



2025 Ipswich Hub Activity Program 2 Catalogue

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

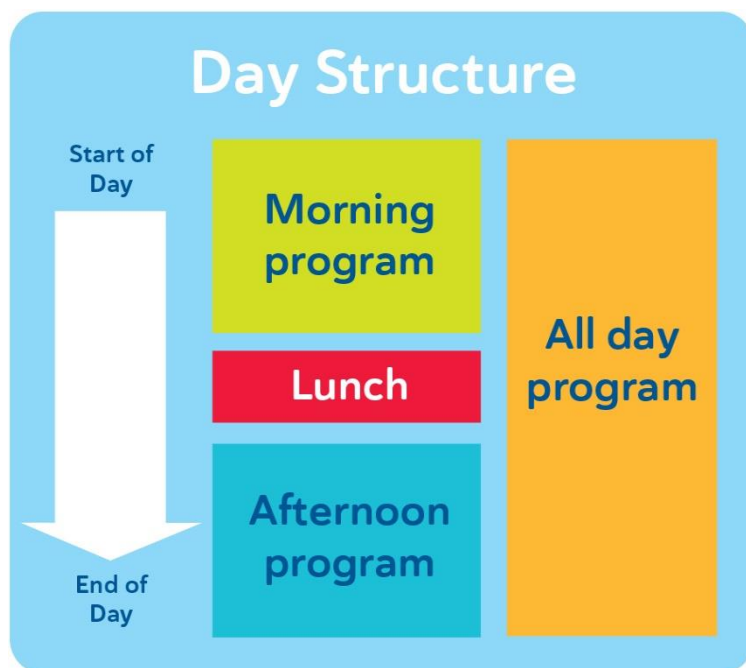
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

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 **Katalina Robinson** or return it to Katalina.robinson@multicap.org.au by **Friday 28th February 2025**.
- 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 **07 3819 0338 or 0482 134 876**.
- 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 **Katalina Robinson on 07 3819 0338 or 0482 134 876 or Katalina.robinson@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 – Choose One			✓ chosen activity
	Discover Ipswich Week 1 – Ipswich Library Week 2 – Ipswich Railway Museum Week 3 – Nerima Gardens Week 4 – RSPCA Week 5 – Amberley Air Force Museum Week 6 – Bob Gamble Park Week 7 – Springfield – Robelle Domain Week 8 – Queens Park & Animal Sanctuary Week 9 – Splash and Play Adventure Park Ripley Week 10 – Ipswich Art Gallery Week 11 – Lobley Park - Ipswich Week 12 – General Public – Nicholas Precinct **Bring or buy lunch** ** Shared Kilometer Charges** **Please bring along Companion Card** Goals to achieve:	\$0-\$20 Varies with Activity	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	Products in the Making Learn easy at home products to make for everyday enjoyment. Some products our customers can make are: Bath Bombs, Slime, Dream Catchers, Shrink Art, air dry clay making etc.... Goals to achieve:	\$3	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		

AND

Afternoon – Choose One



chosen
activity



Paint and Sip with Mocktails

Get creative both on the canvas and in the cup. Learn new skills in painting and in mocktail making. Sip on your delicious beverage as you paint a fun, simple design, step-by-step

Goals to achieve:



Goal #1



Goal #2



Goal #3

\$5



Bingo, Puzzles and Games

Challenge your friends with a variety of board games and puzzles available here at the Hub

Goals to achieve:



Goal #1



Goal #2



Goal #3

No Cost

OR – choose one All Day activity below

All Day – Choose One



chosen
activity



Swimming

This program provides a supportive, inclusive space to help individuals of all abilities enjoy the benefits of swimming. Join us for a fun, low-impact exercise experience in a safe environment.

Goals to achieve:



Goal #1



Goal #2



Goal #3

\$0-\$20
Varies
with
Activity

Tuesday activities

Morning – Choose One



chosen
activity



Ready, Set, Cook – Around the World Master Chef

Are you ready to embark on a delicious journey around the world? Our program is a 12-week culinary experience.

