

POST SCHOOL PROGRAM SELECTIONS - AVAILABLE EVERY DAY



Literacy skills required



Fine motor skills required



Not wheelchair accessible



Program out all day

SADDLE CLUB AT SECRET GARDEN, RICHMOND



Objectives:

- Theory & Practical sessions
- Learn horse care, maintenance, grooming procedures
- Saddlery
- Enjoyment, challenge, friendship, laughter, achievement and independence
- Social Skills

Considerations:

Act Cost: \$10.00

RIDING FOR THE DISABLED, RICHMOND CENTRE (RDA)



Objectives:

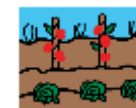
- Build confidence & trust
- Learn boundaries
- Learn horse care, maintenance, grooming procedures, and saddlery
- Enjoyment, challenge, friendship, laughter, achievement and independence
- Increased muscle strength
- Improve balance, posture and co-ordination

Considerations:

Act Cost:

REGISTRATION \$100.00 THEN \$10.00 per session

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

Considerations:

Act Cost : \$10.00

MATES SHED



Objectives:

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

Considerations:

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

Considerations: Nil

Act cost: \$5.00

SWIMMING – PERSONAL HYGIENE & GROOMING



Objectives:

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

Considerations:

Act cost: \$7.00

Swimming Squad –9-10.30am EVERY DAY COST \$6.00

BOWLING LEAGUE



Objectives:

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

Considerations:

Act cost: \$8.00

LIFESTYLE PLANNING



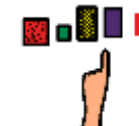
Objective

- 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
- Take charge of your life
- 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

Considerations: Nil

Cost: upon enquiry

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

Considerations:

Act cost: TBC

KEY: Considerations to assist in program selections

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

POST SCHOOL PROGRAM SELECTIONS

MONDAY

☆ Literacy skills required

◇ Fine motor skills required

△ Not wheelchair accessible

□ Program out all 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

PENRITH LAKES 'SAILABILITY' & MARINE SKILLS



Objectives:

- Learn how to sail
- Increase confidence by learning to sail
- Community and water safety skills
- Recreational experience
- Physical wellbeing

Considerations: □

Act cost: \$10.00

HEALTHY COOKING LUNCH TEAM (FUNDRAISING) & HOSPITALITY SKILLS



Objectives:

- Introduce money & fundraising skills
- Understanding workplace behaviour
- Accurate account keeping skills & budgeting
- To build kitchen prep skills
- Nutrition, healthy eating habits and menu selection
- Develop independent living skills

Considerations: Nil

Act cost: \$7.00

PHOTOGRAPHY AND ART DEVELOPMENT 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

Considerations: ◇

Act cost: \$6.00

BINGO AND BILLIARDS AT CASTLE HILL RSL



Objectives:

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

Considerations: ☆

Act cost: \$5.00

LADIES OF LEISURE



Objectives:

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

Considerations: Nil

Act cost: \$6.00

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

Considerations: □

Act cost: \$10.00

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

Considerations: ◇ □

Act cost: \$5.00

PERSONAL SHOPPING & LITERACY SKILLS (TTW)



Objectives:

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

Considerations: ☆

Act cost: \$5.00

ZUMBA & AFRICAN DRUMMING



Objectives:

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

Considerations: Nil

Act cost: \$8.00

POST SCHOOL PROGRAM SELECTIONS

MONDAY



Literacy skills required



Fine motor skills required



Not wheelchair accessible



Program out all day

FRESH CONNECTIONS



Objectives:

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

Considerations:

Act cost: \$7

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

Considerations:

Act cost: \$5.00

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

Considerations:

(plus transport money)

Act cost: \$3.00

RECREATION GROUP



Objectives:

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

Considerations:

Act cost: \$8.00

(plus activity money 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

Considerations: Nil

Act cost: \$5.00

BUSH REGENERATION



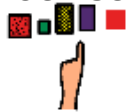
Objectives:

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

Considerations:

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

Considerations:

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

Considerations:

Act cost: \$5.00

HEALTHY LIFECLUB



Objectives:

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

Considerations:

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

POST SCHOOL PROGRAM SELECTIONS


TUESDAY

KEY: Considerations to assist in program selections

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

☆ Literacy skills required
 ◇ Fine motor skills required
 △ Not wheelchair accessible
 □ Program out all day

FRIENDS FOR LUNCH & ENTERTAINMENT ETTIQUITE




Objectives:

