



2024 Ipswich Hub Activity Program 3 Catalogue

2024 Ipswich Hub Activity Program 3 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.

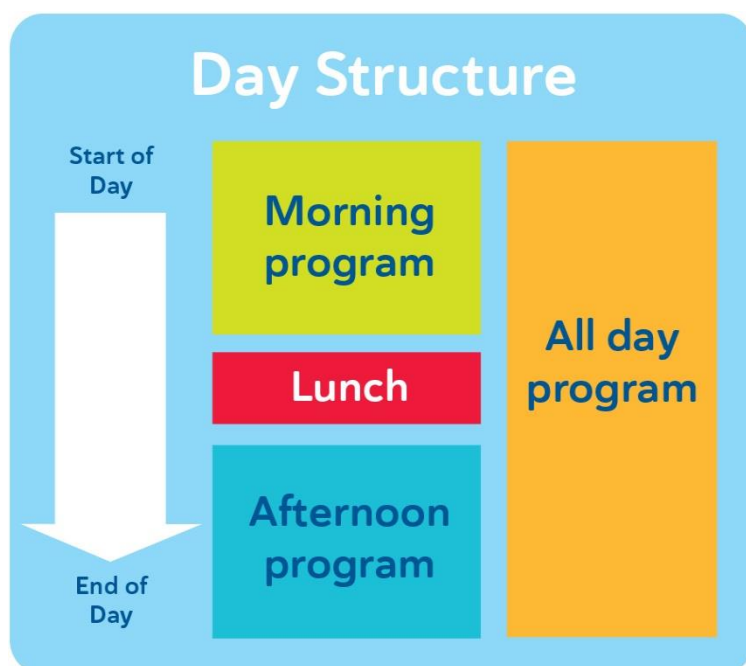
As you are committing to that specific activity for 12-weeks (i.e. sailing every Monday, cooking every Tuesday morning and games every Tuesday afternoon), please make sure the activities you choose are ones that align well with your NDIS goals, or are activities you are passionate about.

- Tick the program you wish to be registered into as outlined below and either phone through your choices to **Susan Shumba** or return it to susan.shumba@multicap.org.au by 24/05/2024.

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 **0435295863**.

ASDAN Craft Making is a certified course designed to bring out your creative side. With our guided and hands-on instruction, you'll learn how to create stunning, one-of-a-kind crafts that reflect your unique personality and style. Our course is perfect for anyone who wants to explore their creativity, develop new skills, and make beautiful, handmade items that they can be proud of. So why wait to try something new.

- 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 38190338 or 0435295863.
- 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 **0435295863**.
















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>The Art of Beading</p> <p>Customers will be exploring different sensory activities.</p> <p>Week 1: Making beaded bangles Week 2: Beading earrings Week 3: Beading design in a paper plate Week 4: Bead a butterfly on paper. Week 5: Beading necklaces Week 6: Make sensory beads Week 7: Bead and frame Week 8: Beaded Indian corn Week 9: Make a beaded rainbow Week 10: Bead customer names Week 11: Bead lollipop craft Week 12: Creating a beaded keyholder.</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>\$3</p>	
	<p>Touch, Discover, Feel.</p> <p>Where we will open our minds to all things sensory.</p> <p>This will include the use of water play, slime, sand, playdough and jelly 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> <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>\$3</p>	

AND



Afternoon – Choose One

✓
chosen activity

	Walking Group – Join our walking group every week in different areas for exercise and socialising with other customers. Social connection walking in a group provides an excellent opportunity for catching up with friends and family or meeting new people with shared interests.	No cost	
	Goals to achieve:  Goal #1		

OR – choose one All Day activity below

All Day – Choose One

	All things Textile A variety of In-Hub Activities Week 1: Make a belt out of fabric Week 2: Fabric Tree Week 3: Make felt flowers Week 4: Make BIBS Week 5: Canvas fabric collage Week 6: Holiday Ornaments Week 7: Fabric Necklace Week 8: Scrap Fabric Letters Week 9: Fabric Scraps Rainbows Week 10: Make your own Hair ties or bows Week 11: Decorate a flowerpot Week 12: Make your own sensory mat **Bring or buy lunch**	\$3	
	Goals to achieve:  Goal #1		

Tuesday activities

Morning – Choose One



chosen
activity



ASDAN-multi-sensory + Baking

The ASDAN Multi-sensory & Baking course is designed to help you enhance your baking abilities by and achieve new multi-sensory experience. In this course, you'll learn how to use your senses to create the perfect textures, flavours, and aromas in your baked goods.

You'll also get to explore new ways to relax and fulfill your sensory needs. Our team will guide you through the entire process and provide you with personalised instructions to help you improve your skills. Join the ASDAN Multi-sensory & Baking course!

\$10

Goals to achieve:



Goal #1



Goal #2



Goal #3



Music, Meditation, and percussion

Where the use of music meditation and percussion align to form a blissful experience of sound and movement.

