

2025
Ipswich Hub
Activity Program 4 Catalogue

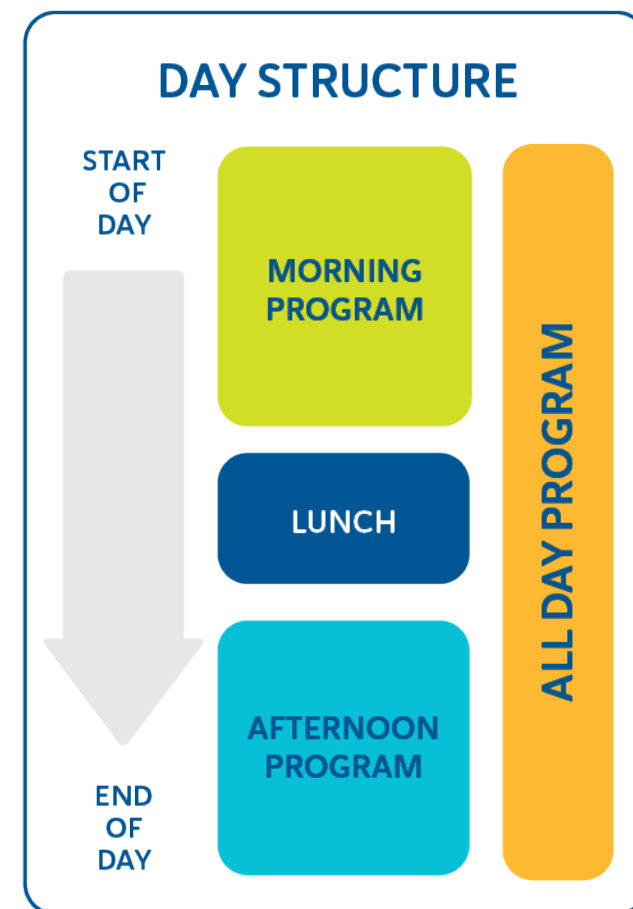
2025 Ipswich Hub Activity Program 4 Catalogue

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

- 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 (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.
- 2** Tick the program you wish to be registered into as outlined below and either phone through your choices to Sarah Sword or return it to Ipswich Hub or Sarah.Sword@multicap.org.au by **08/11/2024**
- 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 0482 134 876 or 07 3819 0338
- 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 Sarah on 0482 134 876















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 9.00am-12.00pm (choose one)

☐ COCA CREATIVE COLLAGE FUN

Collage is a simple yet engaging art activity perfect for all. Assembling fabric, paper, and other materials to create an image allows for creative expression with minimal space and supplies. This flexible experience can be individual or collaborative, with endless possibilities for scale and design.



Goals to achieve:



Cost: \$5

☐ MUSIC AND MELODIES

An opportunity to listen to relaxing music, meditate, and use percussion instruments. Align and form a blissful experience of sound and movement.



Goals to achieve:



Cost: No Cost

Afternoon 12.30pm-3.00pm (choose one)

☐ SENSORY ACTIVITIES

We will open our minds to all things sensory. This will include the use of water play, Slime, Sand, Playdough, and many more fun activities. This Program will encourage and promote the use of discovery for all customers to engage their seven senses.



Goals to achieve:

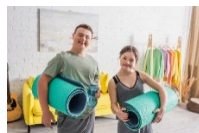


Cost: \$2.50

☐ FUN FITNESS IN THE HUB

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

- Walking onsite
- Seated exercise
- Yoga
- Zumba
- Ball coordination skills



Goals to achieve:



Cost: No Cost

All Day 9.30am-3.00pm

☐ WALKING AND CIRCUIT GROUP

Fun Fitness each week! We will go for walk and focus on different exercises including Seated exercise, Yoga, Ball coordination skills and circuit courses



Goals to achieve:



Cost: No Cost

Tuesday Activities

Morning 9.00am-12.00pm (choose one)

☐ HUB MASTER CHEF

Our customers work closely with staff to build up their fine and gross motor skills to prepare and create meals of their choice. Each week we will focus on learning new skills and building on these skills as the week progresses.



Goals to achieve:



Cost: No Cost

☐ MATCH & SORT MAGIC

a fun, hands-on experience designed to build everyday living skills and boost confidence through purposeful tasks. We will engage in matching activities like pairing socks and shoes, identifying people by names or pictures, and sorting items into the right piles. This experience encourages independence, attention to detail, and practical thinking in a supportive, engaging environment.



Goals to achieve:



Cost: No Cost

Afternoon 12.30pm-3.00pm (choose one)

☐ LITERACY BASED LEARNING

Basic Literacy Skills. This includes story reading, singing, educational puzzles, literacy books (writing practice), picture books, and educational games.



Goals to achieve:



Cost: No Cost

☐ WATER ACTIVITIES

Build Sensory Skills with Water Activities.

- Mini Fish and Seashells water bath
- Wet paintbrush activities
- Ball and squeeze pom pom water bath
- Bubble and water play
- Water beads
- Splash in the water bath, foot spa
- Wash off foam activities
- Many more fun wet activities



Goals to achieve:

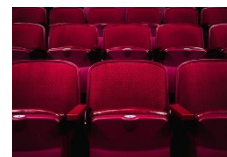


Cost: No Cost

All Day 9.30am-3.00pm

☐ SOCIAL – MOVIE 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.



Goals to achieve:



Cost: \$20 - \$30

Wednesday Activities

Morning 9.00am-12.00pm (choose one)

☐ URBAN DISCOVERY

Visit the nearby sights as part of our urban exploration program. Explore the features of our local area and venture further afar to discover new locations.

