1	Goal #2	Goal #3		
	Indoor exercises				
	This activity will enable our custome life and be able to reach their goals. Goals to achieve:	This activity will enable our customers to be fit in their daily life and be able to reach their goals. Goals to achieve:	be fit in their daily	o Z	
	Goal #1	Goal #2	Goal #3	cost	





Afternoon – Choos	Choose One				>
					chosen activity
	Meditation				
y)	Join our Team for meditation session with calmly sound in the background while meditating. Relax, breath in and out	ditation session with c ditating. Relax, breath	almly sound in the in and out		
	Goals to achieve:			No cost	
	R	B	22		
	Goal #1	Goal #2	Goal #3		
	Card games				
A STATE	Challenge your friends to our different cards games and compete with them and see who's going to win with a prize!	s to our different cards id see who's going to	s games and win with a prize!	-	
	Goals to achieve:			Cost Cost	
	R	R	R		
	Goal #1	Goal #2	Goal #3		



÷ ..



below
activity
l Day
one Al
hoose
OR – c

				chosen activity
Swimming in Spend your mor or spend your d This activity will during this hot w	Swimming in a public pool or Water Play Park. Spend your morning at one of the public swimming pool or spend your day at the one of water parks. This activity will enable our customers to cool down during this hot weather and feel relaxed.	ater Play Park. lic swimming pool parks. to cool down		
Note: Doing the pool or go to Wa Once we choose cost.	Note: Doing these activities, either going to Swimming pool or go to Water park will depend on weather. Once we choose Water play on the day, they will be no cost.	ng to Swimming n weather. iy, they will be no	\$6.20 with Companion card.	
**Bring your own lunch**	n lunch**			
Goals to achieve:	R	R		
Goal #1	Goal #2	Goal #3		





S
Ğ
-
-
.2
يب
2
σ
>
σ
0
S
Ð
5
-

chosen activity		No cost				Q	ISI		
		J	Good #3	00al #3	/ together some		00		Goal #3
		ies play dough oles		60al #2	Indoor games This activity will enable our customers to play together some	games like kicking balls and any other indoor games available in our big backyard.			Goal #2
loose One	All things sensory	<ul> <li>Papier Mache</li> <li>Sensory activities</li> <li>Water fun play</li> <li>Ureativity with play dough</li> <li>Indoor sports</li> <li>Play with Bubbles</li> <li>Goals to achieve:</li> </ul>		1 # 1009	Indoor games This activity will enable	games like kicking bal our big backyard.	Goals to achieve:	Real Provide American Science Provide American	Goal #1
Morning – Choos						P.	9		





AND

Afternoon – Choo	Choose One				chosen activity
	Music on Listening to variety This program will e	<b>Music on</b> Listening to variety of music chosen by customers. This program will enable our customers to play their favourite	lstomers. b play their favourite		
	music hits on YouI Goals to achieve:	ube one by one.		No Cost	
	R				
	Goal #1	Goal #2	Goal #3		
	Bird watching				
	Bring your own binoculars for bird N.B: This activity will be held at th lunch before returning to the Hub.	Bring your own binoculars for bird watching activity. N.B: This activity will be held at the park after walking and lunch before returning to the Hub.	ıg activity. fter walking and	Z	
	Goals to achieve:			Cost	
	R				
	Goal #1	Goal #2	Goal #3		





