

2025
Roma Hub
Activity Program 4 Catalogue

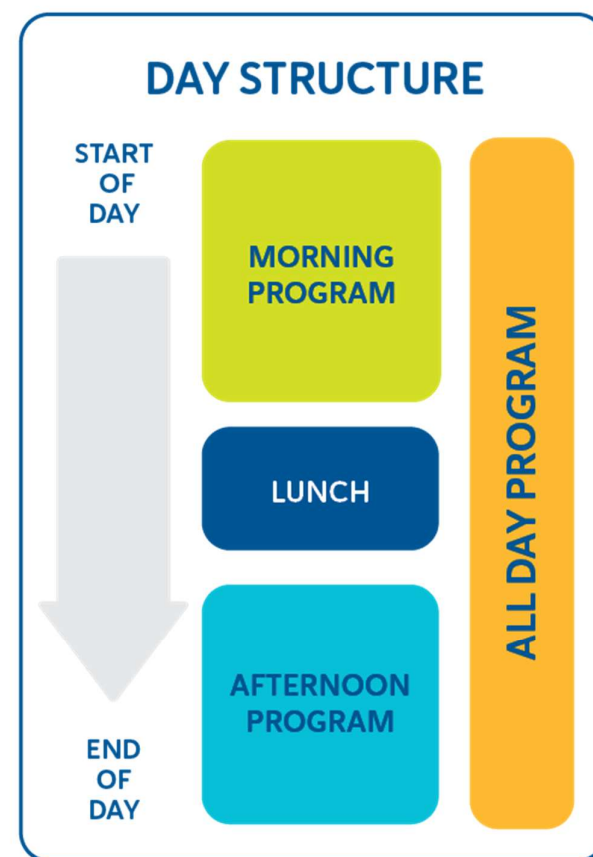
2025 Roma Hub Activity Program 4 Catalogue

Welcome to our Hub Activity Program! We are pleased to have you join us for activities at the Roma 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 Shauna Cormack or return it to Roma Hub or shauna.cormack@multicap.org.au or bobby-jo.farr@multicap.org.au by 30/06/2025
- 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 07 4525 9001
- 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 Shauna on 07 4525 9001



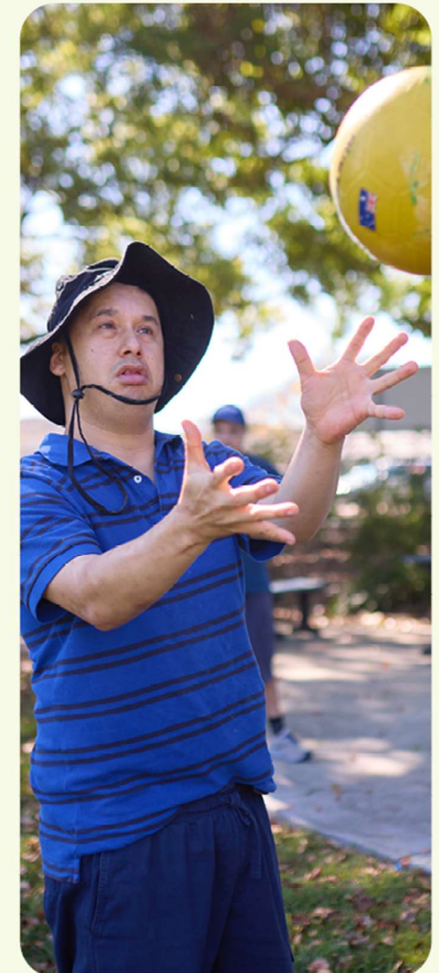
Hub Activity Program Goal Reference Guide

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 10.00 – 1.00pm (choose one)

☐ Fun With Cards

Play Classic card games like Hearts, Spades, Solitaire, free cell and many others. Team Up to build houses, towers, and create your own unique structures.

Bring your own Lunch



Goals to achieve:



Cost: No Cost

☐ Product Making

Welcome to Multicap's "Product Making" 12-week program! 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: No Cost

Afternoon 1.00pm-4.00pm (choose one)

☐ ASDAN-Independent living & Employment Skills

Building skills to support independence is important, ASDAN provides a range of courses to support the development of skills necessary to live independently. From what to wear when to how to advocate for what you want or need, ASDAN has it covered.

Bring your own lunch



Goals to achieve:



Cost: No Cost

☐ Paper Origami

With just a few simple folds, you can create beautiful paper models that are perfect for a relaxing break from the hustle and bustle of daily life.

We've put together some simple origami projects that are ideal for beginners. From the famous traditional cranes to lovely paper flowers, there's something here for everyone.

Grab some paper and start exploring our collection of origami tutorials. Our step-by-step guides are easy to follow, so you'll be folding beautiful designs in no time!

***Bring your own lunch**



Goals to achieve:



Cost: No Cost

Tuesday Activities

Morning 10.00am – 1.00pm (choose one)

☐ Creative Gardening

Creating gardening activities provides a fun and educational way to connect individuals with nature, promote sustainability, and encourage hands-on learning. As a group, you'll work together to transform a backyard into a vibrant, living space—one that tells a unique story. By the end of the program, you'll have the chance to showcase all your hard work and celebrate the journey you've taken together.

