



**2026**  
**Ipswich Hub**  
**Activity Program 2 Catalogue**



## 2026 Ipswich Hub Activity Program 2 Catalogue

Welcome to our Hub Activity Program! We're pleased to have you join us at the Ipswich 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

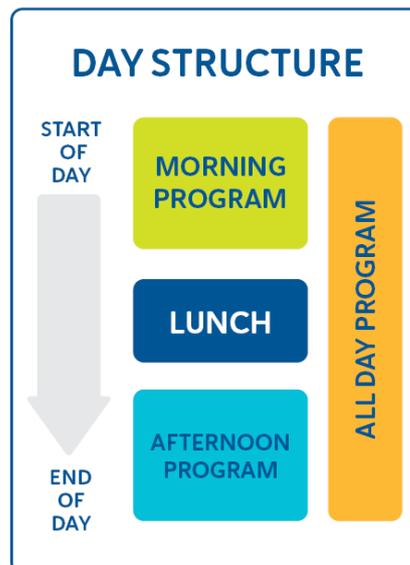
**1** For each day you attend the Hub, choose one activity for the morning and one activity for the afternoon, or a full day activity where available. As you are committing to that specific activity for 12 weeks (ie. Sailing every Monday, cooking every Tuesday morning and games every Tuesday afternoon), 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 Susan Shumba or return it to or [susan.shumba@multicap.org.au](mailto:susan.shumba@multicap.org.au) by 13/03/2025

**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 **0435 295 863**

**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 **0435 295 863**



## 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.

		
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 (Choose One)		✓ Chosen activity				
	<p><b>Themed Arts</b></p> <ul style="list-style-type: none"> <li>Helping to improve fine motor skills.</li> <li>Promoting relaxation.</li> <li>Fostering connectivity and opportunities for inclusion.</li> <li>Enhancing Art therapy.</li> </ul> <p>Goals to achieve:</p>	<p>Cost: \$3</p>				
<table border="1"> <tr> <td data-bbox="309 757 501 831">  Goal #1                 </td> <td data-bbox="509 757 700 831">  Goal #2                 </td> <td data-bbox="708 757 895 831">  Goal #3                 </td> </tr> </table>		 Goal #1	 Goal #2	 Goal #3	<p>Cost: \$3</p>	
 Goal #1	 Goal #2	 Goal #3				
	<p><b>Papier-Mache Creativity</b></p> <ul style="list-style-type: none"> <li>A wonderful way to transform different materials.</li> <li>Promoting sensory stimulation through tactile processes.</li> <li>Improving eye motor skills and hand-eye coordination.</li> </ul> <p>Goals to achieve:</p>	<p>Cost: \$3</p>				
<table border="1"> <tr> <td data-bbox="309 1003 501 1072">  Goal #1                 </td> <td data-bbox="509 1003 700 1072">  Goal #2                 </td> <td data-bbox="708 1003 895 1072">  Goal #3                 </td> </tr> </table>		 Goal #1	 Goal #2	 Goal #3		
 Goal #1	 Goal #2	 Goal #3				

Afternoon (Choose One)		✓ Chosen activity				
	<p><b>Music Exploration</b></p> <ul style="list-style-type: none"> <li>Cultural music exploration.</li> <li>Different musical instruments.</li> <li>Karaoke and much more.</li> <li>Improving social skills through</li> <li>Exploring the music world opens a world of vibrant sounds and rhythms that can capture the imaginations of everyone.</li> </ul> <p>Goals to achieve:</p>	<p>Cost: Free</p>				
<table border="1"> <tr> <td data-bbox="309 1473 501 1547">  Goal #1                 </td> <td data-bbox="509 1473 700 1547">  Goal #2                 </td> <td data-bbox="708 1473 895 1547">  Goal #3                 </td> </tr> </table>		 Goal #1	 Goal #2	 Goal #3	<p>Cost: \$3</p>	
 Goal #1	 Goal #2	 Goal #3				
	<p><b>All things sensory</b></p> <ul style="list-style-type: none"> <li>Sensory activities help us stimulate different senses.</li> <li>Sensory activities promote focus and attention helping customers to be calm.</li> <li>Promoting visual and tactile</li> <li>Encouraging customers to explore textures, sounds, lights, and movement.</li> </ul> <p>Goals to achieve:</p>	<p>Cost: \$3</p>				
<table border="1"> <tr> <td data-bbox="309 1765 501 1852">  Goal #1                 </td> <td data-bbox="509 1765 700 1852">  Goal #2                 </td> <td data-bbox="708 1765 895 1852">  Goal #3                 </td> </tr> </table>		 Goal #1	 Goal #2	 Goal #3		
 Goal #1	 Goal #2	 Goal #3				