					>
					chosen activity
	Walking group This program is stru and get out and abo enjoy the scenery a of nature. Also, our customers swings and socializ **Bring hat, closed <b>Coals to achieve</b> :	Walking group This program is structured for those who like to keep active and get out and about. Take a nice walk at our local parks, enjoy the scenery as well as getting fit and explore the beauty of nature. Also, our customers will enjoy playing in the sand, enjoy the swings and socialize with group members. **Bring hat, closed shoes, bring your own lunch** Goals to achieve:	ke to keep active t our local parks, d explore the beauty ne sand, enjoy the unch**	No cost	
	Goal #1	Goal #2	Goal #3		
	Museum /Galler These different acti different knowledge knowledges about a	Museum /Gallery/Planetorium Visits These different activities will enable our customers to have different knowledges regarding the cultural background and knowledges about animals' lifestyle and history.	<b>ts</b> ustomers to have il background and istory.		
	Notes: This activity will be done are not able to go for a walk and replacement activity on the day. **Bring closed shoes, hat and y	Notes: This activity will be done on the very hot days, when we are not able to go for a walk and then this activity will be like a replacement activity on the day. **Bring closed shoes, hat and your own lunch**	ry hot days, when we activity will be like a nch**	No cost	
Ū	Goals to achieve:				
	Goal #1	Goal #2	Goal #3		