No
Cost

Goals to achieve:



Goal #1



Goal #2





Goal #3

AND

Afternoon – Choose One



chosen activity





	<p>Crafty Critters: Customers will be exploring different craft activities. Week 1: Finger Painting Week 2: Egg on a stick Week 3: Nature Collage Week 4: Crafts Projects with glitter Week 5: Musical crafts Week 6: Pinecone Painting Week 7: Paper Spinners Week 8: Yarn Pompoms Week 9: Glitter Magnets Week 10: Bubble Wrap Paintings Week 11: Paper Plate Masks Week 12: Tissue Box Moster</p> <p>Goals to achieve:</p>	<p>\$3</p>	
	<p>Water sensory activities: Developing sensory skills with water activities: Customers will develop gross and fine motor abilities and creative expression. This activity will help with social development skills as customers engage in group activities. This program will be completed over 12weeks.</p> <p>Goals to achieve:</p>	<p>Cost</p>	

Wednesday activities

Morning – Choose One



chosen activity

	<p>Discover Brisbane Explore Ipswich & Brisbane City Week 1 – Ipswich Library Week 2 – Ipswich Railway Museum Week 3 – Roma Parklands Week 4 – RSPCA Week 5 – Amberley Air Force Museum Week 6 – The Larra Fa Week 7 – Nerima Gardens Week 8 – Queens Park & Animal Sanctuary Week 9 – Aboriginal Cultural Experience Week 10 – Ipswich Art Gallery Week 11 – Brisbane Valley Rail Trail Week 12 – Mount Coo-tha Botanical Gardens</p> <p>**Bring or buy lunch**</p> <p>Goals to Achieve:</p> <ul style="list-style-type: none"> • Money Handling skills. • Adventure & Recreation. • Learning different cultures. <p>Goals to achieve:</p>	<p>\$0 -\$10 Varies with activity.</p>	
 <p>Goal #1</p>	 <p>Goal #2</p>	 <p>Goal #3</p>	

AND

Afternoon – Choose One



chosen activity



ASDAN Craft Making

ASDAN Craft Making is a certified course designed to bring out your creative side. With our guided and hands-on instruction, you'll learn how to create stunning, one-of-a-kind crafts that reflect your unique personality and style. Our course is perfect for anyone who wants to explore their creativity, develop new skills, and make beautiful, handmade items that they can be proud of. So why wait to try something new.

- Getting ready + Health & Safety
- Knit and Stitch + Papercrafts- Preparation
- Knit and Stitch + Papercrafts- Making the item.
- Jewellery Making- Preparation
- Jewellery- Making the item.
- Kitchen Crafts- Preparation
- Kitchen Crafts- Making the item.
- Arts & Crafts- Preparation
- Arts & Crafts- Making the item.
- Woodcraft- Preparation
- Woodcraft- Making the item
- Project Week

Cost

Goals to achieve:



Goal #1



Goal #2



Goal #3

Thursday activities

Morning – Choose One



chosen activity



Community & Social Participation

Week One – Twelve

Café Hopping:

- Exploring the local areas to discover cafes in our community.
- To enjoy morning tea with friends.

Goals to Achieve:

- Communication participation & interaction.
- Promoting independence by ordering and paying for themselves.
- Encourage and promote the use of discovery for the seven senses.

Goals to achieve:



Goal #1



Goal #2





Goal #3

Between
\$0- \$15

AND

Afternoon – Choose One

✓
chosen activity

	<p>In Hub Relaxation:</p> <p>Movie appreciation & Relaxation.</p> <p>Customers will choose different movies that they enjoy as down time on a Friday afternoon.</p> <p>Customers will also enjoy hand massages.</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="603 719 683 797"> <p>Goal #1</p> </div> <div data-bbox="842 719 922 797"> <p>Goal #2</p> </div> <div data-bbox="1098 719 1177 797"> <p>Goal #3</p> </div> </div>	<p>No Cost</p>	
	<p>Outdoor gardening:</p> <p>Customers will learn the art of gardening.</p> <p>Customers will be allocated flowerpots at the beginning of the 12-week program. They will plant flowers which they will look after the 12 weeks. Watering and weeding.</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="603 1245 683 1323"> <p>Goal #1</p> </div> <div data-bbox="842 1245 922 1323"> <p>Goal #2</p> </div> <div data-bbox="1098 1245 1177 1323"> <p>Goal #3</p> </div> </div>	<p>Cost</p>	

Friday activities

Morning – Choose One



chosen activity



COCA COLLAGE:

The COCA painting module is a series of 12 sessions that will assist individuals to discover their potential as a visual artist in a fun and supportive. Participants will experiment and learn techniques in:

Introduction to Intermediate Collage Art Self Portrait (Intermediate)

- Self Portrait
- Self Portrait (Intermediate) Continued
- Cultural Collage
- Black & White Collage
- Angel Wings
- Angel Wings Continued (Group Activity)
- Animal Art Collage (Artists Favourite Animal)
- Famous Artist Inspired Collage
- Planning and preparation for week 12 (Project/Mini Showcase Week)
- Time to finish any unfinished pieces in preparation for project week.

\$5

Goals to achieve:



Goal #1



Goal #2



Goal #3

AND

Afternoon – Choose One

✓
chosen activity

Candle Making

1. Gathering all the information for candle making.
2. Staff and customers going out to buy candle making products.
3. Picking different designs to make in the next few weeks, sizes and shapes.
4. Understanding different scents and beginning the process of candle making.

5. Make star candles.



8. Cube Candles.



6. Rainbow Candles.



9. Flower Candles.



7. Glitter Candles.



10. Watermelon Candles.



11. Sprinkle Scented Candles. 12. Showcasing everything made.



Activity description:

Many people enjoy the art of making handmade candles as a creative and rewarding hobby. The process of making candles can be a fun and therapeutic activity that allows you to create personalized, scented candles for yourself or as gifts for others.

Goals to achieve:



Goal #1



Goal #2



Goal #3

\$5



OR – choose one All Day activity below

All Day – Choose One

✓
chosen activity



ALL ABOUT PAMPERING

A variety of In-Hub Activities

- Make your facemasks
- Aroma Therapy Candles
- 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

\$3 for some activities.

Goals to achieve:



Goal #1



Goal #2



Goal #3

2024 Ipswich Hub Program Dates

Hub closed on public holidays.

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

Program 4		
	Start Date	End Date
Activity Program	Monday 16 September	Friday 13 December
Hub Closed	King's Birthday, Monday 7 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	