

Expanding the possibilities of every person for more than 60 years

Achieve your goals, skill development, creative pursuits or simply enjoy social time with friends at our community hubs.

Conveniently located across Queensland, northern New South Wales and Victoria, we invite you to come and join the fun.

Scan the QR code to find a community hub near you.



OUR PURPOSE

The quality of life of people with disabilities and their families is enhanced by our support.

OUR VALUES

Always empowering
Always respecting
Always connecting
Always creating

For more information on our services, phone **1300 135 886** or scan to visit multicap.org.au



1300 135 886



REQ220604_2024

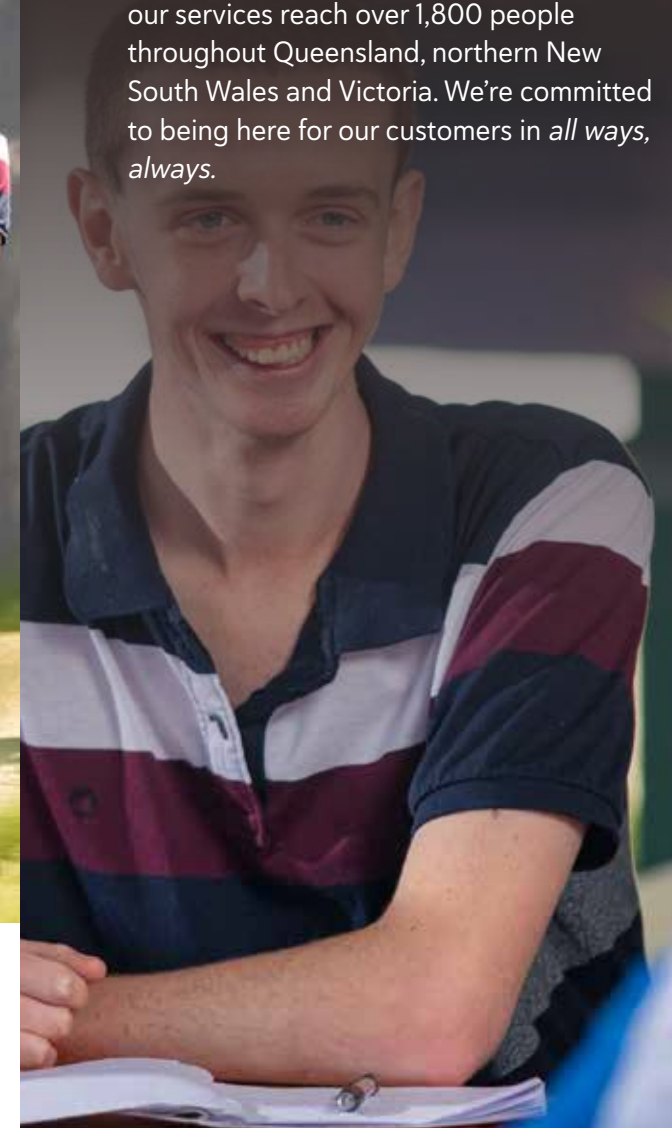
COMMUNITY HUBS

New experiences and friendships



About Multicap

From humble beginnings, five Brisbane families needing support for their young children with complex needs established Multicap. Over more than six decades, Multicap has grown and evolved with its foundation families into an organisation with a broad service offering. Today, our services reach over 1,800 people throughout Queensland, northern New South Wales and Victoria. We're committed to being here for our customers in *all ways, always.*



About our hubs

We understand that having a connection with family, friends and the community provides happiness and a sense of purpose. That's why our hubs exist - to provide a safe and welcoming place to share new experiences and build friendships.

Our 12-week hub programs offer a range of activities including developmental skills-based programs, fun social activities and creative pursuits for beginners through to advanced participants.

Designed to offer structure and consistency, you will:



develop stronger connections with others



further develop skills such as communication, literacy, numeracy, hand eye coordination and fine motor skills



reach individual goals such as building independence, learning a new skill or exploring a new hobby



have an opportunity to showcase your new skills or goal achievements.

Programs are flexible, so you can choose which days and activities (morning/afternoon/all day) suit you.

Types of programs available

Our hubs offer a broad range of locally developed activities alongside a core group of specialised developmental programs. Our core programs include:

ASDAN

ASDAN programs are specifically designed for people with a disability. As a registered ASDAN provider, our hubs offer a range of the 'Toward Independence' programs that deliver formal recognition for stepped achievements towards a larger goal.

There are over 70 different modules to choose from depending on your individual goals and interests.

Examples of topics:

- Meal Preparation & Cooking
- Geography
- Independent Living
- Craft Making
- Photography & Multimedia
- Self-Advocacy
- Sound, Rhythm & Music
- Time Management & Self Organisation

ASDAN programs are externally moderated, resulting in presentation of a formal ASDAN certificate upon completion. They incur a nominal fee making them an affordable option.

Centre of Creative Arts

Our Centre of Creative Arts (COCA) is an active and functional artistic program to develop your creative abilities and potential, both individually and collaboratively.

Our COCA programs suit a range of abilities and skill levels from beginner through to advanced.

Examples of COCA programs:

- Eco-Art
- Ceramics
- Creative Movement
- Painting
- Public Art
- Textiles & Printing
- Theatre

Self-Advocacy

Our self-advocacy network, also known as Have a Voice and Empower Network (H.A.V.E.N), provides an opportunity to develop your ability to represent yourself and others on a broad range of topics.

Our 12-week self-advocacy program supports the development of basic advocacy skills required to successfully engage in the broader H.A.V.E.N network.

Our hubs also facilitate monthly advocacy meetings where you can connect with your peers to discuss issues of importance to you and how to advocate for change.

Music Therapy

Our music therapy programs offer individually tailored music making activities facilitated by a qualified, registered Music Therapist.

Music therapy is proven to increase health and wellbeing. Some benefits include:

- Improved functional communication skills
- Emotional outlet/regulation and creative expression
- Maintained or improved gross and fine motor skills
- Increased social and interpersonal skills
- Improved body spatial awareness
- Cognitive and sensory stimulation
- Enhanced attention and engagement.

What funding is required?

We are committed to delivering programs that allow you to get the most out of life. When you sign up for activities, you will be guaranteed a place throughout the entire 12-week program.

Hub programs (excluding music therapy) are funded via NDIS core support budgets.

Don't have any funding? We can explore options to help you get the right funding for your plan reviews.