

ACTIVITY SELECTIONS - AVAILABLE EVERY DAY

KEY: Considerations to assist in program selections

Individual choice is encouraged & NWDS will not refuse a selection if considerations are not taken into account

SADDLE CLUB AT SECRET GARDEN, RICHMOND



Objectives:

- Theory & Practical sessions
- Learn horse care, maintenance, grooming procedures and saddlery
- Enjoyment, challenge, friendship, laughter, achievement and independence
- Increase confidence working with horses
- Great beginner course if interested in riding

Act Cost: \$10.00

RIDING FOR THE DISABLED, RICHMOND CENTRE (RDA)



Objectives:

- Build confidence & trust
- Learn boundaries
- Learn horse care, maintenance, grooming procedures, and saddlery
- Enjoyment, challenge, friendship, laughter, achievement and independence
- Increased muscle strength
- Improve balance, posture and co-ordination

Act Cost: REGISTRATION \$100.00 THEN \$10.00 per session

Secret Garden 'Garden to Plate'

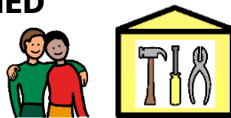


Objectives:

- Healthy Plant Care
- Growing vegetables
- Herbs and scented plants
- Propagating plants
- Well being naturally
- Learn how to prepare food straight from the earth
- Enjoy the benefits of fresh foods, grown locally

Act Cost : \$10.00

MATES SHED



Objectives:

- Connect with friends
- Develop mateship
- Maintain an active body and active mind
- Work on meaningful projects
- Learn a range of desired skills

Act cost: \$10.00

MUSIC APPRECIATION



Objectives:

- Develop singing skills
- Join a choir
- Develop performance skills
- Learn about different instruments
- Develop rhythm, coordination and social skills
- Enjoy the company of others with similar interests

Act cost: \$5.00

SWIMMING – PERSONAL HYGIENE & GROOMING

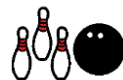


Objectives:

- Improve physical and mental
- Improved mobility and flexibility
- Personal care and hygiene skills
- Community recreation and access to public facilities

**Homebush pool (incl transport) Act cost: \$15.00
Stanhope pool (Incl transport) Act. cost: \$13.60**

BOWLING LEAGUE



Objectives:

- Physical wellbeing and exercise
- Maintain social skills
- Integration in mainstream local community activities
- Intense focus on hand / eye coordination
- Improve Fitness and gross motor skills

Act cost: \$12.00, includes cost for one game

LIFESTYLE PLANNING

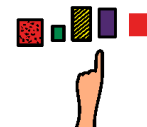


Objective

- Learn how to make a mind map
- Create your own lifestyle plan
- Plan & direct your day
- Create a unique and individualised focus on what you wish to achieve out of life
- Become an active community member
- Build relationships and connect with people
- Create positive change in your life
- Be empowered to make informed choices and try new things
- Managing your personal budget
- Choose your own staff

Cost: \$5

YOUR SUGGESTION!



Is there an activity/program that you would like to do that is not listed? You come up with the idea and we will run it.

Subject to numbers

Act cost: TBC

MONDAY

PENRITH LAKES 'SAILABILITY' & MARINE SKILLS

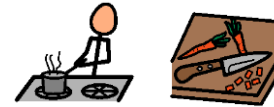


Objectives:

- Learn how to sail
- Increase confidence
- Community and water safety skills
- Recreational experience
- Improve physical and mental wellbeing
- Includes transport to Penrith Lakes

Act cost: \$22.00

HEALTHY COOKING LUNCH TEAM (FUNDRAISING) & HOSPITALITY SKILLS



Objectives:

- Introduce money & fundraising skills
- Accurate account keeping skills & budgeting
- Improve shopping skills
- Build kitchen prep skills
- Nutrition, healthy eating habits and menu selection
- Develop independent living skills
- Enjoy a meal together

Act cost: \$5.00, plus \$5.00 for lunch cost

PHOTOGRAPHY AND NATURE WALK AT ABERDOON

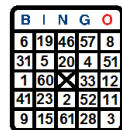


Objectives:

