

2026 Ipswich Hub Activity Program 4 Catalogue



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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 Katalina Robinson or return it to Ipswich Hub or Katalina.robinson@multicap.org.au by 09/09/2026.

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 0482 134 876.

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 0482 134 876.

DAY STRUCTURE

START
OF
DAY

MORNING
PROGRAM

LUNCH

AFTERNOON
PROGRAM

END
OF
DAY

ALL DAY PROGRAM

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 9.00 – 12.00pm		Cost	Tick one
	BBQ in Local Parks - 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:	\$5	☐
	 Goal 1  Goal 2  Goal 3		
	ASDAN Craft Making - Get Creative with Craft Making Sessions - Whether you're a beginner or pro, we'll guide you through fun hands-on projects that let your imagination run wild Goals to achieve:	\$3	☐
	 Goal 1  Goal 2  Goal 3		
Afternoon 12.30pm – 3.00pm		Cost	Tick one
	Scrapbooking/Card Making - Record some of the memories made in your very own personalised scrapbook! - Each week staff will guide you in choosing a fun theme and help plan your pages Goals to achieve:	\$3	☐
	 Goal 1  Goal 2  Goal 3		
	Meditation - 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:	No Cost	☐
	 Goal 1  Goal 2  Goal 3		

All Day				Cost	Tick one
	Explore Brisbane - Ready for an adventure? Explore the best spots in Brisbane. - Each week we will choose a different location in Brisbane to visit. Goals to achieve:			\$0-\$20 Varies with activity. GO CARD required if travelling by train	☐
	 Goal 1	 Goal 2	 Goal 3		

Tuesday Activities

Morning 9.00am – 12.00pm			Cost	Tick one
	Master Chef – Cooking & Baking - Calling all food lovers! Join our MasterChef inspired cooking and baking sessions where you'll whip up delicious dishes and sweet treats! - Whether you're a seasoned chef or just starting out, we'll help you master the kitchen one recipe at a time. Goals to achieve:		\$5	☐
	 Goal 1	 Goal 2		
	Bowling/Lawn Bowls - Strike up some fun with Bowling or Lawn Bowls. - Whether you're aiming for strikes on the lanes or perfecting your roll on the green, it's all about friendly competition and good times. Goals to achieve:		\$10	☐
	 Goal 1	 Goal 2		

Afternoon 12.30pm – 3.00pm			Cost	Tick one
	Jewellery Making - Unleash your inner designer with our Jewellery Making sessions! - Create stunning, one-of-a-kind pieces that are as unique as you are. Whether it's necklaces, bracelets or earrings, you'll love bringing your sparkly ideas to life! Goals to achieve:		\$0-\$10 depending on materials required	☐
	 Goal 1	 Goal 2		
	Musical Instruments/Karaoke Whether you're strumming a guitar or rocking out with a drum, our music and musical instrument sessions let you explore your musical talents and have fun on the way! Goals to achieve:		No Cost	☐
	 Goal 1	 Goal 2		

All Day			Cost	Tick one
	Explore Ipswich • Ready for an Adventure? Explore the best spots in Ipswich! • Each week we will choose a different location in Ipswich to visit. Goals to achieve:		\$0-20 varies with activity	☐
	 Goal 1	 Goal 2		
		 Goal 3		

Wednesday Activities

Morning 9.00am – 12.00pm			Cost	Tick one
	Park Games Get active and have fun with our Park Games! Whether it's shooting hoops, serving aces or kicking around the soccer ball, we've got something for everyone. Goals to achieve:		No Cost	☐
	 Goal 1	 Goal 2		
	Library Club - Join the library club and dive into a world of books, stories and fun! - Let's turn the page to your next adventure! Goals to achieve:		No Cost	☐
	 Goal 1	 Goal 2		
Afternoon 12.30pm – 3.00pm			Cost	Tick one
	Clay Making - Get your hands messy and creativity flow with Clay Making! - Shape, mold and craft unique pieces of art, from bowls to sculptures. Goals to achieve:		\$3	☐
	 Goal 1	 Goal 2		
	General Public - Step into the ultimate fun zone! - Challenging others to an arcade game, pool games, bowling, darts and so much more. Goals to achieve:		\$10-\$20 depending on activity	☐
	 Goal 1	 Goal 2		

All Day

Cost

Tick
one



Movies & Lunch

- Join us for a relaxing Movie & Lunch session, where you can enjoy a great film of choice and delicious meal all in one go.