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

Considerations: Nil **Act cost: \$5.00**

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

Considerations: □ **Act cost: \$3.00**

LADIES OF LEISURE




Objectives:

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

Considerations: Nil **Act cost: \$7.00**

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

Considerations: △ **Act cost: \$5.00**


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

Considerations: □ ◇ **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

Considerations: Nil **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

Considerations: □ **Act cost: \$5.00**

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 skills

Considerations: △ ◇ **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

Considerations: □ **Act cost:\$6.00**

POST SCHOOL PROGRAM SELECTIONS

TUESDAY



Literacy skills required



Fine motor skills required



Not wheelchair accessible



Program out all 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

GARDENING, ART & BOWLING



Objectives:

- Physical wellbeing and exercise
- Maintain social skills – taking turns
- Integration in mainstream activities
- Local community integration
- Intense focus on hand /eye coordination
- Fitness and gross motor skills
- Conie Vegetable Patch
- Healthy Eating/Sustainable Living
- Gross Motor Skills

Considerations: Nil

Cost: \$8:00

ABERDOON: ART WORKSHOP DAY



Objectives:

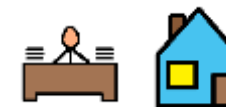
- To provide opportunities to extend the skills of those who have been identified with talent
- To provide opportunities for use of artist quality media in the development of art works
- To provide opportunities to experience a variety of techniques and stimulus in the development of art works
- To provide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

Considerations



Cost: \$5.00

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

Considerations : Nil

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

Considerations:

Act Cost: \$10

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

Considerations: Nil

Act Cost: \$5.00

PECKYS CHOIR



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

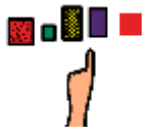
Objectives:

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

Considerations: Nil

Act cost: \$4.00

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

Considerations:

Act cost: TBC

LEARN ABOUT OUR LOCAL AREA



Objectives:

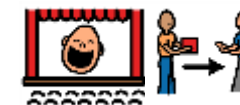
- History
- Visit buildings, reserves, libraries,
- Guest speakers
- Hills & Parramatta Historical society
- Museums
- Information centres

Considerations:



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

Considerations:

Act cost: \$13.00(Ticket cost)

POST SCHOOL PROGRAM SELECTIONS

WEDNESDAY



Literacy skills required



Fine motor skills required




Not wheelchair accessible



Program out all 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

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

Considerations: Nil **Act cost: \$5.00**

BUSHWALKING & BIKE RIDING




Objectives:

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

Considerations: Nil **Act cost: \$7.00**

SUNSHINE




Objectives:

- Enjoy sensory experiences
- Relaxed and peaceful days at a gentle pace
- Enjoy the Lavender sensory room
- Delight in the Lavender sensory garden
- Increased sense of wellbeing & happiness
- Inclusion in community
- Enjoy the Sunshine!

Considerations: Nil **Act cost: \$5.00**

CAFÉ ABERDOON




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

Considerations: Nil **Act cost: \$7**

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

Considerations: Nil **Cost : \$5.00**

ROCK CLIMBING



Objectives:

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

Considerations: **Cost: \$8.00**

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 **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

Considerations: Nil **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

Considerations: Nil **Act Cost: \$5.00**

POST SCHOOL PROGRAM SELECTIONS

WEDNESDAY



Literacy skills required



Fine motor skills required



Not wheelchair accessible



Program out all 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

JEWELLERY & BEAD MAKING – SMALL BUSINESS ENCLAVE



Objectives:

- Pre-vocational skills
- Process skills
- packaging
- Understanding work place ethics

Considerations:

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

Considerations:

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

Considerations: Nil

Act cost: \$14.00

EXPLORING SYDNEY



Objectives:

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

Considerations: Nil

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.

