

# 2025 Blackburn & Canterbury Hubs Activity Program 4 Catalogue

# 2025 Blackburn Hub Activity Program 4 Catalogue

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

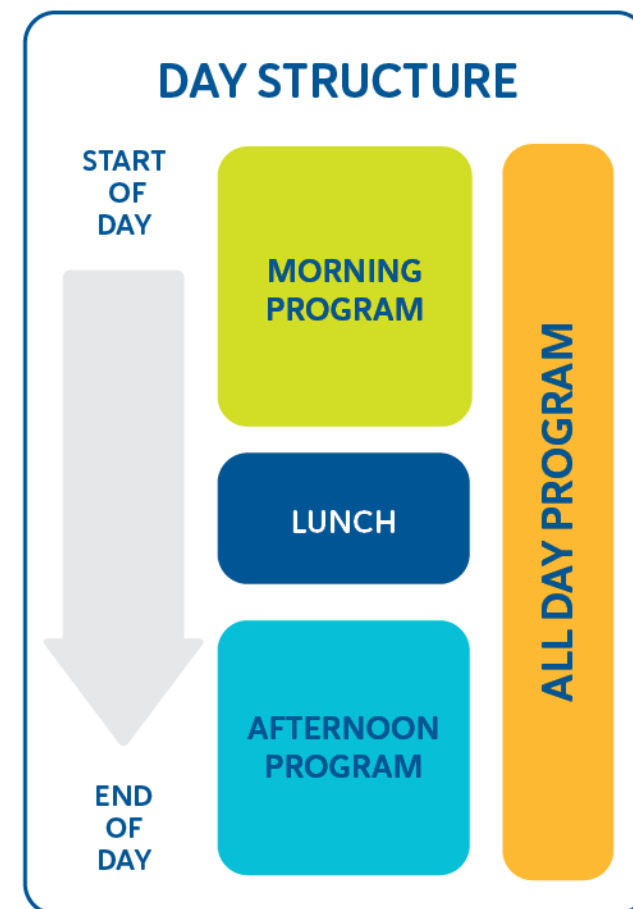
**1** For each day you attend the Hub, choose one activity for the morning and one activity for the afternoon, or a full day activity where available. As you are committing to that specific activity for 12 weeks (i.e. Sailing every Monday, cooking every Tuesday morning and games every Tuesday afternoon), 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](mailto:owen.letsholo@multicap.org.au) or [melbourne.ops@multicap.org.au](mailto:melbourne.ops@multicap.org.au) by 29/08/2025

**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](mailto: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 (COCA) – Collage Art

COLLAGE! Using materials such as fabric, paper, glues, paint, how far can you go?

Create an image of your own imagination or choose from one of the suggestions.

This 12-week program will support your creative side with your own masterpiece at the end to showcase.



Goals to achieve:



Cost: \$5 weekly

### 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 weekly

### All Day 9.00am-3.00pm

#### ☐ My World, Create your own photo book

Why not document all your favorite things? Spend the morning using your phone or camera, find and photograph things of interest, in the afternoon, choose the pictures that tell the story of who you are. Write words, draw pictures, find images that also tell the story and then put them together to make a page for your book.

At the end of 12 weeks, send your book for printing and then it is yours to keep!

Bring your lunch each week so you can spend time talking to the rest of the group about your adventures.



Goals to achieve:



Cost: \$35 once off cost for the book

## 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 weekly

### 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 weekly

## Wednesday Activities

### All Day 9:30pm-3:30pm (choose one)

#### ☐ Cooking – MasterChef Challenge

Rise to a challenge each week as you build cooking skills ready to complete the tasks of finals week! Create recipes from surprise ingredients, learn dicing and slicing, mixing and beating. Cook both savory and sweet dependent on the theme of the week. Week 12 will be the showstopper that brings all your work together. Showcase your cooking by inviting someone special to share your dish in week 12.



Goals to achieve:

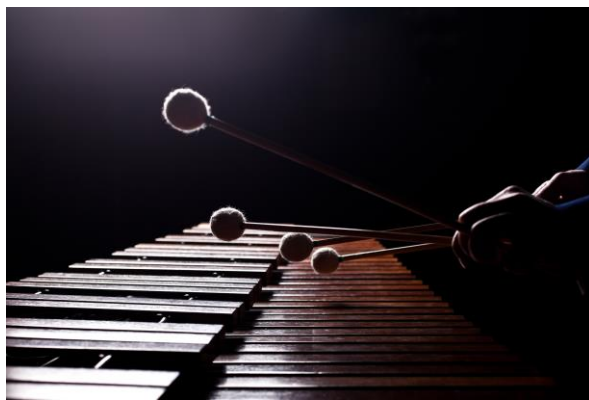


Cost: \$10 weekly

### 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

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 weekly

## Thursday Activities

### Morning 9.30am-12.30pm

#### ☐ ASDAN – Work Skills

Meet at our Canterbury Hub and join the group. Build your work skills and independence.

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

#### ☐ Skill – Work Experience

Building on your skills, we will run a 12-week program. So gradually at your pace get real world exposure and finish with a portfolio or presentation at week 12.

This is a great opportunity to gain practical skills, understand the workplace, and build confidence.



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 weekly



## Friday Activities

### Morning 9:30am-12:30pm

#### ☐ Art – Sculptured Figurine Clay Project

Perfect for beginners or those who want to work slowly. This 12-week program will begin with brainstorming, design a simple figurine of yourself and bring it to life.

Over the following weeks you will build and shape your ideas into something designed by you with the result painted, sealed and displayed for the showcase week then yours to take home.



Goals to achieve:



Cost: \$5 weekly

### Afternoon 12.30pm-3.30pm

#### ☐ Dramatic – Performing Art

This 12-week program focuses on fun, creativity, teamwork and gentle skill building techniques.

By the end of the 12 weeks, you will have worked together to create and perform a short play to present to family and friends, celebrating your achievements over the 12 weeks.



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: \$20 weekly



## 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 weekly

### 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 weekly

## 2025 Blackburn Hub Program Dates

Office Opens 6<sup>th</sup> of January 2025 | Hub closed on public holidays

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