

2026
Blackburn Hub
Activity Program 2 Catalogue



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Welcome to our Hub Activity Program! We're pleased to have you join us at the Blackburn Hub and we hope you enjoy everything we have in store.

Our 12-week Hub programs are designed to provide structure, consistency and a strong focus on achieving meaningful outcomes. When selecting your activities, you will be signing up for and committing to the full 12-week program for each day you attend the Hub.

This approach gives you the opportunity to fully develop your skills, see your progress over time and work toward your goals with a sense of completion at the end of the program. It also helps you build stronger connections with other customers and experience more substantial benefits than one-off activities can offer.

At the end of each 12-week cycle, you'll have the chance to showcase your new skills during two dedicated showcase weeks held in July and December. These weeks give you the opportunity to participate in a one-off activity that highlights your achievements or demonstrates the progress you've made.

How it works

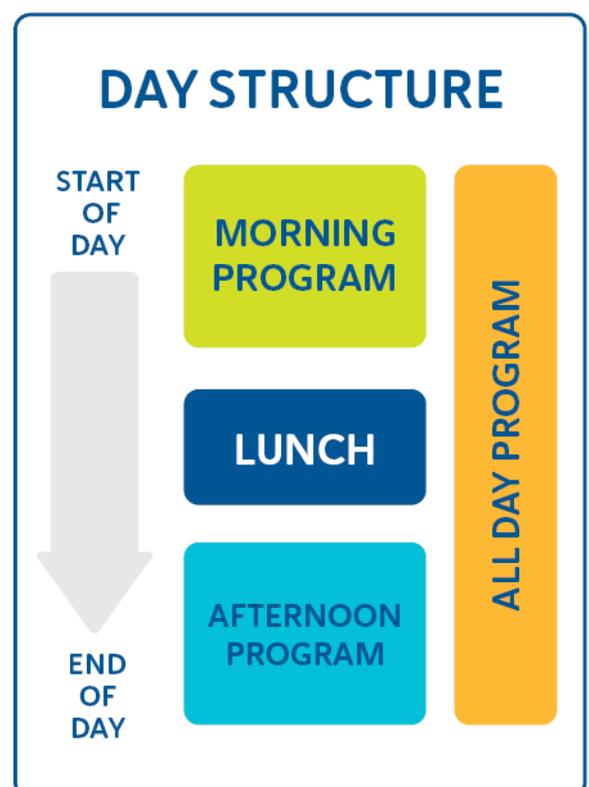
1 For each day you attend the Hub, choose one activity for the morning and one activity for the afternoon, or a full day activity where available. As you are committing to that specific activity for 12 weeks (ie. Sailing every Monday, cooking every Tuesday morning and games every Tuesday afternoon), 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 Tracey Shugg or return it to Blackburn Hub or owen.letsholo@multicap.org.au or melbourne.ops@multicap.org.au by 13/03/2026

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 **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 help identify which options best support your individual goals, we have added icons under each one.

These icons show the core goals that each option is designed to help you achieve. Up to three icons may appear, highlighting the primary goals most closely linked to that option, though it may support additional goals as well.

If you're unsure what a particular icon represents, please refer to the list below to match each icon with its related goal.

 <p>Improve physical health & wellbeing</p>	 <p>Improve emotional health & wellbeing</p>	 <p>Develop social skills & understanding</p>
 <p>Build independence</p>	 <p>Improve fine motor skills</p>	 <p>Explore creative pursuits</p>
 <p>Sensory Experience/ Exploration</p>	 <p>Adventure & Recreation Experience /Exploration</p>	 <p>Improve communication skills</p>
 <p>Integrate/ Participate in the local community</p>	 <p>Develop skills to support future employment</p>	 <p>Develop advocacy skills & understanding</p>
 <p>Develop numeracy and literacy skills</p>		



Monday Activities (Community Themed Day)



Chosen activity

Morning (choose one)



Art (COCA) – Creative Movement

- A focus on improved fitness Building Endurance Muscle strength.
- coordination
- timing and listening

Shared kilometer charges for transport if required

Goals to achieve:



Goal #1



Goal #2



Goal #3

Cost:
Shared kilometer charges for transport if required



Hydro Swimming Pool

- Building Endurance Muscle strength.
- Health, heart lungs and wellbeing.
- The maintain water temperature typically between 32-36c which is warmer than a standard swimming pool.