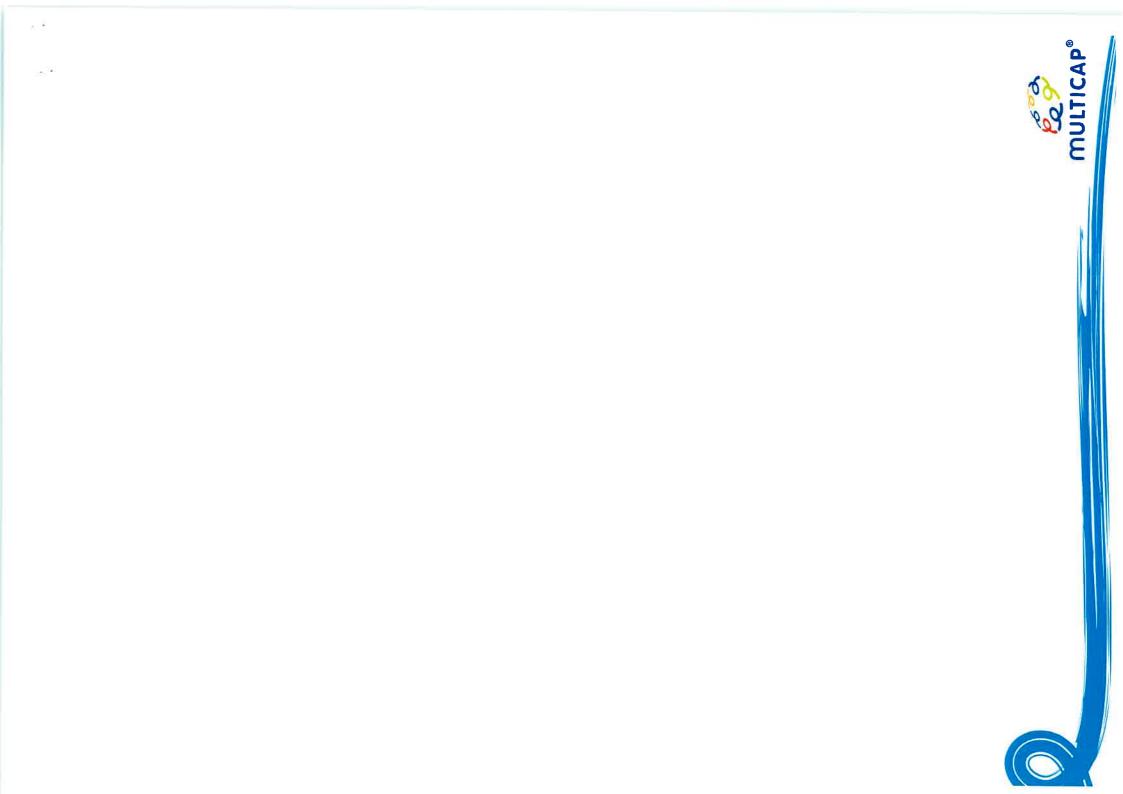
OR – choose one All Day activity below

 $z \rightarrow$ 

z > z







â
E
ii
a
>e
D
ě
P
Ve
5

- -

Morning – Choo	oose One				chosen activity
	Play dough. This program will enal rubbery Goop looks a textured differently. It moulding it in the han fun to play with. Goals to achieve:	<b>Play dough.</b> This program will enable our customers to play, explore how the rubbery Goop looks and feels like basic play dough but it is textured differently. It is smooth, soft and slightly stretchy by moulding it in the hands as the texture is delightful and so much fun to play with. Goals to achieve:	ay, explore how the dough but it is htly stretchy by ghtful and so much	No cost	
	Goal #1	Goal #2	Goal #3		
	Flexible activities				
e rlexible	This activity will enable our customers to preference activity to do in the morning. *Sensory play *Puzzles *Kicking balls outside *Painting and colouring	This activity will enable our customers to choose their own and preference activity to do in the morning. *Sensory play *Puzzles *Kicking balls outside *Painting and colouring	ose their own and	No cost	
	Goals to achieve:				
		R	R		
	Goal #1	Goal #2	Goal #3		





AND

Afternoon – Choos	Choose One				>
					chosen activity
	<b>Movie on Netflix</b>	X			
NETELIX	Our customers will like to watch every the movie. Goals to achieve:	Our customers will discuss each week the movie they would like to watch every afternoon and have a discussion around the movie. Goals to achieve:	e movie they would discussion around	No cost	
	Goal #1	Goal #2	Goal #3		
	Musicon				
	Listening to variety of music choser This program will enable our custon music hits on YouTube one by one.	Listening to variety of music chosen by customers. This program will enable our customers to play their favourite music hits on YouTube one by one.	istomers. ) play their favourite		
φ φ	Note: This activity v customers will be v	Note: This activity will be held to a different room if other customers will be watching the movie.	nt room if other	Cost	
	Goals to achieve:				
		R			
	Goal #1	Goal #2	Goal #3		





OR – choose one All Day activity below.

10.14

 $\mathbb{K}[j]$ 

				chosen activity
RSL Greenbank This activity will enal enjoy their lunches v Greenbank. Note: This activity wi with cooking activity.	<b>RSL Greenbank</b> This activity will enable our customers to listen, dance and enjoy their lunches while watching live performance at Greenbank. Note: This activity will be done once a fortnight alternatively with cooking activity.	o listen, dance and performance at ortnight alternatively		
**Bring or buy your own lunch** Goals to achieve:	our own lunch**		No cost	
Goal #1	Goal #2	Goal #3		
Cooking program	m			
Be more independent in the kitcl cooking different recipes each fc Week 2: BBQ Week 4: Mini Sliders Week 6: Beef Tacos with salads Week 10: Pizza Week 10: Pizza	Be more independent in the kitchen. Learn the skills of cooking different recipes each fortnight. Week 2: BBQ Week 4: Mini Sliders Week 6: Beef Tacos with salads Week 8: Hot dog (American) Week 10: Pizza Week 10: Pizza Goal #1 Goal #1 Goal #1	rn the skills of	Divide Cost of the groceries	





ties
5
Ŧ
ac
>
Ø
So
L.
Ē
-

805

: #1<sup>24</sup>

Morning – Choose	ose One				chosen activity
	Arts and crafts Session	ion			
	This program will enable to allow our customers to self- expressing and managing feelings. As with all creative pursuits, arts and crafts activities are fantastic creative outlet. This activity also improves self-confidence, self-esteem, fine motor skills, patience and concentration.	le to allow our custome ing feelings. As with all s are fantastic creative fidence, self-esteem, fi ation.	ers to self- I creative pursuits, outlet. This activity ne motor skills,	No cost	
	Goals to achieve:				
	Goal #1	Goal #2	Goal #3		
	Jamming session Bring your own instrum you can play it and tea	Jamming session Bring your own instrument at The Hub and show everyone how you can play it and teach other customers and staff your ability to	now everyone how Id staff your ability to		
	play une monument. Goals to achieve:			No cost	
	Goal #1	Goal #2	Goal #3		





