

2025

Rockhampton Hub

Activity Program 4 Catalogue

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

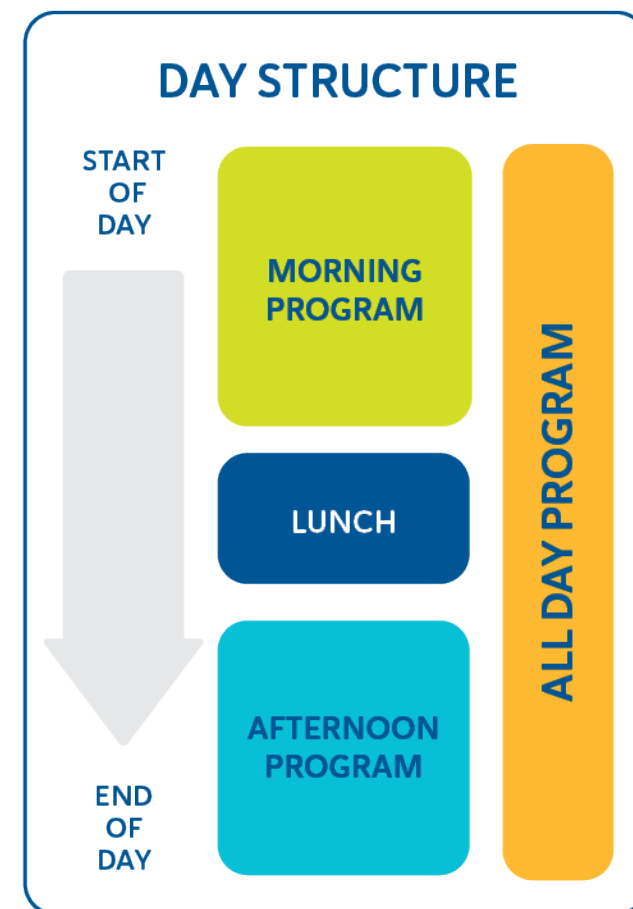
1 For each day you attend the Hub, choose one activity for the morning and one activity for the afternoon, or a full day activity where available. As you are committing to that specific activity for 12 weeks (ie. Sailing every Monday, cooking every Tuesday morning and games every Tuesday afternoon), 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 Robyn White or return it to robyn.white@multicap.org.au or by Friday 30/05/2025.

3 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 0409 640 239 or (07) 4922 4549.

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 Robyn White 0409 640 239.












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)

☐ ECO Art

Get creative with Eco Art! Spend the morning making beautiful art using sustainable materials, learning how to turn everyday items into something unique and eco-friendly. It's a fun way to express your artistic side while caring for the planet. .



Goals to achieve:



Cost: \$ 5

☐ Breakfast Club

Join our breakfast club and start your day right! Whether you're a morning person or just looking for a cozy spot to catch up, we gather every week to enjoy delicious breakfast treats, sip on some fresh coffee, and have some great conversations. It's the perfect way to meet new friends and make your mornings a little brighter. Come hungry, stay for the good vibes!



Goals to achieve:



Cost: \$ 10

Afternoon 12.00pm-3.00pm (choose one)

☐ Music with Suzie

Join Suzie for a fun music session, exploring rhythms, melodies, and instruments. Whether you listen, sing or play, it's a great way to connect through sound and music.



Goals to achieve:



Cost: No Cost

☐ Pampering

Indulge in our pampering program designed to rejuvenate your mind, body and soul. Treat yourself to a luxurious experience with soothing treatments, relaxation techniques, and self-care rituals that leave you feeling refreshed, revitalized and completely relaxed. Perfect for unwinding and giving yourself the care you deserve.



Goals to achieve:



Cost: \$ 7

All Day 9.30am-3.00pm (choose one)

☐ Meal Prep and Cooking Day

Take the guesswork out of cooking with these easy to make-ahead meal prep recipes. Together you can choose from a range of recipes you would like to create, do some shopping and learn some new skills in the kitchen!



Goals to achieve:



Cost: \$ 10

Tuesday Activities

Morning 9.00am-12.00pm (choose one)

☐ Bingo Wild

Join us for a fun filled morning of Bingo, where excitement, laughter, and friendly competition come together. Enjoy morning tea while playing for prizes and the thrill of calling out "BINGO" with friends!



Goals to achieve:



Cost: \$ 5

☐ Clay

Come and join the hands on, creative experience where participants explore the endless possibilities of clay. From shaping and moulding, to glazing, this program encourages self-expression and artistic growth. Whether you're a beginner or experienced artist, you'll develop your skills while creating unique, functional, or sculptural pieces. Come and get your hands dirty and bring your ideas to life!



Goals to achieve:



Cost: \$ 5

Afternoon 12.00pm-3.00pm (choose one)

☐ Jewellery

In this program you'll learn about the art of crafting beautiful, one-of-a-kind pieces using a variety of techniques and materials. This hands-on workshop will help you create stunning Jewellery while developing your skills in design, wirework, beading, and more!



Goals to achieve:



Cost: \$ 7

☐ Sensory

Engage your senses through interactive, calming, and stimulating activities designed to spark curiosity and enjoyment.



Goals to achieve:



Cost: \$ 5

All Day 9.00am-3.00pm (choose one)

☐ Flexible Program

Enjoy a variety of activities designed to suit different interests and abilities. From getting creative with art to getting hands on with gardening, it's all about choice fun and discovering what you enjoy most.