- Learn a new hobby or develop skills in photography
- Focus on art development through photography
- Skills development in using a digital camera
- Preserving special memories
- Build a portfolio of images
- Exhibit completed works
- Includes transport to and from Aberdoon

Act cost: \$12.00

BINGO AND BILLIARDS AT CASTLE HILL RSL

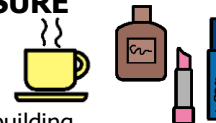


Objectives:

- Social interaction
- Community Access
- Community Participation
- Numeracy skills (number recognition)
- Win prizes

Act cost: \$8.00

LADIES OF LEISURE



Objectives:

- Socialising and relationship building
- Pampering skills
- Community access
- Art & Craft e.g. Mosaics, jewellery making
- Coffee & Cake!
- Fashion & Style

In house only Act cost: \$5.00

Community Access Act cost: \$10.00

HYDROTHERAPY – PERSONAL HYGIENE & GROOMING (Royal Rehab)



Objectives:

- Physical wellbeing
- Improved mobility and flexibility
- Personal care and hygiene skills
- Community recreation and access to public facilities
- Low impact exercise

Act cost: \$15.00

BIDJIWONG COMMUNITY NURSERY PROJECT



Objectives:

- Environmental awareness
- Plant identification skills
- Understanding the responsibilities of being a valued volunteer in the community
- Build practical work skills

Act cost: \$5.00

PERSONAL SHOPPING & LITERACY SKILLS



Objectives:

- Community integration
- Independent living skills
- Knowledge of the shopping process and etiquette
- Money skills
- Further develop literacy Skills
-

Act cost: \$7.00

RECYCLING PROJECT

Objectives:

- Environmental recycling
- Revamp pre loved furniture
- Aluminium recycling
- Permaculture
- Rebirthing items

Act cost: \$10.00

MONDAY

FRESH CONNECTIONS



Objectives:

- Opportunity for older people to gather and enjoy outings
- Engage in community activities at gentle pace.
- Experience new places, new things and explore the sights of Sydney.

Act cost: \$10.00

WELCOME WAGON

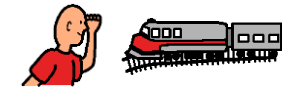


Objectives:

- Welcome to life after school, smooth transition to adult day activities at a pace that suits you
- Opportunity to become familiar with your new surrounds
- Focus on goals and maintaining skills learnt at school
- Opportunities to try new activities within a small group
- Communication supports
- Build friendships

Act cost: \$8.00

TRAIN SPOTTING



Objectives:

- Visit train stations
- Identify various train models
- Take photos of trains/railways
- Explore the history of our rail network
- Undertake different train rides each week
- Plot and plan your journeys
- Opal Card

Act cost: \$7.00 (plus Opal Card)

RECREATION GROUP



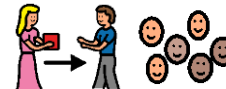
Objectives:

- Enjoy a variety of different activities
- Group discussion and agreement
- Planning, listening & negotiating
- Socialising & making friends
- Experience new things

Act cost: \$10.00

(plus activity money/toll each week)

GIVE BACK TO OUR COMMUNITY



Objectives:

- Fundraising skills
- Accessing the community
- Planning, group discussions
- Meeting new people in our community
- Creating new ideas
- Community Contributions

Act cost: \$8.00

BUSH REGENERATION

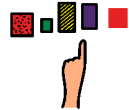


Objectives:

- Improve fitness/ physical health & wellbeing
- Accessing local parks & bushland
- Gross motor skills
- Outdoor recreation
- Environmental awareness
- Plant identification skills

Act cost: \$5.00

YOUR SUGGESTION!



Is there an activity/program that you would like to do that is not listed? You come up with the idea and we will run it.