Goals to achieve:



Goal #1



Goal #2



Goal #3

Cost:
\$6



Chosen activity

Afternoon (choose one)



Healthy Walking Group

- Join a walking group in local area,
- Grab some afternoon tea before
- Walking back to the drop off point.
- All levels and abilities.

Shared kilometer charges for transport

Goals to achieve:



Goal #1



Goal #2



Goal #3

Cost:
Shared kilometer charges for transport



Gardening

- Explore the wonders of gardens,
- grow your own produce and
- explore your local community gardens.
- Learn or improve your skill as a gardener.

Goals to achieve:



Goal #1



Goal #2



Goal #3

Cost:
\$25 once off

Tuesday Activities (Health Themed Day)

Morning (choose one)			 Chosen activity
	<p>Community Explorer</p> <ul style="list-style-type: none"> • Build skills visiting new places in the local community. • Engage socially and • Learn and build skills to interact in unfamiliar environments. <p>*Shared kilometer charges for transport*</p> <p>Sensory can join this program.</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>	<p>Cost: Shared kilometer charges for transport</p>	
	<p>Sensory</p> <ul style="list-style-type: none"> • Designed to engage and stimulate the senses • hands on activities promoting learning, • emotional regulation and physical development. <p>*Shared kilometer charges for transport*</p> <p>Sensory can join this program</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>	<p>Cost: Shared kilometer charges for transport</p>	



Chosen activity

Afternoon (choose one)



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.

Shared kilometer charges for transport

Goals to achieve:



Goal #1



Goal #2



Goal #3

Cost:

\$10 plus shared kilometer charges for transport



Meditation

- Learn calming techniques,
- reduce stress and
- improve focus.
- Perfect for beginners

Goals to achieve:



Goal #1



Goal #2



Goal #3

Cost:

Free

Evening



Chosen activity



Social Dinner Club

- Focusing on not only increasing social circles but also skill development.
- Socialising with friends over a delicious meal,
- Social Dinner Club provides the perfect opportunity to develop skills.

Shared kilometer charges for transport

Goals to achieve:



Goal #1



Goal #2



Goal #3

Cost:

\$40 weekly plus shared kilometer charges for transport

Wednesday Activities (Food & Health Themed Day)



Chosen activity

Morning (choose one)



Community Market

- Learning all about the five sensory systems in the brain.
- Each week explore a local market.
- Experience the areas and what people sell.
- Learn how to make small purchases by having morning tea while you are out.

Goals to achieve



Goal #1



Goal #2



Goal #3

Cost:
BYO
money



Breakfast Club

- Join our Breakfast Club and start your day right.
- Gather at a local park or café and start your day right.
- Perfect way to socialise and learn skills in the community
- Develop ordering and budgeting.

Shared kilometer charges for transport

Goals to achieve:



Goal #1



Goal #2



Goal #3

Cost:
\$25



Chosen activity

Afternoon (choose one)



Cooking - Outdoor

- Whether you are an BBQ expert or beginner this program will suit everyone.
- Learn to be safe when preparing meals outdoors,
- Cooking and clean up.

Shared kilometer charges for transport

Goals to achieve:



Goal #1



Goal #2



Goal #3

Cost:
\$10 plus shared kilometer charges for transport



Swimming

- Building Endurance Muscle strength.
- Health, heart lungs and wellbeing.
- The maintain water temperature typically between 32-36c which is warmer than a standard swimming pool.

Goals to achieve:



Goal #1



Goal #2



Goal #3

Cost:
\$6



Chosen activity

Evening



Social Dinner Club

- Focusing on not only increasing social circles but also skill development.
- Socialising with friends over a delicious meal,
- Social Dinner Club provides the perfect opportunity to develop skills.

Shared kilometer charges for transport

Goals to achieve:



Goal #1



Goal #2



Goal #3

Cost:
\$40 weekly plus shared kilometer charges for transport

Thursday Activities (Learn new Things Day)

Morning (choose one)			 Chosen activity
	<p>ASDAN – Work Skills Meet and join the group. Build your work skills and independence.</p> <p>The Independent Living pathway enables people to build skills that enable self-determination and control over their lives.</p> <p>The initial starting out book is \$15 (this is only paid once). The cost of the workbook for each module is \$10 and is a one-off payment over the course of 12 weeks.</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>	<p>Cost: First time ASDAN user weekly cost app \$2 existing user weekly cost less than \$1</p>	
	<p>Music - Pop</p> <ul style="list-style-type: none"> • Each week you will be introduced to lots of unique sounds. • What is your favourite type of music, • Who is your favourite singer? <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>	<p>Cost: Free</p>	