Each week, you'll explore a different cuisine, learn essential cooking skills, and engage in fun team challenge, all while fostering social connections and personal growth.

From Italian pasta to Indian curry, you'll discover new flavours, cultures, and friendships in a supportive environment.

Get ready to chop, sauté, and savour your way to becoming a master chef! Sign up today and let's cook up something amazing together!

\$5

Goals to achieve:



Goal #1



Goal #2



Goal #3



Bowling

Joining a bowling or lawn bowling team designed for people with disabilities is a wonderful opportunity for anyone looking to engage in a fun, social, and inclusive sport.

****Bring or buy lunch****

\$10

Goals to achieve:



Goal #1



Goal #2



Goal #3

AND

Afternoon – Choose One

✓
chosen
activity



Take me back – Music Session

Creating a safe and supportive environment where people of all abilities can connect through music. It would be a space where the emotional and sensory power of music can evoke memories, inspire creativity, and foster connection in a way that is accessible and welcoming for everyone.

Goals to achieve:



Goal #1



Goal #2



Goal #3

No Cost



Walking Group

Join our walking group every week in different areas for exercise and socialising with other customers.

Social Connection Walking in a group provides an excellent opportunity for catching up with friends and family or meeting new people with shared interests. ...

Goals to achieve:



Goal #1







Goal #2











Goal #3

No Cost

OR – choose one All Day activity below

All Day – Choose One				✓ chosen activity
	Sailability One of the most rewarding aspects of joining a Sailability group is the sense of community. You'll have the chance to connect with others who share your interests and passions. Goals to achieve:			\$10 - \$15
	 Goal #1	 Goal #2	 Goal #3	

Wednesday activities

Morning – Choose One				✓ chosen activity
	Scrapbooking Record some of the memories made in your very own scrapbook! Staff will help you cut and stick to create your very own masterpiece.			\$3
	Goals to achieve:	 Goal #1	 Goal #2	 Goal #3
	Op Shopping/Library Club Join our Op Shopping & Library Club at the Ipswich Hub! Explore local thrift shops for unique finds and enjoy the world of books at your own pace. Whether you're hunting for a bargain or discovering your next favourite read, our program offers a fun, social experience where everyone can participate and connect with others. ** BYO \$ for your shopping** **Library Card** ** Shared kilometers charges**			No Cost
	Goals to achieve:	 Goal #1	 Goal #2	 Goal #3

AND

Afternoon – Choose One



chosen
activity



Ready, Steady, Bake

Challenge your baking skills and learn how to create different types of baking goods. Perfect for all skill levels, this hands-on experience fosters teamwork, boosts confidence and encourages self-expression through the art of baking. Come mix, measure and make sweet memories with us!

\$2.50

Goals to achieve:



Goal #1



Goal #2



Goal #3



Singing, Dancing and Karaoke

Unleash your inner performer in this fun and engaging program! Whether you want to learn dance moves, improve your singing, or enjoy karaoke with friends, there's something for everyone. Connect, build confidence, and let the music move you.

No Cost

Goals to achieve:



Goal #1



Goal #2



Goal #3

OR – choose one All Day activity below

All Day – Choose One



chosen
activity



ASDAN PHOTOGRAPHY

Gain a deep understanding on how to use a camera by capturing a wide range of different subjects which include people, places, things, and photograms. Then, we will create scrap books to showcase the amazing photos that have been taken.

