



2025 Blackburn Hub
Activity Program 1
Catalogue

2025 Blackburn Hub Activity Program 1 Catalogue

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

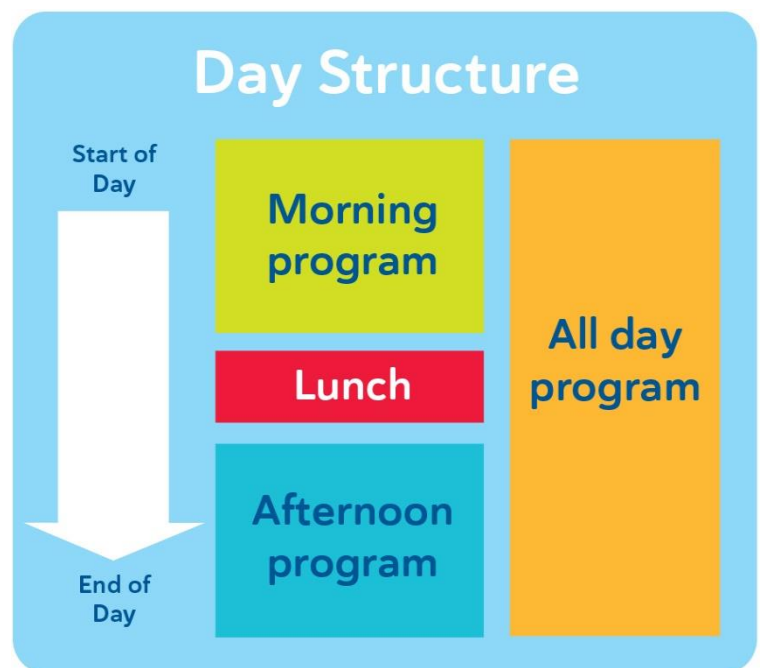
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

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 0478 256 811 or return it to Melbourne.ops@multicap.org.au by 15th November 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 0478 256 811.
 - 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 Janelle.ducret@multicap.org.au or Melbourne.ops@multicap.org.au




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 9:30am - 12:30pm



chosen activity



Art – Centre of Creative Art

Our COCA program provides customers with the opportunity to explore different types of mediums and imagery. Each week customers will develop knowledge and skills culminating in a showcase week.

All COCA Programs have 3 levels at which we offer. This is designed to recognize the growth and development over time as you perfect your chosen medium advancing to a new level exploring more challenging skills. The 3 levels are:

- Beginner
- Intermediate
- Advanced

All programs are run over 12 weeks, and everyone can participate regardless of skill level.

Goals to achieve:



Goal #1








Goal #2








Goal #3

\$5



Tuesday activities

| | | | | |
|--|--|--|--|--|
| Afternoon 12:30pm - 3:30pm | | |  chosen activity | |
|  | Music Program – Instruments of Percussion | | No cost | |
| | Each week you will be introduced to a new percussion instrument and learn its unique sound. This program provides the basics in how each instrument sounds and is a gateway to the world of music. | | | |
| Goals to achieve: | | | | |
|  Goal #1 |  Goal #2 |  Goal #3 | | |

Wednesday activities

| | | | | |
|--|---|--|--|--|
| Afternoon 3pm – 6pm | | |  chosen activity | |
|  | Music Program – MC Groove | | No cost | |
| | Each week you will experience a different type of music genre and learn about rhythm and what makes the different genres different from others. | | | |
| Goals to achieve: | | | | |
|  Goal #1 |  Goal #2 |  Goal #3 | | |