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



Goals to achieve:



Cost: No Cost

☐ CAFÉ HOPPING

Ready for a tasty adventure? Join us for a Cafe Hopping experience around the local area! Explore charming spots, sip on delicious coffees, and indulge in sweet treat. It's the perfect way to discover hidden gems and enjoy a day of delicious fun! We also check out the local entertainment at different venues.



Goals to achieve:



Cost: Depends on Purchases

Afternoon 12.30pm-3.00pm (choose one)

☐ BLING MASTERS

Jewellery Making Discover the art of crafting beautiful, one-of-a-kind pieces that reflect your unique style. Our staff will lead you through the process of working with various materials, techniques, and tools, providing guidance every step of the way. Whether you're looking to pursue a new hobby or unleash your inner entrepreneur, our jewellery making program offers a supportive and inspiring environment for all skill levels



Goals to achieve:



Cost: \$5

☐ MID WEEK PAMPER

Opportunity to be revigorated and relax. Pampering includes hand and arm massage, foot spa in Epson salt, nail painting, head and shoulder massage. General relaxation time, with scented candles, slippers, and weighted blankets



Goals to achieve:



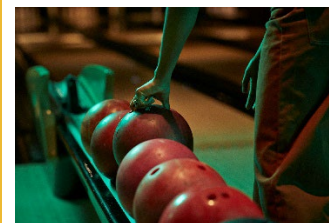
Cost: No Cost

All Day 9.30am-3.00pm (choose one)

☐ BOWLING

Strike, spare and knock those pins down. Customers will compete and get to improve scores each week! Aspley Bowling is booked for Term 3 at 10am (2 lanes) starting 30 June 19 September 2025.

*****Customers to bring their companion cards**



Goals to achieve:



Cost: \$12

Thursday Activities

Morning 9.00am-12.00pm (choose one)

☐ MINDFULNESS COLOURING

combines creativity with mindfulness practices, offering a calming activity that aids in stress reduction & relaxation.

Engaging in colouring helps focus attention on the present moment, fostering a meditative state & promoting mental clarity.



Goals to achieve:



Cost: No Cost

☐ LIFE SKILL

As a group each week we will choose a new life skill to implement with staff assistance this can be skills from personal care, hygiene, speech, language, makaton, duties around the HUB or health and safety.



Goals to achieve:



Cost: \$5 - 10 Depends on the activity

Afternoon 12.30pm-3.00pm (choose one)

☐ LUNCH CLUB

Come and join us to explore a variety of restaurants offering various cuisines for lunchtime where the fun begins meeting new friends.

**** Shared kilometer charge****



Goals to achieve:



Cost: \$0 - \$20
Depending on purchase

☐ MEDITATION

Take a deep breath and unwind! Join us for a peaceful meditation session where you can relax, recharge, and find your inner calm. Perfect for all levels – let's zen out together!



Goals to achieve:



Cost: No Cost

All Day 9.30am-3.00pm (choose one)

☐ FLEXIBLE IN HUB 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 an activity



Goals to achieve:



Cost: No Cost

Friday Activities

Morning 9.00am-12.00pm (choose one)

☐ PRODUCT MAKING

In this program, you'll learn how to turn simple materials into a finished product, whether it's crafting a personalized item, building a small project, or designing something useful. Perfect for beginners or those looking to expand their crafting skills, this workshop focuses on creativity, problem-solving, and the satisfaction of creating something with your own hands.

Bring your own lunch



Goals to achieve:



Cost: \$5

☐ GREEN THUMBS

Join us for a hands-on gardening adventure, exploring nature, planting, and nurturing flowers, herbs, and veggies. Enjoy sensory experiences, creative garden projects, and the joy of growing together.



Goals to achieve:



Cost: \$5

Afternoon 12.30pm-3.00pm (choose one)

☐ DRAMA, DANCE & EXERCISE

Let's get your dancing shoes on as we end the week on a high! Dance, Sing or rock out to all your favourite hits.



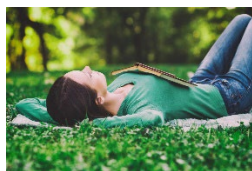
Goals to achieve:



Cost: No Cost

☐ FRIDAY AFTERNOON UNWIND

Relax, engage in favourite pastimes, and unwind in a supportive, flexible environment each week and enjoy Friday afternoons of Freedom where you choose activities like reading, movies, gardening or outings.



Goals to achieve:

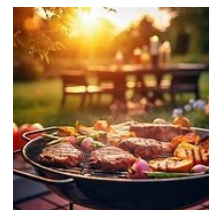


Cost: No Cost

All Day 9.30am-3.00pm (choose one)

☐ BBQ IN LOCAL PARK

Our customers will enjoy a fun morning exploring different local parks in the Ipswich community. They will help plan, purchase, prepare and cook a scrumptious lunch and enjoy together.



Goals to achieve:



Cost: \$5

2025 Ipswich Hub Program Dates

Office Opens 6 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 31 st March	Monday 23 rd June	Monday 30 th June	Monday 22 nd September	Monday 15 th December
End Date	Friday 28 th March	Friday 20 th June	Friday 27 th June	Friday 19 th June	Friday 12 th December	Friday 19 th December
Hub Closed	Australia Day Monday 27 th January	Good Friday Friday 18 th April Easter Monday Monday 21 st April Anzac Day Holiday Monday 5 th May Labour Day Friday 16 th May			King's Birthday Monday 6 th October	Christmas Shut Down Period Monday 22 nd December – Monday 5 th January