All Day (Choose One)			✓ Chosen activity
	<p><b>Discover Ipswich</b></p> <ul style="list-style-type: none"> <li>Join us in exploring the natural beauty of Ipswich to making the most of the best free activities, nature parks and many more.</li> <li>Explore places like Queens Park, Robelle Domain Parklands, Workshops Museum and Ipswich Art Gallery</li> </ul> <p><i>*Shared kilometer charges for transport*</i></p> <p>Goals to achieve:</p>	<p><b>Cost:</b> Free</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>		

## Tuesday activities

Morning (Choose One)			✓ Chosen activity
	<p><b>The Art of Baking and Cooking</b></p> <ul style="list-style-type: none"> <li>Come and join us in our baking and cooking program.</li> <li>Where we explore and learn different techniques of cooking and baking.</li> <li>Learn the difference between baking, roasting, broiling, and braising to understand why each method suits different types of dishes.</li> </ul> <p>Goals to achieve:</p>	<p><b>Cost:</b> \$5</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><b>Touch, Discover, Feel.</b></p> <ul style="list-style-type: none"> <li>Where we will open our minds to all things Sensory.</li> <li>This will include the use of water play, Slime, Sand, Playdough and Jelly and many more fun Activities.</li> <li>This program will encourage and promote the use of discovery for all customers to engage their seven senses.</li> </ul> <p>Goals to achieve:</p>	<p><b>Cost:</b> \$3</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>		

Afternoon (Choose One)		✓ Chosen activity	
	<p><b>The Art of Beading</b></p> <ul style="list-style-type: none"> <li>Join us to do the Art of beading.</li> <li>This encourages our customers to socialise in a Hub environment.</li> <li>Helps improve fine motor skills hand on hand.</li> <li>Whether the customer is following a pattern, or developing their own design, customers can play around with colour combinations and textures and watch their design unfold.</li> </ul> <p>Goals to achieve:</p>	<p>Cost: \$3</p>	
	<table border="1"> <tr> <td>  <p>Goal #1</p> </td> <td>  <p>Goal #2</p> </td> <td>  <p>Goal #3</p> </td> </tr> </table>		
 <p>Goal #1</p>	 <p>Goal #2</p>	 <p>Goal #3</p>	
	<p><b>Textiles- Arts and Crafts</b></p> <ul style="list-style-type: none"> <li>Come and join us at the Hub as we explore with different textiles.</li> <li>Make different items weekly with different materials that we find in the Hub, at home and everywhere in the community.</li> <li>Engage in making different sensory items with different textiles.</li> </ul> <p>Goals to achieve:</p>	<p>Cost: Free</p>	
	<table border="1"> <tr> <td>  <p>Goal #1</p> </td> <td>  <p>Goal #2</p> </td> <td>  <p>Goal #3</p> </td> </tr> </table>		
 <p>Goal #1</p>	 <p>Goal #2</p>	 <p>Goal #3</p>	

All Day (Choose One)		✓ Chosen activity	
	<p><b>The Ultimate Pampering Session</b></p> <ul style="list-style-type: none"> <li>Every Tuesday lets engage in a calming and comforting environment at the Hub.</li> <li>Let's listen to gentle music with some calming essence for the pampering session.</li> <li>Encouraging relaxation and connection.</li> </ul> <p>Goals to achieve:</p>	<p>Cost: \$3</p>	
	<table border="1"> <tr> <td>  <p>Goal #1</p> </td> <td>  <p>Goal #2</p> </td> <td>  <p>Goal #3</p> </td> </tr> </table>		
 <p>Goal #1</p>	 <p>Goal #2</p>	 <p>Goal #3</p>	

## Wednesday activities

Morning (Choose One)			✓ Chosen activity
	<p><b>Crafty Critters</b></p> <ul style="list-style-type: none"> <li>Customers will be exploring different crafts engaging in different activities.</li> <li>Assisting customers in relaxing whether its painting, knitting, candle making and other different crafts.</li> <li>This promotes customers' imagination, calmness and connection.</li> </ul> <p>Goals to achieve:</p>	<p>Cost: \$3</p>	
			
Goal #1	Goal #2	Goal #3	
	<p><b>The Art of Making Cookies</b></p> <ul style="list-style-type: none"> <li>Join us in mastering the art of baking different cookies.</li> <li>Get an understanding of the science of baking.</li> <li>Help customers with creativity.</li> <li>Creates the sense of connection while making the cookies.</li> </ul> <p>Goals to achieve:</p>	<p>Cost: \$5</p>	
			
