



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.

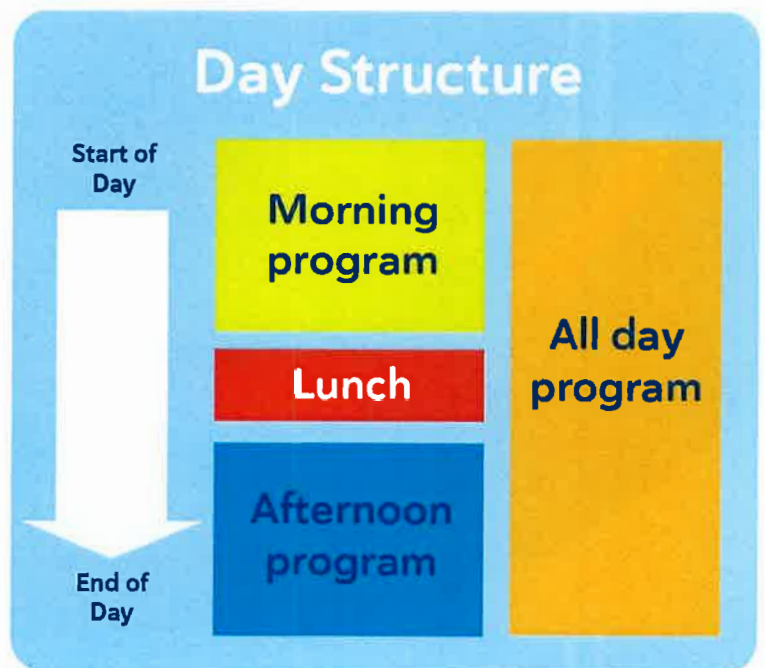
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

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

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			
	<p>Flexible activities</p> <p>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</p> <p>Goals to achieve:</p> <table border="1"> <tr> <td> Goal #1</td> <td> Goal #2</td> <td> Goal #3</td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	No cost
	 Goal #1	 Goal #2	 Goal #3		
<p>Indoor exercises</p> <p>This activity will enable our customers to be fit in their daily life and be able to reach their goals.</p> <p>Goals to achieve:</p> <table border="1"> <tr> <td> Goal #1</td> <td> Goal #2</td> <td> Goal #3</td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3		
 Goal #1	 Goal #2	 Goal #3			
		No cost			











AND

Afternoon – Choose One		✓ chosen activity			
	<p>Meditation</p> <p>Join our Team for meditation session with calmly sound in the background while meditating. Relax, breath in and out...</p> <p>Goals to achieve:</p> <table border="1"> <tr> <td> Goal #1</td> <td> Goal #2</td> <td> Goal #3</td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	No cost
	 Goal #1	 Goal #2	 Goal #3		
<p>Card games</p> <p>Challenge your friends to our different cards games and compete with them and see who's going to win with a prize!</p> <p>Goals to achieve:</p> <table border="1"> <tr> <td> Goal #1</td> <td> Goal #2</td> <td> Goal #3</td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	No Cost	
 Goal #1	 Goal #2	 Goal #3			

OR – choose one All Day activity below






















<p>All Day activity</p>	<p style="text-align: right;">✓ chosen activity</p>			
	<p>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.</p> <p>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.</p> <p>**Bring your own lunch**</p> <p>Goals to achieve:</p> <table border="1" data-bbox="981 422 1122 1204"> <tr> <td data-bbox="981 981 1115 1204">  Goal #1 </td> <td data-bbox="981 699 1115 981">  Goal #2 </td> <td data-bbox="981 422 1115 699">  Goal #3 </td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3
 Goal #1	 Goal #2	 Goal #3		
	<p>\$6.20 with Companion card.</p>			

Tuesday activities

Morning – Choose One		chosen activity		
	<p>All things sensory</p> <ul style="list-style-type: none"> • Papier Mache • Sensory activities • Water fun play • Creativity with play dough • Indoor sports • Play with Bubbles <p>Goals to achieve:</p>	<p>No cost</p>		
	 Goal #1		 Goal #2	 Goal #3
	<p>Indoor games</p> <p>This activity will enable our customers to play together some games like kicking balls and any other indoor games available in our big backyard.</p> <p>Goals to achieve:</p>			
	 Goal #1	 Goal #2	 Goal #3	
		<p>No cost</p>		






















AND

Afternoon – Choose One

	 chosen activity			
	<p>Music on 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.</p> <p>Goals to achieve:</p> <table border="1" data-bbox="667 363 801 1209"> <tr> <td data-bbox="667 959 801 1209">  Goal #1 </td> <td data-bbox="667 659 801 959">  Goal #2 </td> <td data-bbox="667 363 801 659">  Goal #3 </td> </tr> </table> <p style="text-align: center;">No Cost</p>	 Goal #1	 Goal #2	 Goal #3
 Goal #1	 Goal #2	 Goal #3		
	<p>Bird watching 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.</p> <p>Goals to achieve:</p> <table border="1" data-bbox="1070 363 1202 1209"> <tr> <td data-bbox="1070 959 1202 1209">  Goal #1 </td> <td data-bbox="1070 659 1202 959">  Goal #2 </td> <td data-bbox="1070 363 1202 659">  Goal #3 </td> </tr> </table> <p style="text-align: center;">No Cost</p>	 Goal #1	 Goal #2	 Goal #3
 Goal #1	 Goal #2	 Goal #3		