AND Afternoon – Choose One

2.14

 $\sim -2$ 

					>
					chosen activity
	Meditation				
-	Join our Team for background while	Join our Team for meditation session with calmly sound in the background while meditating. Relax, breath in and out.	ר calmly sound in the th in and out.		
	Goals to achieve:			°2	
	Res.	R	R	COSI	
	Goal #1	Goal #2	Goal #3		
	Indoor games				
	This activity will en games like kicking in our big backyard	This activity will enable our customers to play together some games like kicking balls and any other indoor games available in our big backyard.	olay together some oor games available		
	Goals to achieve:			No Cost	
			R		
	Goal #1	Goal #2	Goal #3		





OR – choose one All Day activity below

× 3

. .

chosen activity	No Cost
	doors,
	Swimming at EMP PoolSpend the morning at Eight Mile plains hydro pool. WhetherSpend the morning at Eight Mile plains hydro pool. Whetheryou want to swim, splash, float and play, then this is theprogram for you.Lunch to follow at the local park where you can relax outdoors,play ball sports or go for a walk.**Bring hat, closed shoes, bring your own lunch**Goals to achieve:Coals to achieve:@al #1Goal #1Goal #1Goal #1
а	Swimming at EMP Pool Spend the morning at Eight Mile you want to swim, splash, float a program for you. Lunch to follow at the local park play ball sports or go for a walk. *Bring hat, closed shoes, bring <b>coals to achieve:</b> Goals to achieve: Goal #1
All Day – Choose one	





S
<b>U</b>
<b></b>
Ū.
_
σ
G
and the second second
0

Morning – Choo	hoose One				chosen
	Numeracy and Literacy	eracv			activity
	Learn while having fun in our n program. Explore letters and n participating in fun activities an numbers for real life situations.	Learn while having fun in our numeracy and Literacy based program. Explore letters and numbers by playing games, participating in fun activities and incorporating letters and numbers for real life situations.	Literacy based tying games, ig letters and	Ŷ	
	Goals to achieve:			cost	
	Goal #1	Goal #2	Goal #3		
	Workout and wellness	ness			
	Mediate, stretch and exe offers low intensity light v walking and much more!	Mediate, stretch and exercise with your friends. This program offers low intensity light workouts from aerobics to light weights, walking and much more!	ls. This program cs to light weights,		
<u></u>	Goals to achieve:			No cost	
	Goal #1	Goal #2	Goal #3		





AND

8 18 G

. .

o create new skills and Goal #3 Goal #3 Goal #3 Goal #3 Goal #3 Cost
Soal #1       Goal #2         Goal #1       Goal #2         Goal #1       Goal #2         This activity will enable our customers to create nebuild confidence in themselves.         Duild confidence in themselves.         Goals to achieve:         Goal #1         Goal #1         Goal #1         Goal #1         Goal #2         Goal #1         Goal #2         Goal #1         Goal #2         Goal #2         Goal #2         Goal #2
Coloring and painting         This activity will enable our customers to create new skills and build confidence in themselves.         Coals to achieve:         Goals to achieve:         Goals to achieve:         Goal #1         Goal #2         Goal #1         Goal #2         Goal #2         Goal #1         Goal #2         Goal #2         Goal #2         Goal #1         Goal #2         Goal #2         Goal #2         Goal #2         Goal #2         Goal #3         Goal #2         Goal #2         Goal #3         Goal #3
Goal #2 Goal #2 Goal #3 Goal #2 Goal #3 Goal #
Nail Art Paint This activity will enable our customers to learn how to make their nails beautiful by experimenting different colours and arts on their nails.





