



2025 Rockhampton Hub
Activity Program 1
Catalogue

2025 Rockhampton Hub Activity Program 1 Catalogue

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

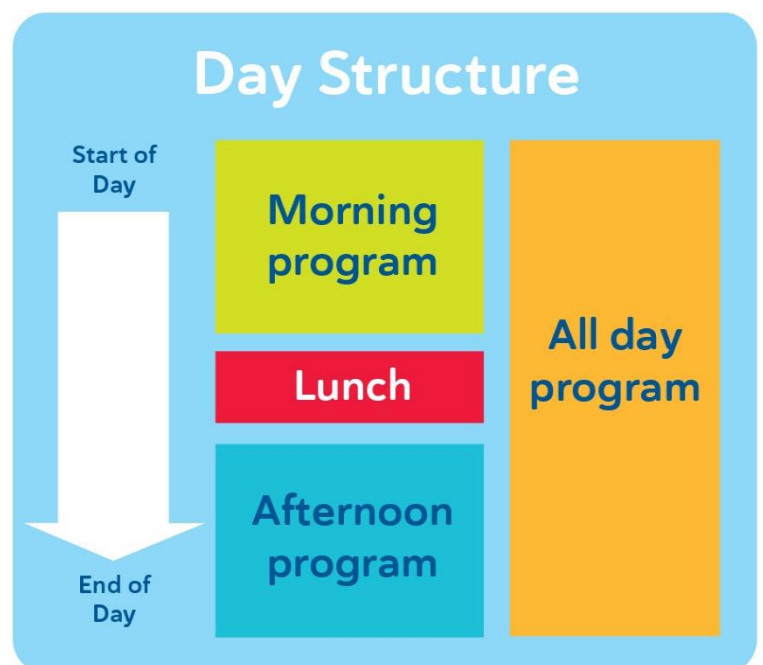
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

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 Melissa Jarred or return it to melissa.jarred@multicap.org.au
- 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 Mobile: 0409 640 239.
- 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 Rockhampton HUB Service Manager, Melissa Jarred – 0409 640 239.





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 - 900 am to 1200 pm - Monday			✓ chosen activity
	Wellness Warriors – Monday Movers Start your week with fitness, fun and healthy choices to get you ready for summer. Swimming, Golf, Cricket, Bush Walking, Lawn Bowls, Yoga. Locations are out in the community. This is a 1:1 activity with your support worker as part of a group program.	No Cost BYO Items for Activity	
	<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>		
	Garden Lovers – Community Garden at Jardine Garden Lovers – This is a wonderful time to get out into the garden. Corn, tomatoes, rosemary, cucumbers, strawberries – let's get our seedlings growing for spring/ summer.	No Cost	
	<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>		

AND CHOOSE

Afternoon – Choose One – 1200 pm to 300 pm - Monday			✓ chosen activity
	Multicap Get Physical Group Basketball, Cricket, Archery, Ten Pin Bowling, Soccer, Cricket and Swimming. Lots of fun with your friends. Get ready for Summer and get healthy! This is a 1:1 group-based activity.	BYO Food and drinks	
	<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>		
	Flexible Activities – Your choice supported by the HUB Team Share in the fun and challenge your mind whilst you participate in the group program at the HUB. – From gardening, Diamond Art, Collage and Sensory Activities. Customer Choice.	No Cost BYO items as needed	
	<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 – Option – 900am to 300 pm with half day option available - Monday			 chosen activity
COCA Painting – ALL DAY			
	COCA Painting – All day and half day options Monday Morning – COCA Painting with Suz. In this group, artists develop skills across painting mediums including watercolour and acrylic. The key focus centres around the group and independent works building skills in drawing and design, and preparation for exhibition.		ALL DAY OPTION \$ 5.00
	 Goal #1	 Goal #2	 Goal #3









Tuesday Activities

Morning – Choose One – 900 am to 1200 pm - Tuesday			 chosen activity
COCA – ECO Art – New Group with Suz on Tuesday ECO Art is the creative exploration of natural materials, recycled and found objects that inspire environmental awareness. Artists work together to design, plan and create a group project with community-based outcomes.			
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	 Goal #1	 Goal #2	 Goal #3
	Community Garden Program – Rockhampton Be involved in helping our community and volunteer program. Enjoy learning about our fruit and vegetable resources, how things grow and sustainability. Work with volunteering groups including Bunnings.		BYO Money for Activities
	 Goal #1	 Goal #2	 Goal #3








