

2025
Blackburn Hub
Activity Program 3 Catalogue

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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

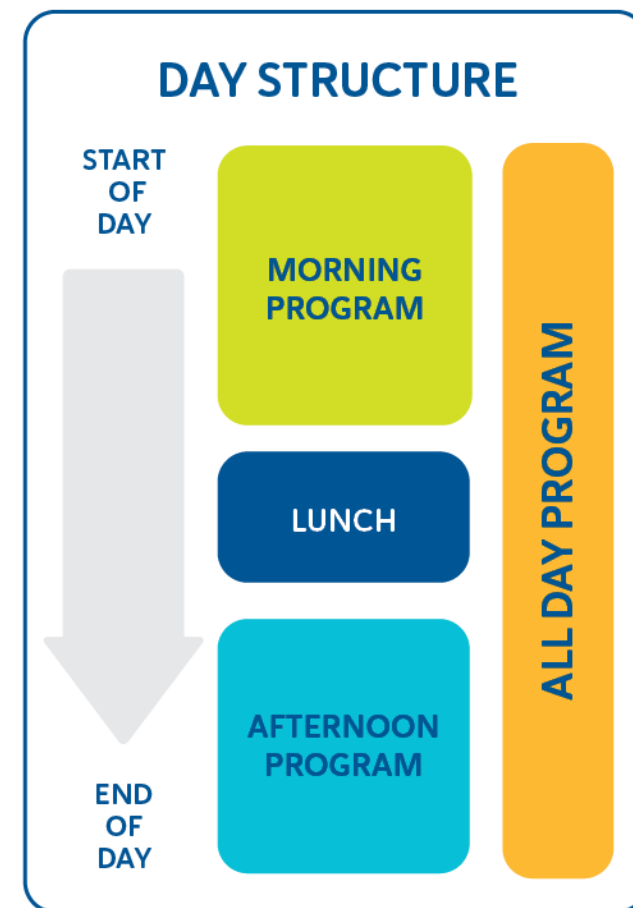
1 For each day you attend the Hub, choose one activity for the morning and one activity for the afternoon, or a full day activity where available. As you are committing to that specific activity for 12 weeks (i.e. Sailing every Monday, cooking every Tuesday morning and games every Tuesday afternoon), please make sure the activities you choose are ones that align well with your NDIS goals, or are activities you are passionate about.

2 Tick the program you wish to be registered into as outlined below and either phone through your choices to Owen Letsholo or return it to Blackburn Hub or owen.letsholo@multicap.org.au or melbourne.ops@multicap.org.au by 30/05/2025

3 Program allocation is based on first-come, firstserved; so, make sure you get your selections in fast! If you need help to complete the form, please call us on 0468 711 420 or 0492 847 433

4 A confirmation letter will be sent to you with the activities you are participating in.

5 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.



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.

 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

☐ 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.



Goals to achieve:



Cost: \$5

Afternoon 12.30pm-3.30pm

☐ Health - Walking Group

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

Afternoon tea included



Goals to achieve:



Cost: \$10

All Day 9.00am-3.00pm

☐ Social – Movies Connection

Join a regular movie connection group selecting a movie each week as a group followed by lunch and discussion what you loved about the movie and what you are looking forward to seeing in the coming weeks. It's a great way to connect socially with your friends and meet new people with similar interests.

Movie and lunch included



Goals to achieve:



Cost: \$35

Tuesday Activities

Morning 9:30am-12:30pm

☐ Music – 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



Goals to achieve:



Cost: No Cost

Afternoon 12.30pm-3.30pm

☐ Cooking – Quick 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.



Goals to achieve:



Cost: \$10

Evening 5:30pm-9:30pm

☐ Social – 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.

Focusing on not only increasing social circles but also skill development. The Social Dinner Club has been successfully running for over 5 years and is only getting more popular.

** Includes Dinner **



Goals to achieve:



Cost: \$40

Wednesday Activities

Afternoon 1:30pm-4:30pm (choose one)

☐ Cooking – Healthy Cooking

Each week you will be able to select a quick recipe as a group, go shopping for ingredients, cook and plan for next week. At the end of the program, you can showcase what you have learned with a celebration week. The program will cover cooking basics with an emphasis on skill development.