****Bring or buy lunch****

\$2.50

Goals to achieve:



Goal #1











Goal #2



Goal #3

Thursday activities

Morning – Choose One					✓ chosen activity
	Community & Social Participation Week One – Twelve Cafe Hopping: <ul style="list-style-type: none"> • Exploring the local areas to discover cafes in our community and the live entertainment at different venues. • To enjoy morning tea with friends. 				Between \$0-\$15
	Goals to achieve:	 Goal #1	 Goal #2	 Goal #3	
	Touch, Discover, Feel Immerse in a world of textures, sight, sound, smell and taste designed to delight and engage senses. This activity offers a relaxing and enjoyable experience to awaken sensory perception and bring a sense of calm and joy.				\$3
	Goals to achieve:	 Goal #1	 Goal #2	 Goal #3	

AND

Afternoon – Choose One



chosen
activity



Pamper Me Thursday's

A relaxing way to end the week. Pampering includes hand and arm massages, foot spa in Epson salts, nail painting and head and shoulder massage. General relaxation time.

\$2.50

Goals to achieve:



Goal #1



Goal #2



Goal #3



Indoor Hydroponic Gardening:

Indoor hydroponic gardening offers joy, relaxation, and satisfaction for adults with disabilities, while eliminating the need for outdoor space and minimizing maintenance. Hydroponics uses nutrient-rich water instead of soil, making it easier to grow plants. These gardens are customizable and perfect for those with limited space or mobility. Indoor gardening also adds creativity to home decor and provides the mental health benefits of nature, regardless of weather. For a fulfilling and low-maintenance hobby, hydroponic gardening is a great choice!

\$5

Goals to achieve:



Goal #1







Goal #2











Goal #3

OR – choose one All Day activity below

All Day – Choose One				✓ chosen activity
	Flexible Centre Based Activities These activities will give our customers the flexibility to choose from a variety of organised activities. Each week 2 different tailored activities will be on offer with customers given the option to select the activity of their choice such as: <ul style="list-style-type: none"> • Sensory Activities • Card making • Board games • Jewellery art • Textiles • Painting • Chalk Art • Soccer • Basketball 			\$3
	Goals to achieve: <div> <div>  <p>Goal #1</p> </div> <div>  <p>Goal #2</p> </div> <div>  <p>Goal #3</p> </div> </div>			

Friday activities

Morning – Choose One			✓ chosen activity
	COCA - Ceramics <p>All programs have been designed to fit within the Multicap Hub 12-week program model and customers can participate in the program together regardless of their individual skill level to promote an inclusive environment where all customers can advance their artistic capabilities with more advanced customers being able to mentor those just starting their Ceramics journey.</p>	\$5	
	<p>Goals to achieve:</p> <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		
	All Abilities Indoor Mini Golf and Bowling <p>Join us at Ipswich Hub for accessible Indoor Mini-Golf and Bowling, designed for adults with disabilities. With adaptive equipment and customised rules, everyone can enjoy the fun, build skills, and make new friends. Come for the fun, stay for the friendships!</p>	\$2.50	
	<p>Goals to achieve:</p> <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		

AND

Afternoon – Choose One



chosen
activity



Fun Fitness in the Hub

Each week we will focus on different exercises in the hub.

- Seated exercise
- Yoga
- Mindful Meditation
- Zumba.
- Ball coordination skills

Goals to achieve:



Goal #1



Goal #2



Goal #3

No Cost



In Hub Relaxation:

Movie appreciation & Relaxation.

Customers will choose different movies that they enjoy for down time on a Friday afternoon.

Goals to achieve:



Goal #1






Goal #2



Goal #3

No Cost

OR – choose one All Day activity below

All Day – Choose One			✓ chosen activity
	Travel Training and City Cat <p>Members will learn how to read a timetable. We will learn how to use a Go Card and how to put money onto the go card. You will enjoy the pleasure of a train ride or bus to the city followed by a city cat ride around Brisbane and a bit of sightseeing.</p> <p>** Bring Go card **</p> <p>**Shared Kilometres charge**</p> <p>**Bring or buy lunch**</p> <p>Goals to achieve:</p>		<p>Go Card Required</p>
	 <p>Goal #1</p>	 <p>Goal #2</p>	

2025 Ipswich Hub Program Dates

Office Opens 6 January 2025

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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	Wednesday 13 th August – Royal Queensland Show (Brisbane area only)	

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	