Subject to numbers

Act cost: TBC

Events Planning



Objectives:

- Be part of a team responsible for planning events/functions
- Prepare invitations, decorations, menus, set up for events
- Coordinate community contributions
- Incorporate cultural calendar at NWDS

Act cost: \$5.00

HEALTHY LIFECLUB



Objectives:

- Improving overall health
- Maintaining a healthy lifestyle
- Knowledge of healthy practices
- Creating goals
- Exercise & fitness

Act cost: \$5.00

KEY: Considerations to assist in program selections
Individual choice is encouraged & NWDS will not refuse a selection if considerations are not taken into account

TUESDAY

FRIENDS FOR LUNCH & ENTERTAINMENT ETTIIQUITE



Objectives:

- Food preparation
- Social skills and interaction
- Peer group interaction
- Community skills and local contribution with members who are interested in being involved

Act cost: \$5.00, plus lunch cost

LAND CARE 'ECO GARDEN' PROJECT



Objectives:

- Environmental awareness
- Plant identification skills
- Understanding the responsibilities of being a valued volunteer in the community
- Build practical work skills
- Peer group interaction in an outdoor space

Act cost: \$7.00

LADIES OF LEISURE



Objectives:

- Socialising and relationship building
- Pampering skills
- Community access
- Art & Craft e.g. Mosaics, jewellery making
- Coffee & Cake!

Local Act cost: \$5.00

Including transport & Access Act cost: \$10.00

BUSINESS SERVICES & WORK CREW (TTW)



Objectives:

- Pre-vocational skills and hands on practical experience working in a business service
- Independent living skills
- Understanding work place ethics, appropriate behaviours and workplace expectations
- Community contribution

Act cost: \$8.00

SOAP MAKING



- Learn the art of soap making
- Incorporate using scents, colours and herbs in homemade soaps
- Safety around hot products
- Increase fine motor skills

Act Cost \$5.00

INDEPENDENT LIVING SKILLS



Objectives:

- Increase independence in daily living, focusing on:
- Household tasks
- Meal preparation
- Hygiene
- Time management and organisation
- Accessing the community
- Communication skills
- Road safety
- Safety in the community

Act Cost: \$5.00

MEALS ON WHEELS VOLUNTEERING PROJECT



Objectives:

- Preparation skills
- Learn about food hygiene practices
- Customer service and the opportunity to make community connections with the elderly
- Community contribution

Act cost: \$8.00

NEWSPAPER RUN (TTW)



Objectives:

- To give participants the responsibility & experience of a job
- To maintain fitness through walking
- To learn about proper work etiquette and attitude
- To understand the concept of earning money for working.
- To develop teamwork

Act cost: \$5.00

FISHING



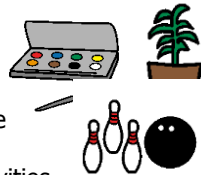
Objectives:

- Create opportunities for learning through recreational fishing
- Learn how to fish following correct safety procedures
- Enjoying a relaxed environment
- Promote positive self esteem
- Peer group interaction

Act cost:\$11.00

TUESDAY

GARDENING, ART & BOWLING



Objectives:

- Physical wellbeing and exercise
- Maintain social skills
- Integration in mainstream activities
- Intense focus on hand /eye coordination
- Fitness and gross motor skills
- Maintain Conie Vegetable Patch
- Express yourself thru art

Cost: \$12.50

ABERDOON: ART WORKSHOP DAY



Objectives:

- To provide opportunities to extend the skills of those who have been identified with talent
- To provide opportunities for use of artist quality media in the development of art works
- To provide opportunities to experience a variety of techniques and stimulus in the development of art works
- To provide opportunities to experience exhibitions and increase participation through exposure to the work of others within the broader community
- Includes transport to & from Aberdoon

Cost: \$14.00

HOUSE WITH NO STEPS



Objectives:

- Assistance to access and maintain employment
- Development of life skills
- Training for independence in travel and transport
- Learn new work based skills
- Boost sense of achievement
- Expand social networks whilst gaining new skills
- Make new friends
- Gain confidence and enjoyment

Cost:\$5.00

FARMYARD ANIMALS AT THE GARDEN

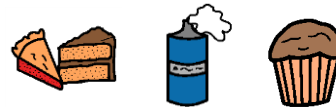


Objectives:

- using your senses to discover farm animals, their food and environment
 - Unique sensory experiences and interactions with animals
 - comparing the feed of different farm animals
 - being respectful of farm animals and following safety rules
- Indulge in some potting/gardening
Enjoy the calm, tranquil environment

Act Cost: \$10.00

ABERDOON SWEET TREAT ENCLAVE



Objectives:

- Improve fine motor skills
- Learn practical techniques to create cute cupcakes
- Showcase baking & decorating ability
- Enjoy baking and creating
- Learn different icing techniques and tools
- Enjoy taste testing
- Includes transport to & from Aberdoon

Act Cost: \$12.00

PECKYS CHOIR



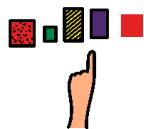
(this activity runs fortnightly, alternate weeks are spent at Lavender rehearsing)

Objectives:

- Enjoy singing & performing
- Increase your vocal repertoire
- Meet new people with similar interests
- Increase self confidence thru performance

Act cost: \$7.00

YOUR SUGGESTION!



Is there an activity/program that you would like to do that is not listed? You come up with the idea and we will run it.

Subject to numbers

Act cost: TBC

LEARN ABOUT OUR LOCAL AREA

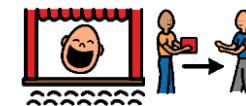


Objectives:

- History
- Visit buildings, reserves, libraries,
- Guest speakers
- Hills & Parramatta Historical society
- Museums
- Information centres

Act cost: \$5.00

MOVIES/ COMMUNITY CONTRIBUTIONS



Objectives:

- Alternate weeks of movies/shopping/coffee or community contributions
- Accessing the community
- Creating new ideas for Community Contributions
- Meeting new people

Act cost: \$13.00 (Ticket cost)

KEY: Considerations to assist in program selections
Individual choice is encouraged & NWDS will not refuse a selection if considerations are not taken into account

WEDNESDAY

HEALTH & SEXUALITY

FRIENDSHIP SKILLS & CIRCLES PROGRAM

'I have a positive self-image and maintain healthy relationships'



- Personal safety
- Problem solving
- Crisis management technique
- Relationship building techniques

Act cost: \$5.00

BUSHWALKING

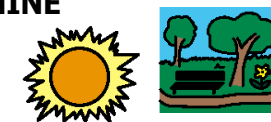


Objectives:

- Physical wellbeing and exercise
- Gross Motor Skills & coordination
- Road safety skills, stranger awareness
- Outdoor recreation

Act cost: \$9.00

SUNSHINE



Objectives:

- Enjoy sensory experiences
- Relaxed and peaceful days at a gentle pace
- Transport to Lavender Cottage included,
- Enjoy the Lavender sensory room
- Delight in the Lavender sensory garden
- Increased sense of wellbeing & happiness
- Enjoy the Sunshine!

Act cost: \$8.00

CAFÉ ABERDOON (ENCLAVE)



Objectives:

- Shopping skills
- Food handling and preparation skills
- Table preparation
- Learning recipes and cooking styles
- Learning to wait on people and serve food
- Increasing communication skills
- Work skills focused

Act cost: \$5.00

Includes transport from Conie Avenue \$12.00

URBAN AGRICULTURAL TASK FORCE (ENCLAVE)



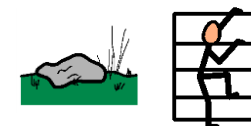
Objectives:

- Create business opportunity for a team
- Turn over a profit, with bonus rewards for team
- Build sustainability thru agriculture
- Source surplus fruits & vege that can then be turned to jams, chutneys and sold to raise funds
- Source Bamboo to support Bee Hotel enclave
- Increase understanding of environmental issues

Act Cost : \$10.00

Includes transport from Conie Avenue

ROCK CLIMBING



Objectives:

- Learn how to safely rock climb
- Improve mental and physical fitness
- Engage with peers in a fun environment
- Be challenged!

Act Cost: \$24.00

GUYS Adventure Experience



Objectives:

- Socialising and relationship
- Building support network and opportunities to talk about "guy stuff" such as healthy lifestyle and personal wellbeing.
- Community Access
- Rock climbing, Ice skate, pub lunch, gym, gardening, sports.
- Enjoy a range of activities such as sports, fishing, BBQs, coffee, movies, car racing, gym, horse races, sporting events.