Considerations: Nil

Act Cost: \$5.00

ENDEAVOUR FOUNDATION



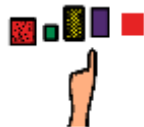
Objectives:

- 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

Considerations:

Act Cost: \$3.00

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

Considerations:

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

Considerations:

Act cost: \$5.00

CALENDER/COASTER MAKING



Objectives:

- Craft based activity
- Sensory benefit
- Process skills
- Recreation
- learn new techniques/colour selections
- undertaken in a social environment with sharing of ideas

Considerations:

Act cost: \$4.00

POST SCHOOL PROGRAM SELECTIONS

THURSDAY



Literacy skills required



Fine motor skills required



Not wheelchair accessible



Program out all day

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

Considerations:

Act cost: \$7.00

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

Considerations:

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

Considerations: Nil

Act cost: \$8.00

CARTOON & COMIC DEVELOPMENT



Objectives:

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

Considerations: Nil

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

Considerations:

Act cost: \$2.00

MULTICULTURAL COOKING & PRACTICAL LIFESYCLE SKILLS



Objectives:

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

Considerations: Nil

Act cost: \$4.00

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

Considerations: Nil

Cost : \$5.00

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

Considerations:

Act cost: \$3.00 (plus transport money)

BUSHWALKING & BIKE RIDING



Objectives:

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

Considerations: Nil

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

POST SCHOOL PROGRAM SELECTIONS

THURSDAY



Literacy skills required



Fine motor skills required



Not wheelchair accessible



Program out all 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

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

Considerations:

Act cost: \$8.00

ABERDOON: CERAMICS



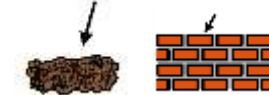
Objectives:

- 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
- Have fun

Considerations:

COST: \$4.00

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

Considerations: Nil

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



Considerations: Nil

Cost: \$7.00

PARKS AND SOCIAL COMMUNITY



Objectives:

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

Considerations: Nil

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.

Considerations:

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



Considerations:

Act Cost: \$10.00

LIFE SAVERS



Objectives:

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

Considerations: Male only

Act Cost: \$5.00

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

Considerations: Male only

Act Cost: \$7.00

POST SCHOOL PROGRAM SELECTIONS

FRIDAY

☆ Literacy skills required

◇ Fine motor skills required

△ Not wheelchair accessible

□ Program out all day

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

Considerations: □

Act cost: \$6.00

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

Considerations: Nil

Act cost: \$5.00

MUSIC



Objectives:

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

Considerations: Nil

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

Considerations: ☆ ◇

Act cost: \$3.00

JEWELLERY & BEAD MAKING – SMALL BUSINESS ENCLAVE



Objectives:

- Pre-vocational skills
- Process skills
- packaging
- Understanding work place ethics

Considerations: ◇

Act cost: \$5.00

WATERWATCH & BUSHWALKING



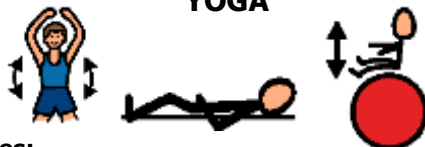
Objectives:

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

Considerations: △

Act cost: \$4.00

YOGA



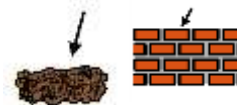
Objectives:

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

Considerations:

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

Considerations: Nil

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

Considerations: Nil

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

POST SCHOOL PROGRAM SELECTIONS

FRIDAY



Literacy skills required



Fine motor skills required



Not wheelchair accessible



Program out all 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

EXPLORING SYDNEY



Objectives:

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

Considerations: Nil

Act cost: \$8.00

PARKLEA MARKETS



Objectives:

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

Considerations: Nil

Cost \$4.00

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

Considerations: Nil

Act cost: \$5.00

GOLF CLUB



Objectives:

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

Considerations:

Act cost: \$5.00

WET & WILD (Summer only)



Objectives:

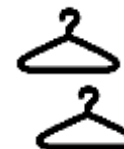
- Have fun
- Enjoy lots of fun rides
- Outdoor recreation experience
- Learn rules and understand the concept of "having turns"

Considerations:

Act Cost: 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

Considerations: Nil

Act Cost: \$3.00

BUSHWALKING AND BASKET BALL GROUP



Objectives:

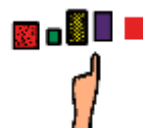
- Enjoy a variety of different activities
- Group discussion and agreement
- Planning, listening & negotiating
- Socialising & making friends
- Experience new things

Considerations:

Act cost: \$2.00

(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

Considerations:

Act cost: TBC

NDIS Planning my Life/ What a Wonderful Life



Objectives:










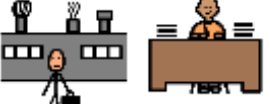





- Decision making
- Informative sessions
- Setting goals/ Planning ahead
- Gathering information and resources
- Building relationships & involvement in the community

Consideration: Nil

Act cost: \$2.00

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>	

