



2024 Melbourne Hub
Activity Program 3
Catalogue

2024 Melbourne Hub Activity Program 3 Catalogue

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

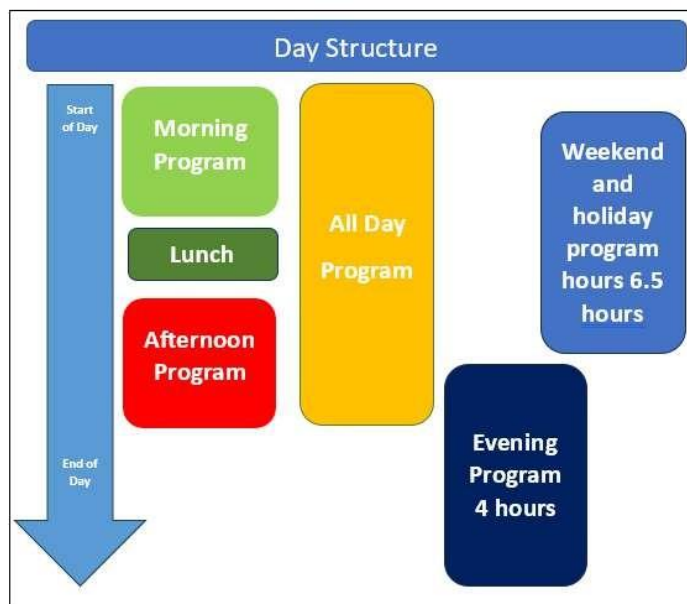
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

How it works

- For each day you attend the Hub, choose one activity for the morning and one activity for the afternoon, evening activities 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 0468 673 000 or return it to melbourne.ops@multicap.org.au by 22 May 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 0468 673 000.
- 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.
















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 three (3) core goals can be shown even though some activities may support you to achieve more than three (3) goals. Those identified are the core goals that the activity supports.

If you are unsure of what goal an icon relates to, please refer to the below list:





Icon	Goal
	Improve physical health and wellbeing
	Improve emotional health and wellbeing
	Develop social skills and understanding
	Build independence
	Improve fine motor skills
	Explore creative pursuits
	Sensory experience/exploration
	Adventure and recreation experience/exploration
	Improve communication skills
	Integrate/participate in the local community
	Develop skills to support future employment
	Develop advocacy skills and understanding
	Develop numeracy and literacy skills





Monday activities

Morning – Choose One			✓ chosen activity	
	<p>Centre of Creative Arts – <i>Painting</i></p> <p>Our COCA Painting Program provides customers with the opportunity to explore the artistic medium of Painting. Using a variety of mediums and imagery, each week will see you further develop your painting knowledge and skills, before culminating in our showcase week where you can show off your masterpieces.</p> <p>Join us as we embark on an exciting and fun-filled artistic adventure where there are no limits to what you can create!</p>		\$5	
	<p>Goals to achieve:</p> <table border="1" style="width: 100%; text-align: center;"> <tr> <td> Goal #1</td> <td> Goal #2</td> <td> Goal #3</td> </tr> </table>			 Goal #1
 Goal #1	 Goal #2	 Goal #3		





Afternoon – Choose One			✓ chosen activity	
	<p>Music</p> <p>Move to music, play an instrument or sing along. Build confidence while enhancing skills in communication and sensory processing. Grab your favourite instrument or use electronic equipment to play a tune.</p>		No cost	
	<p>Goals to achieve:</p> <table border="1" style="width: 100%; text-align: center;"> <tr> <td> Goal #1</td> <td> Goal #2</td> <td> Goal #3</td> </tr> </table>			 Goal #1
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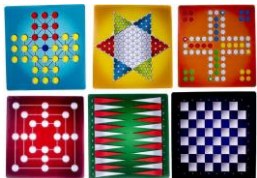



Tuesday activities

Morning			✓ chosen activity
	Travel Training Members will learn how to read a timetable. We will learn how to use a MYKI Card and how to put money onto it, as well as planning a short trip into the city or nearby shopping centre for a coffee and snack. You will gain valuable life skills as you plan your morning adventures. **customers will need to supply their own MYKI Card and funds to top it up**	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>		












Afternoon			✓ chosen activity
	ASDAN Meet at the venue or travel from ourHhub to the Canterbury Neighbourhood Precinct to join this group. Build you self advocacy skills and ability to raise your voice in service delivery. Supporting Aspirations – Independent Living The Independent Living pathway is to enable people to build skills that enable self-determination and control over their lives. It comprises of three modules: 1. Looking after myself 2. Engaging with my environment. 3. Using my technology ** Kilometre costs based on number of people travelling from the hub.**	\$15 One off cost to register	
	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>		

Wednesday activities





Morning			✓ chosen activity
	<p>Wellbeing Wednesday</p> <p>Each week we will focus on our wellbeing in a different way! We will focus on all things health for the mind and body. Activities may include meditation, relaxation, dance, cooking or fitness.</p> <p>The group will determine an activity schedule for the term and enjoy activities of their choice.</p> <p>*** Shared kilometres cost if community access is scheduled</p>	<p>No cost</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>		





Afternoon – Choose One			✓ chosen activity
	<p>Game Day</p> <p>Get together and play a variety of games. From board games to life size Connect four, video games, or a game of pool, this session is the perfect opportunity to make friends and socialise with peers, and maybe learn a few new games as well.</p>	<p>No cost</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>		