Chosen activity

Afternoon (choose one)



All About Animals

- Learn all about a different animal each week
- Some day trips to visit animal parks.
- What is your favourite animal

Shared kilometer charges for transport

Goals to achieve:



Goal #1



Goal #2



Goal #3

Cost:
Shared kilometer charges for transport



Community Explorer

- Build skills visiting new places in the local community.
- Engage socially and
- learn how to interact in unfamiliar environments

Goals to achieve:



Goal #1



Goal #2



Goal #3

Cost:
Free

Evening



Chosen activity



Social – After 4 Group

- With a strong focus on socialising and fun, there is
- Opportunity for skill development as the team
- Plan, shop, cook, and then
- Eat a delicious dinner together every week.

Shared kilometer charges for transport

Please bring money along for shopping.

Goals to achieve:



Goal #1



Goal #2



Goal #3

Cost:
\$15 plus Shared kilometer charges for transport plus

Friday Activities



Chosen activity

Morning (choose one)



Art - Beading

- Discover the joy of creating.
- Learn techniques and explore colourful beads
- make unique pieces.

Shared kilometer charges for transport

Goals to achieve:



Goal #1



Goal #2



Goal #3

Cost:

\$5 weekly



Life Skills

- Visit a supermarket.
- Start day with making a list, check budget,
- have morning tea,
- go shopping then head back to the hub.

Goals to achieve:



Goal #1



Goal #2



Goal #3

Cost:

Free



chosen activity

Afternoon (choose one)

	<p>Music - Percussion</p> <ul style="list-style-type: none"> • This 12-week program focuses on fun, • creativity, teamwork and • skill building • learning about different percussion instruments and their unique sounds. <p>Goals to achieve:</p>	<p>Cost: Free</p>				
<table border="1"> <tr> <td data-bbox="526 672 686 806">  Goal #1 </td> <td data-bbox="686 672 965 806">  Goal #2 </td> <td data-bbox="965 672 1236 806">  Goal #3 </td> </tr> </table>		 Goal #1	 Goal #2	 Goal #3		
 Goal #1	 Goal #2	 Goal #3				
	<p>Park Explorer</p> <ul style="list-style-type: none"> • Each week have a plan for a local park visit and enjoy afternoon tea. • Plan each visit with a theme of what you will explore each visit. • Take a photo to add to your journal and • Improve social skills. <p>Goals to achieve:</p>	<p>Cost: \$15</p>				
<table border="1"> <tr> <td data-bbox="526 1176 686 1310">  Goal #1 </td> <td data-bbox="686 1176 965 1310">  Goal #2 </td> <td data-bbox="965 1176 1236 1310">  Goal #3 </td> </tr> </table>		 Goal #1	 Goal #2	 Goal #3		
 Goal #1	 Goal #2	 Goal #3				

2026 Blackburn Hub Program Dates

Office Opens 2nd January 2026 Hub closed on public holidays

Program 1		
	Start Date	End Date
Activity Program	Monday 5 th January 2026	Thursday 2 nd April
Hub Closed	Monday 26 th January 2026 – Australia Day Monday 9 th March 2026 – Labour Day	

Program 2		
	Start Date	End Date
Activity Program	Monday 20 th April 2026	Friday 26 th June 2026
Hub Closed	Friday 3 rd April 2026 – Good Friday Monday 6 th April 2026 – Easter Monday Friday 25 th April – Anzac Day Monday 8 th June 2026 – Kings Birthday	

Showcase week 1		
	Start Date	End Date
Showcase Program	Monday 22 nd June 2026	Friday 26 th June 2026

Program 3		
	Start Date	End Date
Activity Program	Monday 13 th July 2026	Friday 18 th September 2026
Hub Closed	12 th August 2026 Ekka Show Day (Brisbane Region)	

Program 4		
	Start Date	End Date
Activity Program	Monday 6 th October 2026	Friday 18 th December
Hub Closed	Tuesday 3 rd November 2026 – Melbourne Cup AFL PH TBC	

Showcase week 2		
	Start Date	End Date
Showcase Program	Monday 14 th December	Friday 18 th December
Hub Closed	Monday 21 st December 2026 – Sunday 3 rd January 2027	