Goals to achieve:



Goal 1



Goal 2



Goal 3

\$20

☐

Thursday activities

Morning 9.00am – 12.00pm			Cost	Tick one
	Café Hopping - Join us for a Café Hopping experience around the local area! - Explore charming spots, sip on delicious coffees, and indulge in a sweet treat. - We also check out the local entertainment at different venues. Goals to achieve:		\$0-\$20 depending on purchases	☐
	 Goal 1	 Goal 2		
	Touch, Discover & Feel This activity offers a relaxing and enjoyable experience to awaken sensory perception and bring a sense of calm and joy. Goals to achieve:		\$3	☐
	 Goal 1	 Goal 2		
			 Goal 3	

Afternoon 12.30 – 3.00pm			Cost	Tick one
	Pamper me Thursday's - Pampering includes hand and arm massages, foot spa in Epsom salts, nail painting and head and shoulder massage. - A relaxing way to end the week. Goals to achieve:		\$3	☐
	 Goal 1	 Goal 2		
	Gardening Dig in and get your hands dirty with our Gardening sessions! Goals to achieve:		\$5	☐
	 Goal 1	 Goal 2		
			 Goal 3	

All Day

Cost

Tick
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 and given the option to select an activity.

Goals to achieve:



Goal 1



Goal 2



Goal 3

\$3

☐

Friday Activities

Morning 9.00am – 12.00pm			Cost	Tick one
	COCA Painting Customers can participate in the 12-week program designed for individual skills of the customer to promote an inclusive environment. Goals to achieve:		\$5	☐
	 Goal 1  Goal 2  Goal 3			
	Exploring Animal's in the local area - Explore the local wildlife and discover fascinating creatures in their natural habitats. - From furry friends to feathered wonders, there's always something new to learn and see! Goals to achieve:		No Cost	☐
	 Goal 1  Goal 2  Goal 3			

Afternoon 12.30pm – 3.00pm			Cost	Tick one
	Fun Fitness - Have fun and have a blast with Fun Fitness in the Hub! - High energy workouts, relaxing stretches or something in between depending on your capabilities. Goals to achieve:		No Cost	☐
	 Goal 1  Goal 2  Goal 3			
	In Hub Relaxation - Move Appreciation & Relaxation - Customers will choose different movies that they can enjoy together for some downtime on a Friday afternoon. Goals to achieve:		No Cost	☐
	 Goal 1  Goal 2  Goal 3			

All Day			Cost	Tick one
	Travel Training - Members will learn how to read a timetable. - We will learn how to use a Go Card and how to put money onto the go card. - You will enjoy the pleasure of a train ride or bus to the city followed by a city cat ride around Brisbane and a bit of sightseeing. Goals to achieve:		\$0-\$20	☐
	 Goal 1	 Goal 2		
		 Goal 3		

2026 Ipswich Hub Program Dates

Office Opens 2 January 2026 Hub closed on public holidays

Program 1		
	Start Date	End Date
Activity Program	Monday 5 th January	Friday 27 th March
Hub Closed	Thursday 1st January – New Year's Day Monday 26 th January – Australia Day	

Program 2		
	Start Date	End Date
Activity Program	Monday 30 th March	Friday 19 th June
Hub Closed	Friday 3 rd April – Good Friday Monday 6 th April – Easter Monday Monday 4 th May – Labour Day Friday 15 th May – Ipswich Show Day	

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

Program 3		
	Start Date	End Date
Activity Program	Monday 29 th June	Friday 18 th September

Program 4		
	Start Date	End Date
Activity Program	Monday 21 st September	Friday 11 th December
Hub Closed	Monday 5 th October – Kings Birthday	

Showcase week 2		
	Start Date	End Date
Showcase Program	Monday 14 th December	Friday 18 th December
Hub Closed	Saturday 19 th December 2026 – Sunday 3 rd January 2027	