



2024 MOH Hub
Activity Program 4
Catalogue

2024 MOH Hub Activity Program 4 Catalogue

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

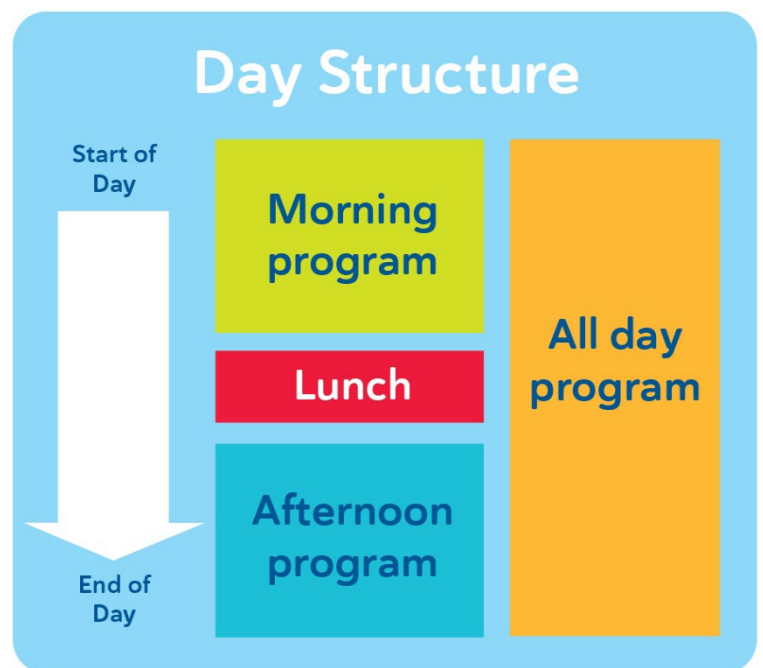
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

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 Samone or return it to Samone by 23rd August.
 - 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 33763299.
 - 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 Samone.



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
	<h3>Board Games and Puzzles</h3> <p>Board games are more than just a way to pass the time, they can benefit your brain, your social skills and your wellbeing.</p> <p>Try a puzzle to expand your mind.</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	
	<h3>Touch, Smell and Explore Sensory</h3> <p>With staff assistance you will make sensory items to engage in your senses with touch and smell. Explore the grounds and park next door to see what you can find, describe and note down what you liked and didn't like. Sensory sheets also available to hand make items with your staff.</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	

Afternoon – Choose One

✓
chosen activity

	<h3>Interactive Learning</h3> <p>Interactive learning is a technique that engages customers in the learning process through technology and active participation. Each week we will pick a subject to learn on the projector with staff assistance.</p> <p>Goals to achieve:</p>	<p>No cost</p>	
 Goal #1	 Goal #2		
	<h3>Arts and Craft</h3> <p>Enable to assert individuality, helps to relive stress, develop understanding of cause and effect, increase confidence and many more. Join your friends and get creative. Paint, colour, cut, paste and more. Let's get adventurous and create some masterpieces.</p> <p>Goals to achieve:</p>	<p>No cost</p>	
 Goal #1	 Goal #2		

All Day – Choose One



chosen activity



Fish and Chips by the Water/River

Explore takeaway shops that are near the water for a relaxing atmosphere, socialising with your peers in a community setting as well as learning to ordering your lunch, money handling and counting. We will choose a venue as a group.

\$15.00,
transport

Goals to achieve:



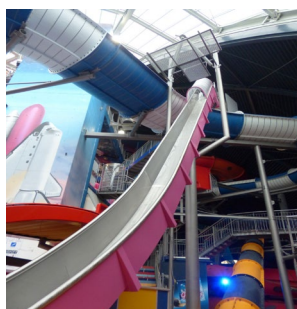
Goal #1



Goal #2



Goal #3



Water Park visit and Lunch

Integrated community participation with fun, enjoy the day in the local park with water features and your peers as well as Improving your social skills. We will choose a venue as a group.