Goals to achieve:



Cost: No Cost

Wednesday Activities

Morning 9.00am-12.00pm (choose one)

☐ Karaoke Groovers

Get ready to shine and have a blast with Karaoke Grooving! Whether you're a seasoned singer or just love to have fun, this program lets you belt out your favourite tunes and enjoy a lively atmosphere with friends. It's all about having a good time and celebrating the joy of music together.



Goals to achieve:



Cost: No Cost

☐ Signing Group

Join our signing stars group and explore the expressive world of sign language. Whether you're learning the basics or practicing your skills, this group offers a welcoming space



Goals to achieve:



Cost: No Cost

Afternoon 12.00pm-3.00pm (choose one)

☐ Music with Suzie

Unleash your inner music lover with Suzie in a fun, interactive session exploring different instruments, sounds and styles. Whether you enjoy rocking out to classic hits or discovering new rhythms, this session offers a supportive space to express yourself through the power of music.



Goals to achieve:



Cost: No Cost

☐ ASDAN Baking

The ASDAN Baking course is designed to help you enhance your baking abilities. In this course, you will learn how to use your senses to create the perfect textures, flavours, and aromas in your baked goods. You will be guided through the entire process and provide you with personal instructions to help you improve your skills.



Goals to achieve:



Cost: \$ 10

All Day 9.00am-3.00pm (choose one)

☐ Music Vibes Fiesta

Join in for a full day with Suzie and the crew for an upbeat day of dance, music and instruments. Find your rhythm, your voice, enhance your mood and find your self-expression, while fostering creativity and having fun for a whole day!



Goals to achieve:



Cost: No Cost

Thursday Activities

Morning 9.00am-12.00pm (choose one)

☐ Let's get Creative.

Let the creative take you on a journey of self-discovery with a mixture of different textures and ceramics and autistic challenges. Spend the morning exploring the freedom of just going wherever the artist in you wants to take you and having the freedom to express yourself.



Goals to achieve:



Cost: \$5.00

☐ Free Movement

Let the music take you on a journey of self-discovery with Free Movement. Spend the morning exploring the freedom of just going wherever the music takes you and having the freedom to express yourself.



Goals to achieve:

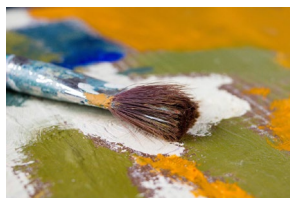


Cost: No Cost

Afternoon 12.00pm-3.00pm (choose one)

☐ Paint and Sip

Join us for fun and creative sessions! Let your inner artist unleash while enjoying refreshing drinks with friends! No experience needed – just bring your imagination and we'll guide you step by step to create your own masterpiece. Relax, unwind and let the creativity flow!



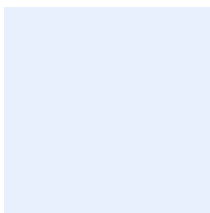
Goals to achieve:



Cost: \$ 7

☐ Outdoor cooking

Join us for a sizzling good time at our BBQ program! Enjoy delicious grilled favourites, great company, and a relaxed atmosphere. Whether you're a BBQ aficionado or just looking to enjoy some tasty food, this program is the perfect way to spend your afternoon.



Goals to achieve:



Cost: \$ 10

All Day 9.00am-3.00pm (choose one)

☐ Flexible Outings

Enjoy a variety of activities designed to suit different interests and abilities. Enjoy morning tea and lunch with friends while engaging in group interactions that encourage social development. This might be a walk in the park, exploring shops for treasures, or ball games at the Hub... Oh the possibilities! **Shared kilometres Cost**



Goals to achieve:



Cost: Your own spending money for chosen outings and food and drinks (or BYO)

Friday Activities

Morning 9.00am-12.00pm (choose one)

☐ Culture Group

Embark on a global journey with our world explorers club as we dive into a different country each week. Explore its culture through activities and learning about its traditions. From making a dish to discovering fun facts, each session offers a unique experience that takes you around the world – right here. **Shared kilometres Cost**



Goals to achieve:



Cost: \$ 5

☐ Super Salads

Get ready to freshen up your day with our Salad Program! Enjoy a variety of vibrant, healthy salads made with the freshest ingredients. Whether you're a fan of classic greens or looking to try something new, there's a salad for everyone. Come join us for a tasty, nutritious experience!



Goals to achieve:



Cost: \$ 7

Afternoon 12.00pm-3.00pm (choose one)

☐ Crafting Ideas

In this program, you'll learn how to turn simple materials into a finished product, whether it's crafting a personalised 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.



Goals to achieve:



Cost: No Cost

☐ Meditation

Join our simple meditation program to cultivate peace and mindfulness in your daily life. In just a few minutes each day, you'll learn calming techniques to reduce stress, improve focus and find inner balance. Perfect for beginners or those looking to enhance their practice. Start your journey toward a more peaceful you today!



Goals to achieve:



Cost: No Cost

All Day 9.00am-3.00pm (choose one)

☐ All about Gardening

Throughout the coming weeks, you'll explore the wonders of garden life, cultivate your own garden and innovate ways to enhance your garden's efficiency, and acquire new gardening techniques that will transform you into a skilled gardener.



Goals to achieve:



Cost: No Cost

2025 Rockhampton Hub Program Dates

Office Opens 2 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 September	Friday 12 th December	Friday 19 th December
Hub Closed	Australia Day Monday 27 th January	Good Friday 18 th April Easter Monday 21 st April Anzac Day Holiday 25 th April Labour Day 5 th May		Thursday 12 th June Rockhampton Agricultural Show Day	King's Birthday Monday 6 th October	Monday 22 nd December 2025 – Monday 5 th January 2026