Goals to achieve:

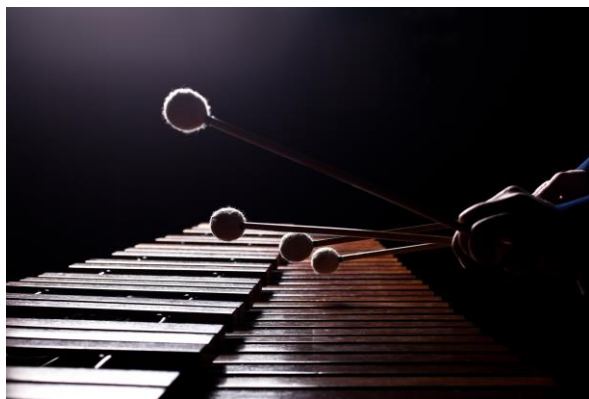


Cost: \$10

Afternoon 3:00pm-6:00pm (choose one)

☐ Music – 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.



Goals to achieve:



Cost: No Cost

Evening 5:30pm-9:30pm

☐ Social – Social Dinner Club

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** Includes Dinner **



Goals to achieve:



Cost: \$40

Thursday Activities

Morning 9.30am-12.30pm

☐ ASDAN

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.

The Independent Living pathway enables people to build skills that enable self-determination and control over their lives.



Goals to achieve:



Cost: No Cost

Afternoon 12.30pm-3.30pm

☐ Social – Café Club

Socialising weekly with friends and learning some independence skills all at the same time. Try a new café every week or rotate through your favourite ones. What's your favourite hot drink coffee, tea or hot chocolate.

While you make new friends build your skills ordering from menu's budgeting and social engagement.



Goals to achieve:



Cost: No Cost

Evening 4:00pm-8:00pm

☐ Social – After 4 Group

The After 4 Group 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, cook, and then eat a delicious dinner together every week.



Goals to achieve:



Cost: \$15

Friday Activities

Morning 9:30am-12:30pm

☐ Art - Creative

This program brings many benefits to everyone.

- Emotional Wellbeing
- Cognitive Abilities
- Social Interactions
- Self-expression and Empowerment



Goals to achieve:



Cost: \$5

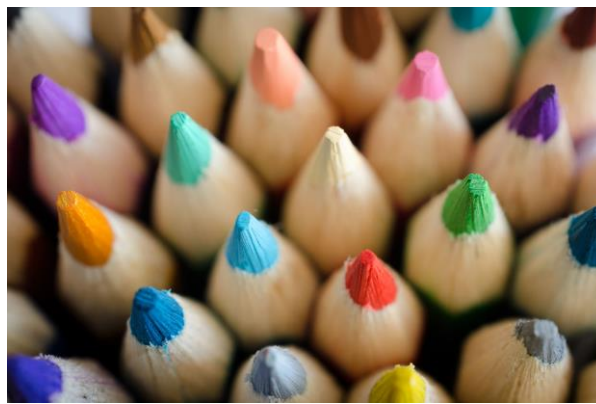
Afternoon 12.30pm-3.30pm

☐ Art - Freestyle

Each 12 weeks you will have a chance to create your own unique art piece – or why not create several. Choose your favourite medium and learn different techniques.

- Pencil
- Ink
- Paint
- Charcoal

The choices are almost limitless.



Goals to achieve:



Cost: \$5

Evening 4:00pm-8:00pm

☐ Social – After 4 Group

The After 4 Group 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, cook, and then eat a delicious dinner together every week.



Goals to achieve:



Cost: \$20

Weekend Activities

Saturday Weekly 3:00pm-8:30pm

☐ Social – 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:



Cost: \$35

Sunday Weekly 10:00am-3:00pm

☐ 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.

**** Includes Brunch ****



Goals to achieve:



Cost: \$35

2025 Blackburn Hub Program Dates

Office Opens 6th of January 2025 | Hub closed on public holidays

	Program 1	Program 2	Showcase Week 1	Program 3	Program 4	Showcase Week 2
Start Date	Monday 6 th January	Monday 7 th April	Monday 30 th June	Monday 7 th July	Monday 22 nd September	Monday 15 th December
End Date	Friday 4 th April	Friday 27 th June	Friday 4 th July	Friday 19 th September	Friday 12 th December	Friday 19 th December
Hub Closed	Australia Day Monday 27 th January Labour Day Monday 10 th March	Good Friday Friday 18 th April Easter Monday Monday 21 st April Anzac Day Holiday Friday 25 th April King's Birthday Monday 9 th June		EKKA Show Day Wednesday 13 th August (Qld only)	AFL Holiday Friday 26 th September Melbourne Cup Tuesday 4 th November	