Considerations: Male only plus activity cost (Various)

Act cost: \$5.00

70'S BABY! – DANCE AND MUSIC



Objectives:

- Groove to some groovy music
- Karaoke/singing
- Learn 70's dance moves
- Enjoy 70's dance videos
- Celebrate /organise a 70's festival at the end of program

Act cost :\$5.00

INDEPENDENT LIVING SKILLS



Objectives:

- Increase independence in daily living, focusing on:
- Household tasks
- Meal preparation
- Hygiene
- Time management and organisation
- Communication skills
- Road safety
- Safety in the community
- Includes transport to & from Gemhill

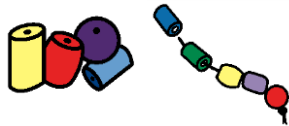
Act Cost: \$7.00

WEDNESDAY

JEWELLERY & BEAD MAKING – SMALL BUSINESS ENCLAVE

Objectives:

- Pre-vocational skills
- Process skills
- Creativity
- Improve fine motor skills
- packaging
- Understanding work place ethics
- Includes transport to Aberdoon



Act cost: \$5.00

SECRET GARDEN SKILLS DEVELOPMENT

Objectives:

- Retail skills:
- Developing customer service skills
- Learn how to present items for sale
- Prepare plants for sale
- Develop greater plant knowledge and skills
- Sensory Candle sales



Act Cost :\$10.00

RIVERSIDE THEATRES 'BEYOND ABBA'

Objectives:

- Physical wellbeing and increased opportunity for fitness
- Experience a range of dances
- Improves coordination
- Community skills
- Opportunity to learn routines through repetition
- Sensory techniques - Hand/eye coordination
- Improves bone density



Act cost: \$17.00

EXPLORING SYDNEY

Objectives:

- Community recreation
- Access to public facilities
- Participation in special events /festivals
- Access public transport
- Explore our beautiful city!



Act cost: \$8.00

SPORTS INSTITUTE

Basketball/Soccer



- Participants will learn about the history, rules, fitness training, sports etiquette, and other fundamentals that are involved with the sport.
- Participants will train and have the opportunity to play their sport competitively.
- Selections will later be held for an NWDS Squad to compete against other disability services throughout Sydney. They will also be encouraged to attend Special Olympics competitions and possibly compete overseas.

Act Cost: \$5.00

ENDEAVOUR FOUNDATION

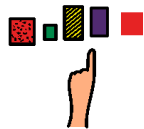
Objectives:

- Supported employment to reach your goals
- On the job training in safe and supportive workplaces
- Boosts confidence, self-esteem and sense of purpose
- Focus on personal development and training



Act Cost: \$5.00

YOUR SUGGESTION!



Is there an activity/program that you would like to do that is not listed? You come up with the idea and we will run it.

Subject to numbers

Act cost: TBC

BASIC COMPUTERS & IPADS



Objectives:

- Computer Skills development
- Develop Confidence using computers
- Opportunity to use a range of computer programs to increase particular skills

Act cost: \$5.00

BIKE RIDING

Objectives:

- Increase physical wellbeing and exercise
- Gross Motor Skills & coordination
- Road safety skills, stranger awareness
- Outdoor recreation



Act cost: \$7.00

THURSDAY

MUSEUM & HISTORY TOUR



Objectives:

- Community Access
- Culture awareness
- Opportunity for learning Australian History
- Social recreation and socialisation with peer group in a community environment
- Road Safety & stranger awareness skills

Act cost: \$10.00 plus entry fees

Tennis



Objectives:

- Physical wellbeing and exercise
- Maintain social skill – taking turns
- Integration in mainstream activities
- Local community integration
- Intense focus on hand / eye coordination
- Fitness and gross motor skills

Act cost: \$5.00

ZUMBA & AFRICAN DRUMMING



Objectives:

- Physical wellbeing and increased opportunity for fitness
- Social skills- turn taking etc.
- Community skills
- Opportunity to learn routines through repetition
- Sensory techniques - Hand/eye coordination