“Bring a packed lunch”

Transport

Goals to achieve:



Goal #1
















Goal #2



Goal #3













Tuesday activities

Morning – Choose One			 chosen activity		
	<p>Music Therapy</p> <p>A research-based practice which assists customers to reach functional goals such as facilitating communication, developing self-regulation strategies and developing social interactive skills.</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>	As per the NDIS agreement			
	<p>Gardening around the grounds</p> <p>Working together in a group or with your individual staff to weed, trim, water and grow, bask up the sun in the morning while learning about plants/flowers or insects.</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>Yoga</p> <p>Yoga supports stress management, mental health, mindfulness, healthy eating and quality sleep, no matter what your physical capability staff will assist with your needs to ensure you the program is suited to your ability.</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

	<h3>Music Therapy</h3> <p>A research-based practice which assists customers to reach functional goals such as facilitating communication, developing self-regulation strategies and developing social interactive skills.</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>As per the NDIS agreement</p>	
	<h3>Woodwork/Recycling</h3> <p>Rethink our waste management as well as build some masterpieces for our HUB from new or used materials, with staff assistance this activity will enhance your fine motor skills and get you thinking of an idea to make.</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>No cost</p>	
	<h3>Movies on the projector</h3> <p>Members will choose as a group each week a movie from our Netflix Library and have a discussion around the movie.</p> <p>Weather its Action, Comedy or Animated.</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>No cost</p>	

All Day – Choose One

✓
chosen
activity



Brigalow Country Music Club (week 1 & 3)

Sing, dance and Listen to some live music at our local Brigalows Country Music Club. Join others from the greater Multicap regions and dance your day away. Food and drinks will be provided, as well as some great live artists. (On even weeks we will choose another outing option to the park of choice and need to bring lunch).

\$8.00,
transport

Goals to achieve:



Goal #1












Goal #2



Goal #3

Wednesday activities

Morning – Choose One			 chosen activity
 <p>Three Water Activities To Keep Your Kids Cool This Summer</p> <p>FamilyVolley.com for TheIdeaRoom.net</p>	<h3>Water Activities</h3> <p>Bring your spare clothes and enjoy water activities with staff and your peers in the center with water guns, water play buckets, the sprinkler or our little wading pool. Have a sensory experience while beating the heat.</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	
	<h3>Zumba</h3> <p>A great alternative to traditional fitness. It's fun and more enjoyable to help you improve your fitness and health while having fun. Turning your attention to dance is a great way to relieve stress, reduce fatigue, improve alertness and concentration.</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	

Afternoon – Choose One

✓
chosen
activity



Arts and Craft

Enable to assert individuality, helps to relive stress, develop understanding of cause and effect, increase confidence and many more. Join your friends and get creative. Paint, colour, cut, paste and more. Let's get adventurous and create some masterpieces.

No
cost

Goals to achieve:



Goal #1



Goal #2



Goal #3



Walking Group – Local Park and Surroundings

Members can enjoy the nice relaxing walk near the golf course, around the estate and around the park with the group after lunch, great way to work off your yummy lunch.

No
cost

Goals to achieve:



Goal #1



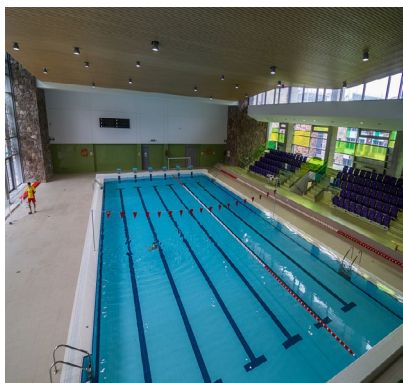
Goal #2



Goal #3

All Day – Choose One

✓
chosen activity



Indoor Swimming + Lunch in the Park

Bring your bathers and enjoy some leisure swimming. With suitability for all needs, swimming in an indoor pool will help relieve aches and pains, burn some energy and have some fun with friends. Start your day with a leisurely swim and visit the local park to have lunch with the group.

Please provide swimming aids.

“Bring a packed lunch”

Goals to achieve:



Goal #1



Goal #2



Goal #3

\$4.00
invoiced,
transport



Pies in the park

Explore your local takeaway shops and enjoy the lunch in the park with peers. Experience money handling and counting. Together we will choose venues and spend the day socialising in a community setting, and spending time with your peers.