Thursday activities

| Morning | | | ✓ chosen activity |
|---|---|-------------|----------------------|
|  | <p>ASDAN</p> <p>Meet at the Hub or go straight to our Canterbury Neighbourhood Precinct to join the group. Build self-advocacy skills and ability to raise your voice in service delivery.</p> <p>The Independent Living pathway enables people to build skills that enable self-determination and control over their lives.</p> <p>Goals to achieve:</p> | <p>\$15</p> | |
| | <p> Goal #1</p> | | |

| Afternoon 1pm – 4pm | | | ✓ chosen activity |
|---|---|-------------|----------------------|
|  | <p>Cooking – Quick and Easy 30</p> <p>Each week you will be able to select a quick 30-minute recipe, go shopping, cook and plan for next week. Program will cover cooking basics with an emphasis on skill development.</p> <p>This program includes:</p> <ul style="list-style-type: none"> • Skill development • Creating shopping lists • Shopping • Budgeting • Hygiene • Cooking • Cleanup • Research | <p>\$10</p> | |
| | <p> Goal #1</p> | | |

Friday activities

Morning 9:30am – 12:30pm

✓
chosen activity



Creative Art

This program brings many benefits to everyone.

Emotional Wellbeing: Helps reduce anxiety and stress.

Cognitive Abilities: Can help with memory, attention and problem-solving skills.

Social Interactions: Participating in a group fosters social connections and reduces feelings of isolation.

Self-expression and Empowerment: Art allows individuals to express themselves creatively, boosting self-esteem and a sense of accomplishment.

\$5

All programs are run over 12 weeks, and everyone can participate regardless of skill level.

Goals to achieve:



Goal #1



Goal #2



Goal #3

After 4 Program

Friday Evening: 4pm – 8pm



chosen activity



After 4

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 cost

Goals to achieve:



Goal #1



Goal #2



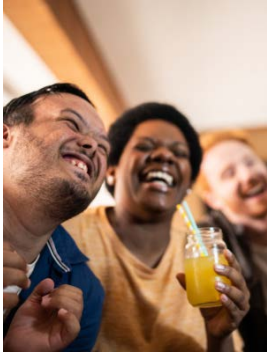
Goal #3

Social Dinner Club

Friday Evening 6pm – 9pm (1800-2100)



chosen activity



Social Dinner Club

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. 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.

\$30

**** Includes Dinner ****

Goals to achieve:



Goal #1



Goal #2



Goal #3

Saturday Activities

Afternoon/Evening (Fortnightly) 3pm – 8.30pm



chosen activity



Saturday Night – Live!

Enjoy every fortnight organised activities onsite and in the community. Learn skills while having fun including:

- Music
- Dancing
- Trivia
- Silent Disco

Goals to achieve:



Goal #1



Goal #2



Goal #3

\$25

2025 Blackburn Hub Program Dates

Office Opens 6 January 2025

|

Hub closed on public holidays

| Program 1 | | |
|------------------|---|------------------------------|
| | Start Date | End Date |
| Activity Program | Monday 6 th January | Friday 4 th April |
| Hub Closed | Wednesday 1 st January – New Year's Day Monday 27 th January – Australia Day Monday 10 th March – Labour Day | |

| Program 2 | | |
|------------------|---|------------------------------|
| | Start Date | End Date |
| Activity Program | Monday 7 th April | Friday 20 th June |
| Hub Closed | Friday 18 th April – Good Friday Sunday 20 th April – Easter Sunday Monday 21 st April – Easter Monday Friday 25 th April – Anzac Day Monday 9 th June – King's Birthday | |

| Showcase week 1 | | |
|------------------|------------------------------|------------------------------|
| | Start Date | End Date |
| Showcase Program | Monday 23 rd June | Friday 27 th June |

| Program 3 | | |
|------------------|------------------------------|-----------------------------------|
| | Start Date | End Date |
| Activity Program | Monday 30 th June | Friday 19 th September |
| Hub Closed | | |

| Program 4 | | |
|------------------|--|----------------------------------|
| | Start Date | End Date |
| Activity Program | Monday 22 nd September | Friday 12 th December |
| Hub Closed | Friday 26 th September – AFL Public Holiday Tuesday 4 th November – Melbourne Cup | |

| Showcase week 2 | | |
|------------------|---|----------------------------------|
| | Start Date | End Date |
| Showcase Program | Monday 15 th December | Friday 19 th December |
| Hub Closed | Monday 22 nd December 2025 – Monday 5 th January 2026 | |