OR – choose one All Day activity below

All Day – Choose One	 chosen activity			
 <p>Walking group</p> <p>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.</p> <p>Also, our customers will enjoy playing in the sand, enjoy the swings and socialize with group members.</p> <p>**Bring hat, closed shoes, bring your own lunch**</p> <p>Goals to achieve:</p> <table border="1" data-bbox="792 371 981 1222"> <tr> <td data-bbox="792 962 981 1222">  Goal #1 </td> <td data-bbox="792 667 981 962">  Goal #2 </td> <td data-bbox="792 371 981 667">  Goal #3 </td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	<p>No cost</p>
 Goal #1	 Goal #2	 Goal #3		
 <p>Museum /Gallery/Planetarium Visits</p> <p>These different activities will enable our customers to have different knowledges regarding the cultural background and knowledges about animals' lifestyle and history.</p> <p>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.</p> <p>**Bring closed shoes, hat and your own lunch**</p> <p>Goals to achieve:</p> <table border="1" data-bbox="1509 371 1722 1222"> <tr> <td data-bbox="1509 962 1722 1222">  Goal #1 </td> <td data-bbox="1509 667 1722 962">  Goal #2 </td> <td data-bbox="1509 371 1722 667">  Goal #3 </td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	<p>No cost</p>
 Goal #1	 Goal #2	 Goal #3		

























Wednesday activities

	<p>Morning – Choose One</p>	<p>✓ chosen activity</p>				
<p>Play dough. 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:</p>	<p>No cost</p> <table border="1"> <tr> <td data-bbox="631 970 772 1264">  Goal #1 </td> <td data-bbox="631 673 772 970">  Goal #2 </td> <td data-bbox="631 376 772 673">  Goal #3 </td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3		
 Goal #1	 Goal #2	 Goal #3				
	<p>Flexible activities 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 Goals to achieve:</p>	<p>No cost</p> <table border="1"> <tr> <td data-bbox="1198 970 1344 1264">  Goal #1 </td> <td data-bbox="1198 673 1344 970">  Goal #2 </td> <td data-bbox="1198 376 1344 673">  Goal #3 </td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	
 Goal #1	 Goal #2	 Goal #3				










AND

Afternoon – Choose One

		✓ chosen activity			
	<p>Movie on Netflix</p> <p>Our customers will discuss each week the movie they would like to watch every afternoon and have a discussion around the movie.</p> <p>Goals to achieve:</p> <table border="1"> <tr> <td> Goal #1</td> <td> Goal #2</td> <td> Goal #3</td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	No cost
	 Goal #1	 Goal #2	 Goal #3		
<p>Music on</p> <p>Listening to variety of music chosen by customers.</p> <p>This program will enable our customers to play their favourite music hits on YouTube one by one.</p> <p>Note: This activity will be held to a different room if other customers will be watching the movie.</p> <p>Goals to achieve:</p> <table border="1"> <tr> <td> Goal #1</td> <td> Goal #2</td> <td> Goal #3</td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	Cost	
 Goal #1	 Goal #2	 Goal #3			
					























OR – choose one All Day activity below.

All Day – Choose One		✓ chosen activity
 <p>RSL Greenbank 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. **Bring or buy your own 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> <p style="text-align: center;">No cost</p>		
<p>Cooking program 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 12: Bean Nachos with side salads</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> <p style="text-align: center;">Divide Cost of the groceries</p>		











Thursday activities










Morning – Choose One		✓ chosen activity			
	<p>Arts and crafts Session</p> <p>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.</p> <p>Goals to achieve:</p> <table border="1"> <tr> <td> Goal #1</td> <td> Goal #2</td> <td> Goal #3</td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	No cost
	 Goal #1	 Goal #2	 Goal #3		
<p>Jamming session</p> <p>Bring your own instrument at The Hub and show everyone how you can play it and teach other customers and staff your ability to play the instrument.</p> <p>Goals to achieve:</p> <table border="1"> <tr> <td> Goal #1</td> <td> Goal #2</td> <td> Goal #3</td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3		
 Goal #1	 Goal #2	 Goal #3			
		No cost			



AND









Afternoon – Choose One		chosen activity	
	<p>Meditation</p> <p>Join our Team for meditation session with calmly sound in the background while meditating. Relax, breath in and out.</p> <p>Goals to achieve:</p>	No Cost	
	<p> Goal #1</p>		<p> Goal #2</p>
	<p> Goal #3</p>		
	<p>Indoor games</p> <p>This activity will enable our customers to play together some games like kicking balls and any other indoor games available in our big backyard.</p> <p>Goals to achieve:</p>	No Cost	
	<p> Goal #1</p>		<p> Goal #2</p>
	<p> Goal #3</p>		