Goals to achieve:



Goal #1












Goal #2



Goal #3

\$10.00,
transport

Thursday activities

Morning – Choose One			 chosen activity
	<p>Interactive Learning</p> <p>Interactive learning is a technique that engages customers in the learning process through technology and active participation. Each week we will pick a subject to learn on the projector with staff assistance.</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>No cost</p>	
	<p>Woodwork/Recycling</p> <p>Rethink our waste management as well as build some masterpieces for our HUB from new or used materials, with staff assistance this activity will enhance your fine motor skills and get you thinking of an idea to make.</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>No cost</p>	

Afternoon – Choose One











chosen activity

	<h3>Movies on the projector</h3> <p>Members will choose as a group each week a movie from our Netflix Library and have a discussion around the movie.</p> <p>Weather its Action, Comedy or Animated.</p> <p>Goals to achieve:</p>	<p>No cost</p>	
<p>Goal #1</p>	<p>Goal #2</p>		<p>Goal #3</p>
	<h3>Touch, Smell and Explore Sensory</h3> <p>With staff assistance you will make sensory items to engage in your senses with touch and smell. Explore the grounds and park next door to see what you can find, describe and note down what you liked and didn't like. Sensory sheets also available to hand make items with your staff.</p> <p>Goals to achieve:</p>	<p>No cost</p>	
<p>Goal #1</p>	<p>Goal #2</p>		<p>Goal #3</p>

All Day – Choose One













✓
chosen
activity

	<h3>Cinemas Week (1 & 3)</h3> <p>Visit Local Cinema in week 1 and 3 and watch your favourite movie of the week. Each customer gets to choose their favourite movie, on alternative weeks we will visit a nearby park for some sports fun.</p> <p>“Bring a packed 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>\$20.00, transport</p>	
	<h3>Train Travel and Lunch in the Park</h3> <p>Catch the train from the local station to your choice of destination then enjoy lunch in a park afterwards, Customers will learn how to use a Go Card (50 cents fairs). Please have a go card with money already loaded.</p> <p>“Bring a packed 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>\$5.00, transport</p>	

Friday activities













Morning – Choose One

✓
chosen activity

	<p>Music Therapy</p> <p>A research-based practice which assists customers to reach functional goals such as facilitating communication, developing self-regulation strategies and developing social interactive skills.</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>As per the NDIS agreement</p>	
	<p>ASDAN</p> <p>ASDAN is a booklet, certificated 12-week recognized course for beginners in multi-sensory experiences and Baking Modules which will involve using your senses to create the perfect textures, flavours and aromas. The initial starting out book is \$15 (this is only paid once). The cost of the workbook for each module is \$10 and is a one-off payment over the course of 12 weeks.</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>First time ASDAN user- weekly cost app \$2 existing user weekly cost- less than \$1 Invoiced</p>	
	<p>Danceathon</p> <p>As a group pick your favourite dance style, staff will then put this on the projector for you to follow, great way for exercise, socialising with peers, burning energy as well as great for your mental health and stimulation.</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>No cost</p>	

Afternoon – Choose One

✓
chosen activity

	<h3>Music Therapy</h3> <p>A research-based practice which assists customers to reach functional goals such as facilitating communication, developing self-regulation strategies and developing social interactive skills.</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>As per the NDIS agreement</p>	
	<h3>COCA – Ceramics (for beginners)</h3> <p>Our COCA ceramic program will be altered to match customers capabilities with staff assistance.</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>\$10.00 quarter, invoiced</p>	
	<h3>Water Activities</h3> <p>Bring your spare clothes and enjoy water activities with staff and your peers in the centre with water guns, water play buckets, the sprinkler or our little wading pool. Have a sensory experience while beating the heat.</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>No cost</p>	

All Day – Choose One

✓
chosen activity



Ten Pin Bowling- AMF Bowling

Join your friends and experience all the fun that Ten Pin Bowling has to offer. Bright lights, music and fun with friends. Play your morning away and enjoy some lunch in your local community. After bowling customers get to choose a park to have lunch and games in the afternoon.

****Bring lunch****

Goals to achieve:



Goal #1



Goal #2



Goal #3

\$7.00,
invoiced
&
transport



Exploring our local parks with Lunch

Choose a park you would like to explore as a group, could be for fitness/sports, relaxation or just exploring the park surroundings, afterwards you will relax in the surroundings to have your lunch.

“Bring a packed lunch”

Goals to achieve:



Goal #1



Goal #2



Goal #3

Transport

2024 MOH Hub Program Dates

Office Opens 2 January 2024

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 29 March Easter Monday 1 April Anzac Day Holiday 25 April Labour Day 6 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 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	