MULTICAP
all ways. always

2027
Rockhampton Activity Program 1 Catalogue



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

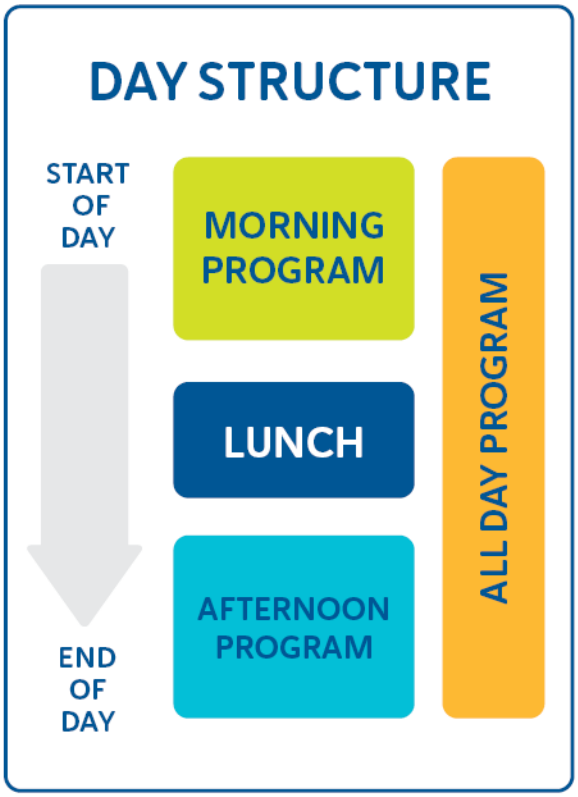
1. For each day you attend the Hub, choose one activity for the morning and one activity for the afternoon, or a full day activity where available. As you are committing to that specific activity for 12 weeks (ie. Sailing every Monday, cooking every Tuesday morning and games every Tuesday afternoon), 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 Leeann Rolfe or return it to Rockhampton Hub or leeann.rolfe@multicap.org.au or by 17/11/2025

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 0493 897 065

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 0493 897 065



Hub Activity Program Goal Reference Guide

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

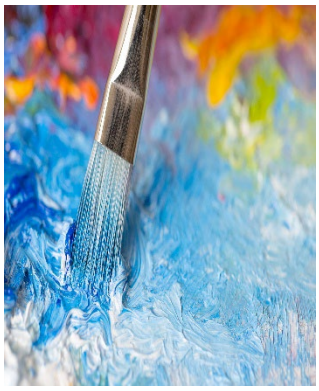
These icons show the core goals that each option is designed to help you achieve. Up to three icons may appear, highlighting the primary goals most closely linked to that option, though it may support additional goals as well.

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

rning 9:00am -12:00pm				Cost	Tick one
	**Cooking** • Pick a recipe from the many book that are on display • Do the shopping • Learning new skills in the kitchen • Get to take home you cooking to share with Family **Goals to achieve:**			$ 5.00	☐
	Goal 1	Goal 2	Goal 3		
	**Painting** • Learn brush skills • Color mixing • Prepare a canvas • Enjoy finished painting to hang at home **Goals to achieve:**			$5.00	☐
	Goal 1	Goal 2	Goal 3		

Afternoon 12:00pm-3:00pm				Cost	Tick one
	**Reading and writing and counting** • Learn to read at your level • Learn Number's • All the while doing this in a friendly group **Goals to achieve:**			[Free	☐
	Goal 1	Goal 2	Goal 3		
	**Budgeting and Lifestyle** • Learn how to budget your daily money • Smart shopping ideas • Day-to-day lifestyle skill • Bullet point 4 **Goals to achieve:**			Free	☐
	Goal 1	Goal 2	Goal 3		