OR – choose one All Day activity below

1.14

0.00

oup       ninis structured for those who like to         im is structured for those who like to       a and get out and about. Take a nice walk         parks, enjoy the scenery as well as       init dexplore the beauty of nature.         istomers will enjoy playing in the sand, wings and socialize with group members.       No         vings and socialize with group members.       nonuch**         vings and socialize with group members.       nonuch**         others of aboes, bring your own lunch**       No         cost       addited         cost       addited         cost       addited         cost       addited         fig will be done occasionally, whoever will pick       S6         fig will be done occasionally, whoever will pick       S6         fig will be done occasionally, whoever will pick       S6         fig will be done occasionally, whoever will pick       S6         fig will be done occasionally, whoever will pick       S6         figs we will be heading to the farm.       much, and their         m lunch, closed shoes and hat **       m lunch, closed shoes and hat **	All Day – Choose One	: One				>
oup       Im is structured for those who like to         im is structured for those who like to       is and get out and about. Take a nice walk         parks, enjoy the scenery as well as       ind explore the beauty of nature.         istomers will enjoy playing in the sand,       wings and socialize with group members.         vings and socialize with group members.       No         vings and socialize with group members.       No         . closed shoes, bring your own lunch**       S6         . closed shoes and hat **       No						chosen activity
: Goal #2 Goal #2 Goal #3 Goal #3		Walking group This program i keep active an at our local pa getting fit and Also, our custo enjoy the swin **Bring hat, clc	s structured for tho d get out and about rks, enjoy the scene explore the beauty mers will enjoy play gs and socialize with sed shoes, bring yo	se who like to Take a nice walk ry as well as of nature.	No cost	
Goal #2       Goal #3         Goal #2       Goal #3         Goal #2       Goal #3         Goal #3       Goal #3         I control out customers to have farm experience       I be allocated in Logan Village farm.         I be allocated in Logan Village farm.       If y will be done occasionally, whoever will pick receive a text message reminder on their ays we will be heading to the farm.         In lunch, closed shoes and hat **		Goals to achieve:				
<b>bicking</b> I enable our customers to have farm experience I be allocated in Logan Village farm. <i>i</i> ty will be done occasionally, whoever will pick receive a text message reminder on their ays we will be heading to the farm. In lunch, closed shoes and hat **		Goal #1	Goal #2	Goal #3		
		Strawberry pick This activity will en- as group. This activity will be Note: This activity v this activity will rece phone on the days **Bring your own lu	ing able our customers to h allocated in Logan Villa vill be done occasionally eive a text message rem we will be heading to th mch, closed shoes and I	ave farm experience ge farm. y, whoever will pick linder on their e farm. nat **	e S	

multicap<sup>®</sup>

C





	Showcase week 2	
	Start Date	End Date
		r · · · · · 00 December
Showcase Program	Monday 16 December	Friday zu Deceninei
		V
Huh Closed	Monday 23 December 2024- Monday 6 January 2024	ay 6 January 2024

		End Date	Friday 12 Docember	Friday 13 December	3	22	
	Program 4	Start Date		Monday 16 September		King's Birthday, Monday z October	
Hub Closed				Activity Program		Hub Closed	

Start DateEnd DateActivity ProgramMonday 16 SeptemberFriday 13 DecemberHub ClosedKing's Birthday, Monday 2 October		Program 4		
gram Monday 16 September King's Birthday, Monday 2 October		Start Date	End Date	
gram Monday 16 September King's Birthday, Monday 2 October			Fulder 42 December	
	Activity Program	Monday 16 September	Friday 13 December	
	United a solution			
	Hub Closed	King's Birthday, Monday 2 October		

	August		End Date	T.I. 40 December	Friday 13 December
Monday 24 June	EKKA Show Day, Wednesday 16 August	Program 4	Start Date		Monday 16 Sentember
ity Program	Closed				

Friday 13 September End Date anil 10 vebach Start Date

Activit Hub C

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

Anzac Day Holiday 25 April

Labour Day 1 May

Easter Monday 10 April Good Friday 7 April

Monday 25 March

Activity Program

Hub Closed

Start Date

 $\mathbf{c}$ Program Showcase Program

Hub closed on public holidays 2024 Marsden Hub Program Dates Office Opens 2 January 2023

New Year Holiday, Monday 1 January; Australia Day, Friday 26 January

Friday 14 June

End Date

2

Program

Friday 22 March

Tuesday 2 January

Activity Program

Hub Closed

Start Date

End Date

-

Program

L 4