***Bring your own lunch, Hat, Water bottle ***



Goals to achieve:



Cost: No Cost

☐ Out & About in the community

Out & About in Our Community Members will start by visiting the Big Rig Information Centre to start planning weekly visits to key buildings and locations within the community or attend upcoming low-cost activities. Members will choose a new destination each week to explore and find out more about, Some activities will cost money. ***Purchase lunch out at your own cost*.**



Goals to achieve:

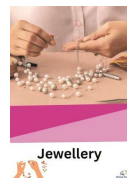


Cost: No Cost

Afternoon 1.00pm – 4.00pm (choose one)

☐ Jewellery Making

Welcome to Multicap's "Jewellery" 12-week program! In this program, you'll learn the art of crafting beautiful, one-of-a-kind pieces using a variety of techniques and materials. Whether you're a beginner or have some experience, this hands-on workshop will help you create stunning jewellery while developing your skills in design, wirework, beading, and more. Perfect for anyone looking to express their style and craft personalized accessories!



Goals to achieve:



Cost: No Cost

☐ Outdoor Clay Making

There's something deeply satisfying about adding handmade touches to your outdoor space—and clay garden ornaments are a perfect way to do just that. Whether you're crafting whimsical mushrooms, serene face planters, or tiny animal figures, clay allows you to bring personality and charm to your garden.

Bring your own lunch



Goals to achieve:



Cost: No Cost

Wednesday Activities

Morning 10.00am – 1.00pm (choose one)

☐ All about The Great Barrier Reef

Put your skills to work and dive into research on the Great Barrier Reef. Discover all the amazing features of this natural wonder and learn about the diverse animals that call it home.



Goals to achieve:



Cost: No Cost

☐ Pamper Me

Welcome to Multicap's "Pampering" 12-week program! 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!

Bring your own lunch



Goals to achieve:



Cost: No Cost

Afternoon 1.00pm – 4.00pm (choose one)

☐ Diamond Art

A relaxing and enjoyable activity perfect for all skill levels. This creative session offers a delightful way to explore painting without the need for prior artistic experience. Practice your fine motor skills and watch your work take shape.

Bring your own lunch



Goals to achieve:



Cost: No Cost

☐ Bare Foot Lawn Bowls

Spend an afternoon playing barefoot bowls, explore and master the rules of the game, connect with the locals, and learn from the experts. ***Bring your own lunch***



Goals to achieve:



Cost: \$10.00

Thursday Activities

Morning 10.00am – 1.00pm (choose one)

☐ Bingo Boss

Become a bingo boss! Enjoy time with friends at the hub with some health competition on a Thursday morning. Look, listen and carefully mark off those numbers, ready to call bingo. ***Bring your own Lunch***



Goals to achieve:



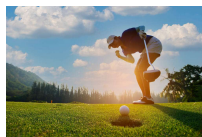
Cost: No Cost

☐ Golf

Spend the morning golfing, exploring the various types of golf games, and enhancing your skills.

Keeping in mind to hire a golf buggy is \$50.00

Bring your own lunch



Goals to achieve:



Cost: \$20.00 PP

Afternoon 1.00pm – 4.00pm (choose one)

☐ Scrapbooking

Scrapbooking can be a really great way to create gifts, save photographs and documents, important milestones, and events. Use your creative skill to create something truly amazing.

Bring your own lunch



Goals to achieve:



Cost: No Cost

☐ Batter to bake

"**Batter to Bake**" is an innovative and inclusive program designed to empower individuals with the skills, confidence, and creativity to turn simple ingredients into delicious baked goods — and even thriving businesses. Whether you're a complete beginner or a home baker dreaming of opening your own bakery, *Batter to Bake* offers a step-by-step journey from the basics of mixing batter to mastering the oven.



Goals to achieve:



Cost: \$10.00 PP

Friday Activities

Morning 10.00am – 1.00pm (choose one)

☐ Paint & Sip

Get creative both on the canvas and in the cup. Learn new skills in painting and in mocktail making. Sip on your delicious beverage as you paint a fun, simple design, step-by-step. *** Bring your own lunch***



Goals to achieve:



Cost: No Cost

☐ Tennis

Have a great morning of tennis, meet new people, and enjoy all the exciting games tennis has to offer.

Bring your own lunch



Goals to achieve:



Cost: \$10.00

Afternoon 1.00pm – 4.00pm (choose one)

☐ COCA Paper Mache

Paper mâché is a fun, hands-on craft that combines creativity with sustainability. It involves using simple materials—typically newspaper, glue, and water—to create sculptures, masks, bowls, and other decorative items. This activity is popular with both children and adults because it's easy to learn, inexpensive, and offers endless artistic possibilities.



Goals to achieve:



Cost: No Cost

☐ Knitting / Crochet

Design your won piece with knitting or crochet, discover the differences between the two techniques, and create something truly unique. ***Bring your own lunch***



Goals to achieve:



Cost: No Cost



2025 Roma 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 September	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 Friday 25 th April Labour Day Monday 5 th May Roma Show Holiday Friday 9 th May		EKKA Show Day Wednesday 13 th August	King's Birthday Monday 6 th October	