Goal #1	Goal #2	Goal #3	

Afternoon (Choose One)			✓ Chosen activity
	<p><b>Indoor Sports at Hub</b></p> <ul style="list-style-type: none"> <li>Come and enjoy our indoor sports and activities at the Hub.</li> <li>Improves mobility and independence.</li> <li>Improves coordination and motor skills.</li> <li>Encourages teamwork and social bonding.</li> </ul> <p>Goals to achieve:</p>	<p>Cost: Free</p>	
			
Goal #1	Goal #2	Goal #3	

All Day (Choose One)			✓ Chosen activity
	<p><b>Walking Group</b></p> <ul style="list-style-type: none"> <li>Walking groups help promote physical activity among adults and have added benefits including increased motivation and opportunity for socialisation.</li> <li>Benefits of walking.</li> <li>Maintain a healthy weight</li> <li>Strengthen your bones and muscle</li> <li>Increase energy levels</li> </ul> <p>Goals to achieve:</p>	<p>Cost: Free</p>	
			
Goal #1	Goal #2	Goal #3	

## Thursday activities

Morning (Choose One)			Chosen activity
	<p><b>Café Hopping</b></p> <ul style="list-style-type: none"> <li>Come and indulge in our popular program.</li> <li>Exploring the local areas to discover cafes in our community</li> <li>To enjoy Morning Tea with friends</li> <li>Join us to reflect the local culture, providing a taste of the community's spirit and offering a perspective of different kms.</li> </ul> <p>*Kilometer charges for transport*</p> <p>Goals to achieve:</p>	<p>Cost: To be invoiced at the end of the month.</p>	
 <p>Goal #1</p>	 <p>Goal #2</p>	 <p>Goal #3</p>	<p>Cost: Free</p>
	<p><b>Music Percussion</b></p> <ul style="list-style-type: none"> <li>Join us in playing different instruments as we learn to create different beats and melodies.</li> <li>Let's get attuned to several genres of music-jazz, afrobeats and rock.</li> </ul> <p>Goals to achieve:</p>	<p>Cost: Free</p>	
 <p>Goal #1</p>	 <p>Goal #2</p>	 <p>Goal #3</p>	

Commented [OC1]: Please add cost.

Afternoon (Choose One)			Chosen activity
	<p><b>Pamper me session</b></p> <ul style="list-style-type: none"> <li>Come and experience calming music while customers have a massage.</li> <li>Foot spa in Epson salts, nail painting and so much more.</li> <li>General relaxation time including scented candles.</li> </ul> <p>Goals to achieve:</p>	<p>Cost: \$3</p>	
 <p>Goal #1</p>	 <p>Goal #2</p>	 <p>Goal #3</p>	<p>Cost: \$3</p>
	<p><b>Hub Outdoor Gardening experience</b></p> <ul style="list-style-type: none"> <li>Customers will learn the art of gardening.</li> <li>Customers will be allocated with flowerpots at the beginning of the 12-week program.</li> <li>We will plant flowers that we will look after by watering and weeding.</li> <li>Gardening will provide many benefits like inclusion and promote emotion and mental well-being.</li> </ul> <p>Goals to achieve:</p>	<p>Cost: \$3</p>	
 <p>Goal #1</p>	 <p>Goal #2</p>	 <p>Goal #3</p>	

All Day (Choose One)			✓ Chosen activity
	<p><b>Train Travel</b></p> <ul style="list-style-type: none"> <li>• Come and let's explore our local community using public transport.</li> <li>• Staff and customers will work out with customers where they want to go.</li> <li>• Customers will learn to tap their Go Cards while getting on the train or the bus exploring different locations in Ipswich and Brisbane.</li> </ul> <p><b>Please bring:</b> Customers would require a Go Card and Concession card.</p> <p><b>Goals to achieve:</b></p>	<p><b>Cost:</b> Go card</p>	
	<p> <b>Goal #1</b></p> <p> <b>Goal #2</b></p> <p> <b>Goal #3</b></p>		

## Friday activities

Morning (Choose One)			✓ Chosen activity
	<p><b>Fun with plastering</b></p> <ul style="list-style-type: none"> <li>• Customers can begin by creating their own plasters.</li> <li>• Customers will engage in making different plasters including painting and decorating.</li> <li>• This will promote their gross and motor skills.</li> <li>• Encouraging choice and control.</li> <li>• An interactive activity that promotes socialization among customers.</li> </ul> <p><b>Goals to achieve:</b></p>	<p><b>Cost:</b> \$5</p>	
	<p> <b>Goal #1</b></p> <p> <b>Goal #2</b></p> <p> <b>Goal #3</b></p>		
	<p><b>ASDAN Craft Making</b></p> <ul style="list-style-type: none"> <li>• ASDAN Craft Making is a certified course designed to bring out your creative side. With our guided and hands-on instruction, you'll learn how to create stunning, one-of-a-kind crafts that reflect your unique personality and style. Our course is perfect for anyone who wants to explore their creativity, develop new skills, and make beautiful, handmade items that they can be proud of. So why wait to try something new?</li> </ul> <p><b>Goals to achieve:</b></p>	<p><b>Cost:</b> Free \$10</p>	
	<p> <b>Goal #1</b></p> <p> <b>Goal #2</b></p> <p> <b>Goal #3</b></p>		