Tuesday Activities

Morning 9:00am -12:00pm				Cost	Tick one
	**Indoor Games** • Relax and unwind • Challenge your mates in new games • No Experience needed • Win prizes **Goals to achieve:**			$5.00	☐
	Goal 1	Goal 2	Goal 3		
	**Salability (1st and 3rd Tuesday of each month)** • Sail on the causeway with supported help • Meeting new people • Learning new skills • Picnic lunch when finished sailing. **Goals to achieve:**			$15.00 to be paid on the day to Salability *Shared KMS	☐
	Goal 1	Goal 2	Goal 3		

Afternoon 12:00pm-3:00pm				Cost	Tick one
	**Pamper afternoon** • The use of new smells • The use of new creams • Relax and enjoy yourself **Goals to achieve:**			Free	☐
	Goal 1	Goal 2	Goal 3		
	**Relaxation and Rejuvenate** • Learn to unwind • Do yoga • Learn the joy of quietness **Goals to achieve:**			Free	☐
	Goal 1	Goal 2	Goal 3		

Wednesday Activities

Morning 9:00am -12:00pm				Cost	Tick one
	**Karaoke And Music and Dancing** • Get ready to sing and dance the morning away • Have fun with friends, then show your dance moves • Share morning tea with your new friends • Enjoy yourself **Goals to achieve:**			FREE	☐
	Goal 1	**Goal 2**	**Goal 3**		

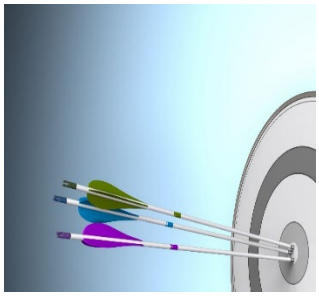
Afternoon 12:00pm-3:00pm				Cost	Tick one
	**Music with Suzie** • Come and learn to play different instruments • A session to express yourself through music • Have fun • Bullet point 4 **Goals to achieve:**			Free	☐
	Goal 1	**Goal 2**	**Goal 3**		
	**Board games** • Have fun with new friends • Learn new games **Goals to achieve:**			Free	☐
	Goal 1	**Goal 2**	**Goal 3**		

Thursday activities

Morning 9:00am -12:00pm				Cost	Tick one
	**Scota Place** • Dancing with friend • Morning Tea **Goals to achieve:**			$10.00 to be paid at the door for lunch. If you wish to bring your own lunch, it is free.	☐
	Goal 1	**Goal 2**	**Goal 3**		

Afternoon 12:00pm-3:00pm				Cost	Tick one
	**Gardening** • Plant seedlings of your choice and watch them grow • Go shopping to purchase what you need for gardening • Set a plan on how to look after your plants as they grow **Goals to achieve:**			Free	☐
	Goal 1	**Goal 2**	**Goal 3**		

Friday Activities

Morning 9:00am -12:00pm				Cost	Tick one
	**Culture cooking and outdoors cooking** • Explore the ideas of outdoor cooking • Making dishes from around the world • Shared KMS **Goals to achieve:**			$5.00	☐
	Goal 1	**Goal 2**	**Goal 3**		
	**Archery** • Learn the most self-controlled sport • Meet new people • See how many bullseyes you can get • Bullet point 4 **Goals to achieve:**			$7.00 paid on the day	☐
	Goal 1	**Goal 2**	**Goal 3**		

2027 Rockhampton Program Dates

Office opens 4 January 2027 Hub closed on Public Holidays

Program 1		
	Start Date	**End Date**
Activity Program	Monday 4th January	Friday 27th March

Program 2		
	Start Date	**End Date**
Activity Program	Monday 29th March	Friday 18th June

Showcase week 1		
	Start Date	**End Date**
Showcase Program	Monday 21st June	Friday 25th June

Program 3		
	Start Date	**End Date**
Activity Program	Monday 28th June	Friday 17th September

Program 4		
	Start Date	**End Date**
Activity Program	Monday 20th September	Friday 10th December

Showcase week 2		
	Start Date	**End Date**
Showcase Program	Monday 13th December	Friday 17th December
Hub Closed	Saturday 18th December 2026 – Sunday 2nd January 2027	