Act cost: \$9.00

CARTOON & COMIC DEVELOPMENT



Objectives:

- Self-expression through different media- drawings, cartoons, art
- Process skills
- Develop creativity
- Provide opportunities to teach and learn from peers

Act cost: \$5.00

LAWN MOWING ENCLAVE

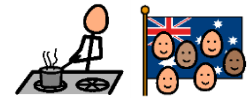


Objectives:

- Environmental awareness
- Plant identification skills
- Understanding the responsibilities of being a valued volunteer in the community
- Build practical work skills
- Peer group interaction in an outdoor space

Act cost: \$5.00

MULTICULTURAL COOKING & PRACTICAL LIFESTYLE SKILLS



Objectives:

- Kitchen skills
- Independent living skills
- Nutrition
- Recreation
- Process skills
- Develop cooking skills
- Learn to cook foods from a range of cultures

Act cost: \$5.00

URBAN AGRICULTURAL TASK FORCE (ENCLAVE)



Objectives:

- Create business opportunity for a team
- Turn over a profit, with bonus rewards for team
- Build sustainability thru agriculture
- Source surplus fruits & vege that can then be turned to jams, chutneys and sold to raise funds
- Source Bamboo to support Bee Hotel enclave
- Increase understanding of environmental issues

Cost : \$10.00

LIBRARY SKILLS & TRAVEL TRAINING



Objectives:

- Building community skills
- Peer group interaction and socialisation
- Recreation access in community venues
- Opportunity to develop literacy and numeracy skills

**Act cost: \$5.00
(plus transport money, Opal Card)**

BUSHWALKING & BIKE RIDING



Objectives:

- Physical wellbeing and exercise
- Gross Motor Skills & coordination
- Road safety
- Outdoor recreation

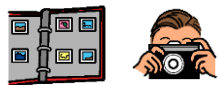
Act cost: \$11.25

KEY: Considerations to assist in program selections

Individual activities in assessment of NUPDC will not be a selection of activities as they are not to be used in assessment

THURSDAY

SCRAPBOOKING & PHOTOGRAPHY



Objectives:

- Accessing the community and new places
- Developing creative art skills
- Designing own personal scrapbook
- Learn a new hobby or develop skills in photography
- Focus on art development through photography
- Skills development in using a digital camera

Act cost: \$8.00

ABERDOON: CERAMICS

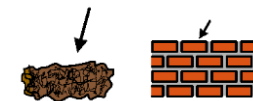


Objectives:

- To provide opportunities to participate in producing ceramics that will be created by use of a variety of media and implements
- To use inclusive techniques that assist participants to make choices of colour, media and positioning of elements to create works
- Works will be kiln fired with beautiful colours
- Participants to have end products that they can take and share with pride with their families
- Included transport to & from Aberdoon

COST: \$14.00

MUD BRICK MAKING



Objectives:

- Have fun in the outdoors
- Process skills
- Sensory benefit of using messy materials to create functional product
- Learn the benefits of sustainable and cost-effective building
- Gain sense of achievement after learning new skills
- Choose colours, designs and surface finishes

Cost: \$10.00

INDEPENDENT LIVING SKILLS

Objectives:

- Living Independently
- Household rules
- Roles in the household
- Household chores
- Steps to renting
- My skills at home
- Meal planning
- Going shopping
- Setting up house
- Budgeting for clothes
- Christmas shopping



Cost: \$7.00

PARKS AND SOCIAL COMMUNITY



Objectives:

- Enjoy outings to different gardens
- Gross motor skills
- Increase Fitness
- Sensory experience
- Social inclusion
- Community contribution

Cost: \$8.50

SPORTS INSTITUTE

Soccer/Tennis



- Participants will learn about the history, rules, fitness training, sports etiquette, and other fundamentals that are involved with the sport.
- Participants will train and have the opportunity to play their sport competitively.
- Selections will later be held for an NWDS Squad to compete against other disability services throughout Sydney. They will also be encouraged to attend Special Olympics competitions and possibly compete overseas.