AND CHOOSE

<p align="center">Afternoon – Choose One – 1200 pm to 300 pm - Tuesday</p>			 chosen activity
	<p>Volunteering in our Community</p> <p>Explore opportunities with your support worker in our community. Places to volunteer including gardening and St Vincent De Paul. **Shared Kilometre Charge</p>	<p align="center">No Cost BYO</p>	
	<table border="1"> <tr> <td align="center">  Goal #1 </td> <td align="center">  Goal #2 </td> <td align="center">  Goal #3 </td> </tr> </table>		
 Goal #1	 Goal #2	 Goal #3	
	<p>COCA Textiles (Sensory Room Project)</p> <p>Explore the world of sensory with touch and feel. We work with fabrics, cardboard, wool, buttons and felt. Customers are supported 1:1 to make and create. Touch and feel in our sensory space. Join us in the sensory room to make exciting projects.</p>	<p align="center">No Cost</p>	
	<table border="1"> <tr> <td align="center">  Goal #1 </td> <td align="center">  Goal #2 </td> <td align="center">  Goal #3 </td> </tr> </table>		
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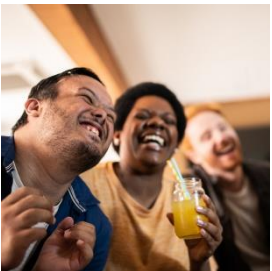


OR – choose one All Day Activity below

<p>All Day - Option – 900 am to 300 pm with half day option available</p> <p>Tuesday Movers and Shakers – Community Access</p>			 chosen activity
	<p>Get ready to Go! We are out and about Tuesday in Rocky</p> <ul style="list-style-type: none"> • Social fun with friends • Fitness • Archery • Bowling • Swimming <p>Supporting our local community in Rockhampton. Make friends, learning and lifestyle group. BYO Money for activities. This is a 1:1 activity in a group program setting.</p>	<p align="center">BYO Money</p> <p align="center">ALL DAY OPTION</p>	
	<table border="1"> <tr> <td align="center">  Goal #1 </td> <td align="center">  Goal #2 </td> <td align="center">  Goal #3 </td> </tr> </table>		
 Goal #1	 Goal #2	 Goal #3	




Wednesday Activities

<p>Morning – Choose One – 900 am to 1200 pm - Wednesday</p>			 chosen activity
	<p>Sustainability Superstars</p> <p>Get excited about recycling! Join our crew and take part in our recycling challenge here at the Jardine Street HUB. Enjoy the Wednesday morning outdoors. Experience Container for Change Program. Take part in the environmental program. Stay for morning tea after recycling. Food Truck is available. BYO Money for this activity as needed.</p>		<p>BYO Money for activity</p>
	 Goal #1	 Goal #2	
	<p>Wednesday Garden Lovers</p> <p>This is an outdoor adventure activity. See what is best to plant in your back garden. Visit Bunnings Warehouse and other local businesses in Rockhampton. Places are limited in this group. Explore Rockhampton. **Shared Kilometre Charge</p>		<p>No Cost</p>
	 Goal #1	 Goal #2	







AND CHOOSE

<p>Afternoon – Choose One – 1200 pm to 300 pm - Wednesday</p>			 chosen activity
	<p>Wednesday Sessions – Music one on one with Music Facilitator Suz</p> <p>1:1 session available with music facilitator Suz to explore your love of all things Rock! This is a 1:1 activity in a group-based setting. Instrument specific skills are required.</p>		<p>No Cost</p>
	 Goal #1	 Goal #2	
	<p>Flexible Activities – HUB</p> <p>Share in the fun and challenge your mind whilst you participate in the group program at the HUB. – From gardening, art, collage and sensory finds. Customer Choice. This is 1:1 with your support worker within a group.</p>		<p>No Cost</p>
	 Goal #1	 Goal #2	



OR – choose one All Day activity below/ half day option available

<p>All Day – Option – 900 am to 300 pm with half day option available - Wednesday</p> <p>Wednesday HUB Concert and Choir</p>			<p>✓</p> <p>chosen activity</p>
	<p>HUB Choir - Join our HUB Music Choir for outdoor Concerts with Suz</p> <p>Join our outdoor Choir for group concerts, singing, dancing and morning tea. This block we are planning our Christmas Concert. Be part of our Wednesday HUB Choir. Join us for lots of fun and make friends along the way!</p> <p>Group Program. Bookings are essential ## Available in both morning group and afternoon session.</p>		<p>No Cost</p>
	 <p>Goal #1</p>	 <p>Goal #2</p>	


Thursday Activities

<p>Morning – Choose One – 900 am to 1200 pm - Thursday</p>			<p>✓</p> <p>chosen activity</p>
	<p>Thursday Morning Social – Out and About</p> <p>Come and join us in our local community for morning tea with the group. Library, Shopping, Art and Cinema. Lots of activities on offer. BYO Money for Activities Purchases and food/ Drinks. **Shared Kilometre charge</p>		<p>BYO Money for purchases</p>
	 <p>Goal #1</p>	 <p>Goal #2</p>	
	<p>Baker's Delight at the HUB</p> <p>Bake some treats for morning tea with our resident cook Kyle. Learn how to make simple snack foods. Learn how to meal plan and budget. BYO money for cooking. This is a 1:1 activity in a group-based program.</p>		<p>BYO Money for Cooking</p>
	 <p>Goal #1</p>	 <p>Goal #2</p>	