OR – choose one All Day activity below

All Day		 chosen activity			
	<p>Explore Melbourne</p> <p>Spend the day exploring this great city of ours, and visiting places that you may have never been before.</p> <p>Each week will see the team head to a new location around Melbourne, using either public transport or our vans.</p> <p>Basing our intended destinations around the interests and passions of the everyone in the group, means that not only is there something here for everyone, but hopefully you will develop some new interests and share them with friends.</p> <p>**Bring or buy lunch**</p> <p>**Transport costs if using Multicap van**</p> <p>**Customers will need to supply their own MYKI Card and funds to top it up**</p> <p>Goals to achieve:</p> <table border="1" data-bbox="511 1302 1242 1480"> <tr> <td data-bbox="511 1302 771 1480">  Goal #1 </td> <td data-bbox="771 1302 1006 1480">  Goal #2 </td> <td data-bbox="1006 1302 1242 1480">  Goal #3 </td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	<p>No cost</p>
 Goal #1	 Goal #2	 Goal #3			

Thursday activities

Morning			✓ chosen activity
	<p>Coffee Club</p> <p>Explore the local community and identify venues to enjoy a coffee and morning tea around the town and beyond!</p> <p>Join us as we travel to venues chosen by group members and enjoy social outing in various locations.</p> <p>** Shared kilometre charge**</p> <p>** BYO funds for coffee and morning tea**</p>	<p>No cost</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>		

Afternoon			✓ chosen activity
	<p>ASDAN</p> <p>Meet at the venue or travel from our hub to the Canterbury Neighbourhood Precinct to join this group. Build you self advocacy skills and ability to raise your voice in service delivery.</p> <p>Self-Advocacy</p> <p>The Self-Advocacy module will cover various sections including talking and listening to others, rights and responsibilities, speaking up for yourself, making decisions for yourself, advocacy services, being assertive, knowing about meetings, representation and more.</p>	<p>No cost</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>		

Friday activities

Morning

✓
chosen activity



Sculpture Sessions *Clay Creations and Hand Building*

Welcome to our **Sculpture Sessions**! Get ready for a hands-on, sensory experience where you'll dive into the world of clay and papier- mâché. From air dry clay to polymer clay, and papier- mâché, our classes are all about exploring your creativity. Join us for a fun-filled journey where you'll not only learn essential clay skills but also unwind and relax through the therapeutic process of hand-building. Whether you're aiming for a specific outcome or simply enjoying the process, our sessions offer something for everyone. Come sculpt, create, and let your imagination soar with us in our **Sculpture Sessions**!

\$10

Goals to achieve:



Goal #1



Goal #2



Goal #3



Express Yourself *Mixed Media and Multimedia Art*

Welcome to **Express Yourself**, our dynamic art class where you can unlock your inner artist.

In the first half of the term, we'll tantalise your senses with a smorgasbord of artistic experiences, allowing you to explore different mediums and methods. Together, we'll uncover the skills we need to bring our artistic visions to life.

In the final half of the semester, it's all about unleashing your independent spirit or collaborating with fellow artists on inspiring projects. With guidance and support every step of the way, you'll build confidence, problem-solve, and acquire the skills necessary to create the art you've always dreamed of.

Express yourself freely, and let your voice be heard as we celebrate the beauty of the creative process. With a focus on developing your unique voice, our class is not just about making art but also discovering and nurturing your individuality.

\$5-\$10

Goals to achieve:



Goal #1













Goal #2



Goal #3

After Hours Hub Groups

Monday: 1600-2000		 chosen activity	
	Monday Skills Session <p>If you are keen to meet new people, have some fun, and work on skills that will help you to lead an independent life, but have commitments during the day, then our Monday Skills Sessions are the perfect place for you.</p> <p>Running every Monday from 4pm-8pm, our Monday Skills Sessions provide the opportunity for people to get together outside of work/school hours to develop important life skills such as cooking, budgeting, hygiene, travel training, etc - all with a strong focus on having fun and engaging with old and new friends.</p>		\$15
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	

Tuesday: 1730-2130		 chosen activity	
	Social Dinner Club <p>There is nothing that puts a smile on our faces like socialising with friends over a delicious meal, and the Social Dinner Club provides the perfect opportunity for our customers to do just that.</p> <p>With a focus on not only increasing our participants' social circles, but also assisting to develop important social and personal skills in a comfortable and engaging setting, the Social Dinner Club has been running for over 5 years and is only getting more popular.</p>		\$35
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	

Wednesday: 1730-2130

✓
chosen activity



Social Dinner Club

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With a focus on not only increasing our participants' social circles, but also assisting to develop important social and personal skills in a comfortable and engaging setting, the Social Dinner Club has been running for over 5 years and is only getting more popular.

****Please note that Wednesday Social Dinner Club is currently at capacity****

\$35

Goals to achieve:



Goal #1



Goal #2



Goal #3

Thursday: 1600-2000

✓
chosen activity



After 4

Running for almost 10 years, The After 4 Program provides a fun- filled and engaging opportunity to get together with your peers, play some video games, watch movies, play a game of pool, or just chat the night away.

With a strong focus on socialising and fun, there is still the opportunity for skill development as the team plan, shop for, cook, and then eat a delicious dinner together every week.

If you want to make new friends and have fun, then After 4 is the place for you.

\$15

Goals to achieve:



Goal #1



Goal #2



Goal #3

2024 Melbourne Hub Program Dates

Hub closed on public holidays.

Showcase week 1		
	Start Date	End Date
Showcase Program	Monday 1 st of July	Friday 5 th of July

Program 3		
	Start Date	End Date
Activity Program	Monday 8 th of July	Friday 21st September
Hub Closed	King's birthday, 10 th of June	

Program 4		
	Start Date	End Date
Activity Program	Monday 16 September	Friday 13 December
Hub Closed	Grand Final Holiday, 27 th of September Melbourne Cup, 5 th of November	

Showcase week 2		
	Start Date	End Date
Showcase Program	Monday 16 December	Friday 20 December
Hub Closed	Monday 23rd December 2024 – Monday 6th January 2025	