Act Cost: \$5.00

FARMYARD ANIMALS AT THE GARDEN

Objectives:

- Using your senses to discover farm animals, their food and environment
- Unique sensory experiences and interactions with animals
- comparing the feed of different farm animals
- being respectful of farm animals and following safety rules
- Indulge in some potting/gardening
- Enjoy the calm, tranquil environment



Act Cost: \$10.00

LIFE SAVERS



Objectives:

- Social opportunities with others with similar interests
- Sensory experiences
- Increased sense of well-being and enjoyment

Male only

Act Cost: \$10.00

ADVENTURE EXPERIENCE (MALE ONLY)



Objectives:

- This small group offers participants the opportunity to try exciting new activities different every week e.g. fruit picking, comic stores, gaming experiences
- Enjoyment, mateship, friendship, laughter, achievement and independence

Male only

Act Cost :\$7.00

FRIDAY

FISHING



Objectives:

- Create opportunities for learning through recreational fishing
- Enjoy a relaxed environment
- Learn safety management when fishing
- Promote positive self esteem
- Peer group interaction

Act cost:\$11.00

ABERDOON: PROCESS ART & CRAFT



Objectives:

- Self-expression
- Using personal experiences
- Sensory benefit
- Process skills
- Opportunity to create an environment where new expressions and materials are utilised
- To provide opportunities to experience exhibitions and increase participation through exposure to the work of others within the broader community
- Includes transport to & from Aberdoon

Act cost: \$12.00

MUSIC



Objectives:

- Develop singing skills
- Join a choir
- Develop performance skills
- Learn about different instruments
- Develop rhythm, coordination and social skills

Act cost: \$5.00

BASIC COMPUTERS/IPADS & OFFICE SKILLS

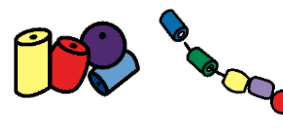


Objectives:

- Develop computer skills
- Increase confidence in using computers
- Opportunity to use a range of computer programs to increase particular skills
- Develop IPAD skills

Act cost: \$5.00

JEWELLERY & BEAD MAKING (ENCLAVE)



Objectives:

- Pre-vocational skills
- Process skills
- packaging
- Understanding work place ethics
- Includes transport to & from Aberdoon

Act cost: \$10.00

WATERWATCH & BUSHWALKING

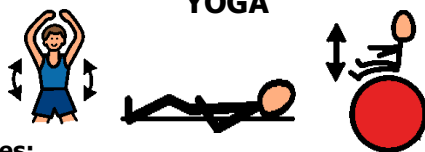


Objectives:

- Environmental awareness
- Process skills
- Accessing community & community contribution
- Group discussions, planning & recording

Act cost: \$7.00

YOGA

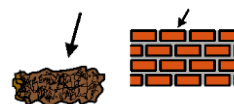


Objectives:

- Improve physical and emotional health
- Learn to meditate
- Enjoy a range of other relaxing activities and community access
- Improve flexibility

Act Cost: \$5.00

MUD BRICK MAKING



Objectives:

- Have fun in the outdoors
- Process skills
- Sensory benefit of using messy materials to create functional product
- Learn the benefits of sustainable and cost-effective building
- Gain sense of achievement after learning new skills
- Choose colours, designs and surface finishes

Cost: \$10.00

CHRISTMAS GIFTBOX APPEAL



Objectives:

- Prepare for shoebox camp
- Collect and wrap boxes
- Organise flyers to go out to all
- Liaise with TAFE
- Organise the trip!
- Collect the gifts
- Go on camp and allocate gifts to families in need

Act Cost : \$5.00

FRIDAY

EXPLORING SYDNEY

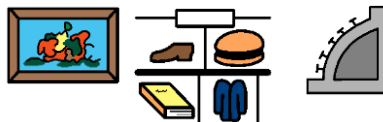


Objectives:

- Community recreation
- Access to public facilities
- Participation in special events /festivals
- Access public transport
- Explore our beautiful city!

