



2024 Robina Hub
Activity Program 1
Catalogue

2024 Robina Hub Activity Program 1 Catalogue

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

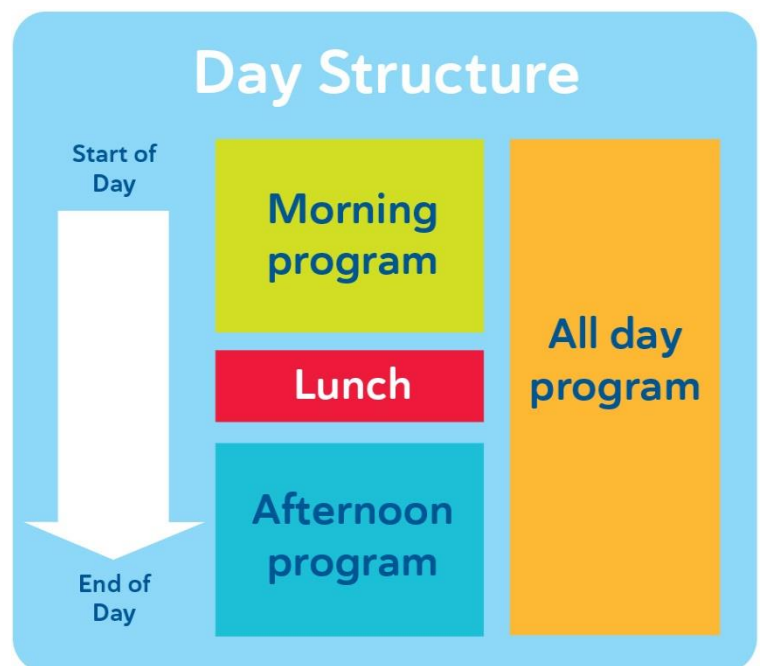
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

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 5655 4075 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 5655 4075.
- 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 07 5655 4075.














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 Robina Bowling Club 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:		
 Goal #1	 Goal #2	 Goal #3	
	Basic Delicious Cooking Where customer work closely with staff to build up their fine and gross motor skills to create meals of their choice. Each week we will focus on learning new skills and building on these skills as the week's progress.	\$5 - \$10	
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	
	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:		
 Goal #1	 Goal #2	 Goal #3	









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:		
	 Goal #1	 Goal #2	 Goal #3
	COCA Painting Program 12 Week program Modal, explore the artist in you.		Cost of Materials
	Goals to achieve:		
	 Goal #1	 Goal #2	 Goal #3










OR – choose one All Day activity below

All Day – Choose One			✓ chosen activity
	<p>Swimming Session</p> <p>Join us at one of our local swimming centres to engage in a morning of swimming of activities, exercise, and fun!</p> <p>Goals to achieve:</p>		<p>\$10 one off fee</p>
	 Goal #1	 Goal #2	
	<p>Travel Training and Hopo Ferry</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 the Ferry, the fresh air and the sightseeing on the Gold Coast. **Bring or buy lunch**</p> <p>Goals to achieve:</p>		<p>\$10</p>
	 Goal #1	 Goal #2	










Tuesday activities

Morning – Choose One			 chosen activity
	Eco-Art 12-week program Goals to achieve:		Cost of Material
	 Goal #1	 Goal #2	
	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:		
 Goal #1	 Goal #2	 Goal #3	














AND

Afternoon – Choose One			 chosen activity
	Green fingers gardening 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. Grow, water, nurture and eat your own vegetables.		No Cost
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	
	Board game lover Enjoy engaging in either board games or outdoor sport games and get your mind and body active. Outdoor games – Basketball, soccer, cricket, lawn bowls		No Cost
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	














OR – choose one All Day activity below

All Day – Choose One				 chosen activity
	Sailability (Southport Yacht Club) The group will join at the Southport yachts club for sailing around the bay, exploring the sea and learn the ropes on how to sail with supports from the professionals. Bring lunch or Buy		\$15	
	Goals to achieve:			
	 Goal #1	 Goal #2	 Goal #3	
	Green Fingers Gardening Grow a herb or veggie garden at The Hub. All the end of the program, create a delicious meal with your homegrown ingredients or take them home.		Cost of Materials	
	Goals to achieve:			
	 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	
	Get Gaming, indoor or outdoor. Enjoy engaging in either board games or outdoor sport games and get your mind and body active. Outdoor games – Basketball, soccer, cricket, lawn bowls		No Cost
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	
	Shopping and Budgeting You will spend the morning at shopping at your chosen destination. Practice your budgeting.		\$10
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	














AND

Afternoon – Choose One			 chosen activity
	Wicked Science Members will enjoy creating that amazing and magical moment where science collides with our curiosity and imagination.		No Cost
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	
	Walking Group – Park Picnic You can choose a different beach or park to have a walk along Enjoy a picnic afterwards.		No Cost
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	
	Sensory Craft Session 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.		No Cost
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	














OR – choose one All Day activity below

All Day – Choose One			 chosen activity
	<p>BBQ In the Park 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)”</p>		\$2.50
	<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>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**</p>		\$5
	<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>		










Thursday activities

Morning – Choose One			 chosen activity
 <p>Recycling Crafts For The Succah</p>	Craft Corner Spend the afternoon developing and creating your own masterpiece using textiles, clay and wood.	\$2.50	
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	
	Healthy Habits You will spend the morning cooking or baking healthy alternatives to a favorite sweet or savory treat!	\$5	
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	
	Out and About 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. **Bring or buy lunch**	\$5	
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	















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:		
 Goal #1	 Goal #2	 Goal #3	
	Jam Session Grab the instrument you like and join the group to start the week with a Bang.		No Cost
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	
	COCA Collage 12-week program		Cost of materials
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	












OR – choose one All Day activity below

All Day – Choose One			 chosen activity
	Shopping center adventure Visit the local shops, grab a bite to eat and look at your favorite stores. Get your shopping done. Goals to achieve:	No cost	
	<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>		
	Travel Training 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. **Bring or buy lunch** Goals to achieve:	\$5	
	<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>		


Friday activities

Morning – 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 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>		
	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.	\$5	
	Goals to achieve: <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>		
	Outdoor Sports 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	No Cost	
	Goals to achieve: <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>		

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:		
	 Goal #1	 Goal #2	
	COCA Ceramics 12-week program		Cost of Material
	Goals to achieve:		
	 Goal #1	 Goal #2	
	ASDAN CRAFT MAKING A 12-week program 		Program Fee
	Goals to achieve:		
	 Goal #1	 Goal #2	

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:		
 Goal #1	 Goal #2	 Goal #3	
	BBQ & Ball Games at Local Parks Show your ball skills, using your hands and feet, shoot hoops at the basketball ring. Kick the soccer ball to each other than 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:		
 Goal #1	 Goal #2	 Goal #3	

2024 Robina 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	Queen'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 2023 – Monday 6 January 2024	