OR – choose one All Day activity below





























All Day – Choose one	✓ chosen activity			
<div data-bbox="600 1241 757 1449" data-label="Image"> </div> <p data-bbox="360 823 398 1187">Swimming at EMP Pool</p> <p data-bbox="405 363 517 1187">Spend the morning at Eight Mile plains hydro pool. Whether you want to swim, splash, float and play, then this is the program for you.</p> <p data-bbox="517 363 591 1187">Lunch to follow at the local park where you can relax outdoors, play ball sports or go for a walk.</p> <p data-bbox="629 536 674 1187">**Bring hat, closed shoes, bring your own lunch**</p> <p data-bbox="768 975 792 1177">Goals to achieve:</p> <table border="1" data-bbox="801 341 981 1187"> <tr> <td data-bbox="801 928 981 1187">  <p>Goal #1</p> </td> <td data-bbox="801 635 981 928">  <p>Goal #2</p> </td> <td data-bbox="801 341 981 635">  <p>Goal #3</p> </td> </tr> </table>	 <p>Goal #1</p>	 <p>Goal #2</p>	 <p>Goal #3</p>	<p data-bbox="618 245 685 304">No cost</p>
 <p>Goal #1</p>	 <p>Goal #2</p>	 <p>Goal #3</p>		



Friday activities











Morning – Choose One		chosen activity
	<p>Numeracy and Literacy</p> <p>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.</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>	No cost
	<p>Workout and wellness</p> <p>Mediate, stretch and exercise with your friends. This program offers low intensity light workouts from aerobics to light weights, walking and much more!</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>	
		No cost

AND

Afternoon – Choose One		✓ chosen activity			
	<p>Sing star. Sing and dance to your heart. Learn how to sing and dance as group and showcase your act at the end of the program to an audience.</p> <p>Goals to achieve:</p> <table border="1"> <tr> <td> Goal #1</td> <td> Goal #2</td> <td> Goal #3</td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	No Cost
	 Goal #1	 Goal #2	 Goal #3		
	<p>Coloring and painting This activity will enable our customers to create new skills and build confidence in themselves.</p> <p>Goals to achieve:</p> <table border="1"> <tr> <td> Goal #1</td> <td> Goal #2</td> <td> Goal #3</td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	No Cost
 Goal #1	 Goal #2	 Goal #3			
<p>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.</p> <p>Goals to achieve:</p> <table border="1"> <tr> <td> Goal #1</td> <td> Goal #2</td> <td> Goal #3</td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	Cost	
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OR – choose one All Day activity below

All Day – Choose One	 chosen activity			
<div data-bbox="828 1292 996 1508" data-label="Image"> </div> <p data-bbox="392 989 448 1228">Walking group</p> <p data-bbox="459 406 795 1228">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.</p> <p data-bbox="851 446 907 1236">**Bring hat, closed shoes, bring your own lunch**</p> <p data-bbox="1142 1029 1176 1236">Goals to achieve:</p> <table border="1" data-bbox="1254 406 1456 1252"> <tr> <td data-bbox="1265 997 1355 1252">  Goal #1 </td> <td data-bbox="1265 702 1355 997">  Goal #2 </td> <td data-bbox="1265 406 1355 702">  Goal #3 </td> </tr> </table> <p data-bbox="907 295 974 359">No cost</p>	 Goal #1	 Goal #2	 Goal #3	
 Goal #1	 Goal #2	 Goal #3		
<div data-bbox="1601 1292 1769 1532" data-label="Image"> </div> <p data-bbox="1456 941 1512 1252">Strawberry picking</p> <p data-bbox="1512 414 1635 1252">This activity will enable our customers to have farm experience as group. This activity will be allocated in Logan Village farm.</p> <p data-bbox="1668 430 1792 1252">Note: This activity will be done occasionally, whoever will pick this activity will receive a text message reminder on their phone on the days we will be heading to the farm.</p> <p data-bbox="1825 622 1870 1252">**Bring your own lunch, closed shoes and hat **</p> <p data-bbox="1904 1045 1937 1252">Goals to achieve:</p> <p data-bbox="1691 327 1736 367">\$6</p>				

2024 Marsden Hub Program Dates

Office Opens 2 January 2023

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 7 April Easter Monday 10 April Anzac Day Holiday 25 April Labour Day 1 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	EKKA Show Day, Wednesday 16 August	

Program 4

	Start Date	End Date
Activity Program	Monday 16 September	Friday 13 December
Hub Closed	King's Birthday, Monday 2 October	

Showcase week 2

	Start Date	End Date
Showcase Program	Monday 16 December	Friday 20 December
Hub Closed	Monday 23 December 2024– Monday 6 January 2024	