Act cost: \$8.00

PARKLEA MARKETS (ENCLAVE)



Objectives:

- Work Based Skills
- Money handling skills
- Marketing skills
- Develop Customer Service Skills

Cost \$5.00

FRIENDS FOR LUNCH

'We cook for friends in our local community'



Objectives:

- Food preparation
- Social skills and interaction
- Peer group interaction
- Community skills and local contribution with members who are interested in being involved

Act cost: \$5.00

GOLF CLUB

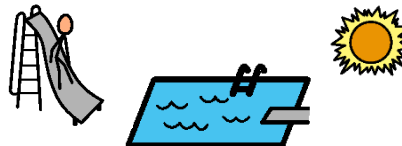


Objectives:

- Gain a hobby
- Community access
- Socialising & competing
- Community skills
- Learn new skills

Act cost: \$10.00

WET & WILD (Summer only)



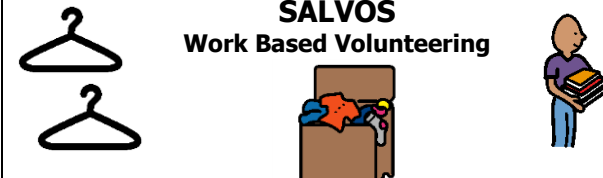
Objectives:

- Have fun
- Enjoy lots of fun rides
- Outdoor recreation experience
- Learn rules and understand the concept of "having turns"

Act Cost: \$7.00 plus Purchase season ticket

SALVOS

Work Based Volunteering



Objectives:

- Learn new work based skills
- Boost sense of achievement
- Expand social networks whilst gaining new skills
- Make new friends
- Gain confidence and enjoyment
- Community Contribution

Act Cost: \$5.00

BUSHWALKING AND BASKET BALL GROUP

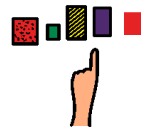


Objectives:

- Enjoy a variety of different outdoor activities
- Group discussion and agreement
- Planning, listening & negotiating
- Socialising & making friends
- Experience new things

**Act cost: \$5.00
(plus activity money each week)**

YOUR SUGGESTION!



Is there an activity/program that you would like to do that is not listed? You come up with the idea and we will run it.

Subject to numbers

Act cost: TBC

NDIS Planning my Life/ What a Wonderful Life










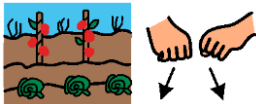

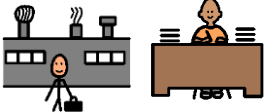


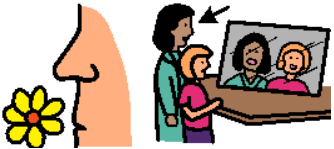
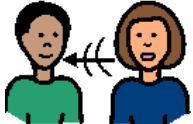

Objectives:

- Decision making
- Informative sessions
- Setting goals/ Planning ahead
- Gathering information and resources
- Building relationships & involvement in the community

Act cost: \$5.00

NWDS also offers a range of other social activities/opportunities. Are you interested in any of the following? Please and we will provide further information. Suggestions welcome!

We can take bookings now for:

 <p>Outback Adventures – many exciting trips planned for 2016, see website for destinations/dates</p>	 <p>Table of 8 Dinner Parties – held monthly at Conie and Opal, see website for dates</p>	 <p>Friday Night Football – held during NRL season (Winter)</p>	 <p>Tuesday night Men’s Group – held weekly at Conie Avenue</p>
 <p>RSL Disco’s – held once every second month, see website for dates</p>	 <p>Conie Avenue Discos - held once per month, see website for dates</p>	 <p>Concerts/musicals –Flyers of all proposed events on our website</p>	 <p>Come & Try Days at the Secret Garden - see website for dates, come & explore our wonderful garden!</p>
 <p>Tafe Assessment/TAFE courses</p>	 <p>Work Experience</p>	 <p>Nordolf Robbins Music Therapy</p>	 <p>NWDS Swimming Squad</p>
 <p>Lavender Sensory Room & Garden</p>	<p>Lifestyle Planning</p>  <p>NDIS pre Planning Session</p>	<p>arts & crafts</p>  <p>Individual Art Sessions</p>	