And Choose – Afternoon Session

<p>Afternoon – Choose One – 1200 pm to 300 pm - Thursday</p>			<p>✓ chosen activity</p>
	<p>Volunteering in our Community</p> <p>Explore opportunities with your support worker in our community. Places to volunteer include gardening and St Vincent De Paul. ** Shared Kilometre charge</p>	<p>No Cost</p>	
	<p>Goal #1</p>		
	<p>Express yourself – Mind, body and Soul</p> <p>Share in group activities mind, body and soul. Art, craft, pampering and gardening. We explore all the senses in this group. Places are limited.</p>	<p>BYO Activity</p>	
	<p>Goal #1</p>		

OR – choose one All Day activity below for Thursday or half day option available

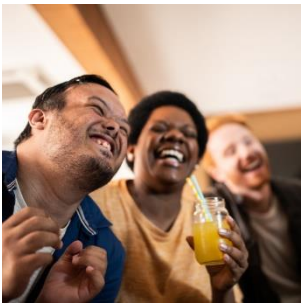



<p>All Day – Option – 900 am to 300 pm with half day option available – Thursday</p>			<p>✓ chosen activity</p>
<p>COCA Collage – Thursday</p>			
	<p>COCA Collage</p> <p>Adapted to suit all skill levels, COCA Collage provides Artists creative opportunity to improve fine motor coordination. Collage is the art of using existing materials to create a new, unified image. In COCA we explore materials (paper/fabric/object) and different themes.</p>	<p>All Day Option</p> <p>\$ 5 BYO for activities as needed</p>	
	<p>Goal #1</p>		

Friday Activities


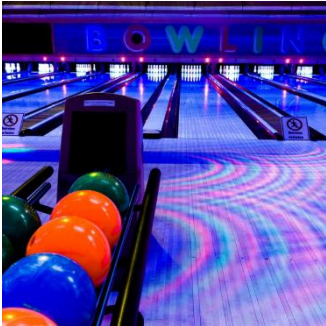


Morning – Choose One – 900 am to 1200 pm - Friday			 chosen activity
	The Breakfast Club with Kyle & Alisa Explore our local community. Enjoy breakfast club with your friends – Visit parks, Rocky Art Gallery, Millenium, and Bunnings. Somewhere new each week to visit with The HUB Crew ** Bring or buy food out and about** This is a group program. Bookings essential. ** Shared Kilometre charge	<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>	BYO Money for Activity
	ADSAN Photography and Multimedia Gain an understanding of how to use a camera/ multimedia device by capturing places, things, and people. Display all your photos taken during this program through a portfolio of work. Become a master’s in photography and multimedia! This is a 1:1 support group.		
	<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>	\$25 for registration (once off payment for new ASDAN customers + \$10 for the Certificate	

AND CHOOSE

Afternoon – Choose One – 1200 pm to 300 pm - Friday			 chosen activity
	Cooking Masterclass with Kyle & Alisa Learn the art of budgeting, meal preparation and cooking with your own cooking masterclass on Friday afternoons. Learn how to cook simple foods that taste amazing! Sample produce from our community garden and take home for the weekend to share with family and friends. This activity is 1:1 support within the group activity.	<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>	BYO Money for Activities

	Flexible Activities – Friday Afternoon Session at the HUB Share in the fun and challenge your mind whilst you participate in the group program at the HUB. – From gardening, art, collage, and sensory finds. Customer Choice. This program can be 1:1 with your support worker or group based.			No Cost BYO Activities
	 Goal #1	 Goal #2	 Goal #3	

OR – choose one All Day activity below for Friday / half day option available

All Day – Choose One – 900 am to 300 pm with half day option available – Friday Friday Favourites - Rockhampton All Stars			 chosen activity
	Summer Fun in Rockhampton with the Friday All Stars! Friday Program is all about social connections. Enjoy something new each week with the Friday All Stars. <ul style="list-style-type: none"> • Exercise, Swimming and Lunch at our local Swim Park • Golf Day • Bowling Day • Fishing at the Fitzroy River • Water Parks • Cinema and lunch with friends • Community Access shopping day with meet up for lunch Please bring appropriate clothing, footwear, water and hat for outdoor activities.		All Day Option BYO MONEY for Activity and Equipment as needed
	 Goal #1	 Goal #2	

2025 Rockhampton Hub Program Dates

Office Opens 6 January 2025

ROCKHAMPTON HUB closed on public holidays

Program 1		
	Start Date	End Date
Activity Program	Monday 6 th January	Friday 28 th March
Hub Closed	Monday 27 th January – Australia Day	

Program 2		
	Start Date	End Date
Activity Program	Monday 31 st March	Friday 20 th June
Hub Closed	Friday 18 th April – Good Friday Monday 21 st April – Easter Monday Friday 25 th April – Anzac Day Monday 5 th May – Labour Day	

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	Thursday 12 th June Rockhampton Agricultural Show Holiday	

Program 4		
	Start Date	End Date
Activity Program	Monday 22 nd September	Friday 12 th December
Hub Closed	Monday 6 th October – Kings Birthday	

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	