



2025 Blackburn Hub
Activity Program 2
Catalogue

2025 Blackburn Hub Activity Program 2 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.

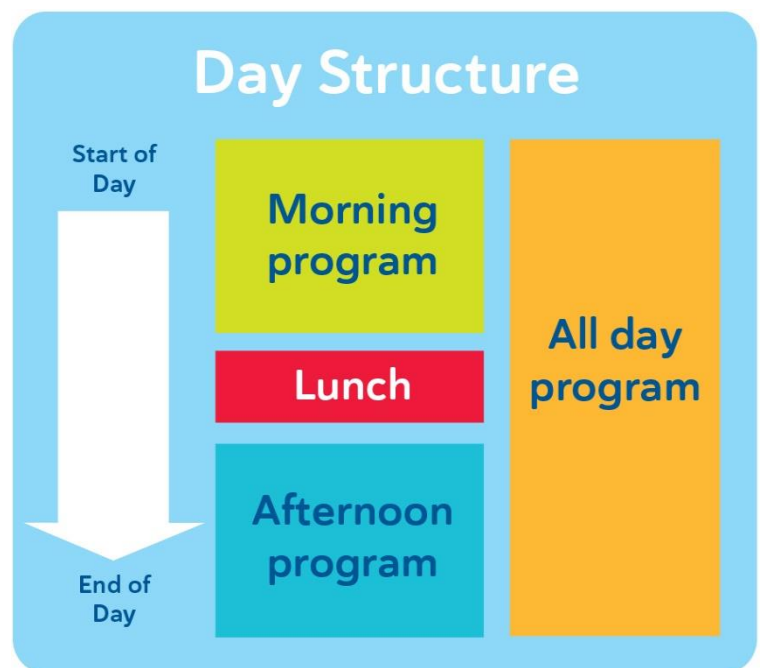
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

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 (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 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 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
	<p>Art – Centre of Creative Art</p> <p>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.</p> <p>All COCA Programs have 3 levels at which we offer.</p> <ul style="list-style-type: none"> • Beginner • Intermediate • Advanced <p>All programs are run over 12 weeks, and everyone can participate regardless of skill level.</p> <p>Goals to achieve:</p>	<p>\$5</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>		





AND

Afternoon 1pm-4pm			✓ chosen activity
	<p>Walking Group</p> <p>Join a local walking group from our Canterbury hub, grab some afternoon tea in the local area before walking back to the Canterbury Community Precinct. This is for all levels and abilities with an aim of socializing, light exercise and independent skill development</p> <p><i>*Afternoon tea include*</i></p> <p>Goals to achieve:</p>	<p>\$10</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>		

Tuesday activities

Afternoon 12:30pm - 3:30pm				✓ chosen activity
	Music Program – Instruments of Percussion 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.			Free
	Goals to achieve:			
 Goal #1	 Goal #2	 Goal #3		

OR

Afternoon 1:00-4:00pm				✓ chosen activity
	Cooking – Quick and Easy 30 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.			\$10
	Goals to achieve:			
 Goal #1	 Goal #2	 Goal #3		

And

Evening



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.

**** Includes Dinner ****

\$35

Goals to achieve:



Goal #1







Goal #2







Goal #3





Wednesday activities

Afternoon 3:00pm-6:00pm			 chosen activity	
	Music Program – MC Groove Each week you will experience a different type of music genre and learn about rhythm and what makes the different genres different from others.		Free	
	Goals to achieve:			
	 Goal #1	 Goal #2		



And

Evening 6:00pm-9:00pm			 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.		\$35	
	** Includes Dinner **			
	 Goal #1	 Goal #2		

Thursday activities

Morning – Choose One				✓ 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>			\$15	
	 Goal #1	 Goal #2	 Goal #3		

AND

Afternoon – 1:00pm-4:00pm				✓ chosen activity	
	<p>Cooking – Healthy Cooking</p> <p>Each week you will select a healthy recipe, go shopping, cook and plan for next week. Program will cover cooking basics with an emphasis on skill development.</p> <p>Goals to achieve:</p>			\$10	
	 Goal #1	 Goal #2	 Goal #3		

OR

Evening 4:00-8:00pm

✓
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

Goals to achieve:



Goal #1





Goal #2





Goal #3

Friday activities

Morning – Choose One			✓ chosen activity
	<p>Creative Art</p> <p>This program brings many benefits to everyone.</p> <ul style="list-style-type: none"> • Emotional Wellbeing • Cognitive Abilities • Social Interactions • Self-expression and Empowerment 	<p>Goals to achieve:</p>	\$5
	<p>Goal #1</p> 		

AND

Afternoon – Choose One			✓ chosen activity
	<p>Art - Freestyle</p> <p>Each 12 weeks you will present have a chance to create your own unique art piece – or why not create several. Choose your favourite medium and learn different techniques.</p> <ul style="list-style-type: none"> • Pencil • Ink • Paint • Charcoal <p>The choices are almost limitless.</p>	<p>Goals to achieve:</p>	\$5
	<p>Goal #1</p> 		

OR

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

Goals to achieve:



Goal #1







Goal #2







Goal #3

Saturday Activities

Afternoon/Evening (Fortnightly) 3pm – 8.30pm			✓
	Saturday Night – Live! Enjoy every fortnight organised activities onsite and in the community. Learn skills while having fun including: <ul style="list-style-type: none"> • Music • Dancing • Trivia • Silent Disco 		\$25
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	

Sunday Activities

Daytime 10:00am – 2:00pm			✓
	Sunday Social Brunch Group There is nothing that puts a smile on our faces like socialising with friends over a delicious meal, and the Social Lunch Group provides the perfect opportunity for our participants to do just that. A focus on not only increasing social circles but also assisting to develop important social and personal skills in a comfortable and engaging setting.		\$35
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	

2025 Blackburn 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 4 th April
Hub Closed	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 27 th June
Hub Closed	Friday 18 th April – Good Friday Saturday 19 th April – Easter Saturday 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 30 th June	Friday 4 th July

Program 3		
	Start Date	End Date
Activity Program	Monday 7 th July	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	Friday TBA – AFL 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	