Afternoon (Choose One)		✓ Chosen activity				
	<p><b>Movie Magic at the Hub</b></p> <ul style="list-style-type: none"> <li>Let's relax in the afternoon by picking up different movies we enjoy watching.</li> <li>Explore different genres of movies.</li> <li>Creating a quiet and peaceful afternoon.</li> </ul> <p>Goals to achieve:</p>	<p>Cost: Free</p>				
<table border="1"> <tr> <td data-bbox="331 696 518 779">  Goal #1         </td> <td data-bbox="523 696 710 779">  Goal #2         </td> <td data-bbox="715 696 893 779">  Goal #3         </td> </tr> </table>		 Goal #1	 Goal #2	 Goal #3		
 Goal #1	 Goal #2	 Goal #3				
	<p><b>Mindfulness:</b></p> <ul style="list-style-type: none"> <li>Moments of mindfulness can encourage customers to relax and reduce stress.</li> <li>Listening to calming music will help customers relax while meditating.</li> <li>Mindfulness will train the customers to be more.</li> </ul> <p>Goals to achieve:</p>	<p>Cost: Free</p>				
<table border="1"> <tr> <td data-bbox="331 981 518 1061">  Goal #1         </td> <td data-bbox="523 981 710 1061">  Goal #2         </td> <td data-bbox="715 981 893 1061">  Goal #3         </td> </tr> </table>		 Goal #1	 Goal #2	 Goal #3		
 Goal #1	 Goal #2	 Goal #3				

All Day – Choose One		✓ chosen activity				
	<p><b>Candle Making</b></p> <ul style="list-style-type: none"> <li>Join us in all day activity in candle making.</li> <li>Let's explore weekly different types of candles we can make.</li> <li>Come and experiment with different Molds and colours to make unique candles.</li> <li>Experiences the simple and fun ways of making candles.</li> </ul> <p>Goals to achieve:</p>	<p>Cost: \$5</p>				
<table border="1"> <tr> <td data-bbox="284 1458 486 1534">  Goal #1         </td> <td data-bbox="491 1458 694 1534">  Goal #2         </td> <td data-bbox="699 1458 890 1534">  Goal #3         </td> </tr> </table>		 Goal #1	 Goal #2	 Goal #3		
 Goal #1	 Goal #2	 Goal #3				

## 2026 Ipswich Hub Program Dates

Office Opens 2<sup>nd</sup> January 2026 Hub closed on public holidays

### Program 1

	Start Date	End Date
Activity Program	Monday 5 <sup>th</sup> January 2026	Friday 27 <sup>th</sup> March 2026
Hub Closed	Monday 26 <sup>th</sup> January 2026 – Australia Day	

### Program 2

	Start Date	End Date
Activity Program	Monday 30 <sup>th</sup> March 2026	Friday 19 <sup>th</sup> June 2026
Hub Closed	Friday 3 <sup>rd</sup> April 2026 – Good Friday Monday 6 <sup>th</sup> April 2026 – Easter Monday Friday 25 <sup>th</sup> April – Anzac Day Monday 2 <sup>nd</sup> May 2026 – Labour Day	

### Showcase week 1

	Start Date	End Date
Showcase Program	Monday 22 <sup>nd</sup> June 2026	Friday 26 <sup>th</sup> June 2026

### Program 3

	Start Date	End Date
Activity Program	Monday 29 <sup>th</sup> June 2026	Friday 18 <sup>th</sup> September 2026
Hub Closed	12 <sup>th</sup> August 2026 Ekka Show Day (Brisbane Region)	

### Program 4

	Start Date	End Date
Activity Program	Monday 21 <sup>st</sup> September	Friday 11 <sup>th</sup> December
Hub Closed	Monday 5 <sup>th</sup> October 2026 – Kings Birthday	

### Showcase week 2

	Start Date	End Date
Showcase Program	Monday 14 <sup>th</sup> December	Friday 18 <sup>th</sup> December
Hub Closed	Monday 21 <sup>st</sup> December 2026 – Sunday 3 <sup>rd</sup> January 2027	