

POST SCHOOL PROGRAM SELECTIONS – LAVENDER COTTAGE


MONDAY

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

 Some literacy skills required
  Fine motor skills required
  Not wheelchair accessible
  Program out all day


Paper and Card Making

— with development options of gift packs for sales




OBJECTIVES:

- Basic skills in paper making, card layout and design
- To use inclusive techniques that assist participants to make choices of colour, media and positioning of elements to create cards made with the paper
- As papermaking is a wet activity and best done while accessing the outdoor environment - to provide opportunities to enjoy extended periods in the sensory outdoor environment of the cottage – with access to outdoor room and consideration of the weather.
- To provide opportunity for fine motor skill exercise and development

COST: \$3.00 **CONSIDERATIONS:** 

Baking, Art and Music Therapy

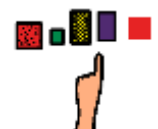


OBJECTIVES:

- To bake 2 different types of slices or biscuits – recipes will be repeated as it is the skills which are the focus
- To provide an opportunity to participate and develop skills in basic cooking activities
- To provide opportunities to measure, chop, mix and cook
- To provide opportunities to participate in basic cleaning tasks that result from cooking
- To provide opportunities to use inclusive techniques and resources such as a powerlink to control.
- To participate in the process of making art
- To be involved in making music and sounds with voice and body

COST: \$6.00 **CONSIDERATIONS:** Nil

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. This can be any day or time.

Subject to numbers


Considerations: **Act cost: TBC**

Fresh Connections




OBJECTIVES:

- To participate in recreational activities in the community with their peers.
- To provide opportunities to increase social inclusion
- To increase opportunities for social participation
- Goes out on bus fortnightly


COST: \$8.00 **CONSIDERATIONS:** Nil 

Talk to the Animals & Sensory Environments Access




OBJECTIVES:

- To provide opportunity to explore sensory gardens and environments with animals
- To stimulate and increase exercise opportunities
- To provide opportunities for peer group interaction in community environments
- To provide access to environments that include a variety of animals eg the Sydney Aquarium, Merrylands Central Gardens

COST: \$5.00 **CONSIDERATIONS:** 

Surround and Stimulate My Senses



OBJECTIVES:

- To relax and enjoy the company of peers
- To include Springfield aromatherapy massage oils for deep relaxation – to only be used on the extremities/limbs - gentle aromatherapy experiences that include hand and foot massage, soft wafting music and a variety of relaxing opportunities
- To include activities and stimulate the senses through a wide variety of activities.

COST: \$4.00 **CONSIDERATIONS:** Nil

Community Participation Program Selections – LAVENDER COTTAGE

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

Indigenous and Culturally Diverse Art



OBJECTIVES:

- To provide opportunities that assist participants in the development of exploring arts and crafts of those whose home country has been other than Australia
- To provide opportunities that assist participants in the development of exploring arts and crafts of those whose home country is Australia
- To promote a positive, welcoming environment to those of diverse cultures
- To provide opportunity for fine motor skill exercise and development
- To promote learning that supports inclusive experiences and engagement

COST: \$4.00

CONSIDERATIONS: Nil

Morning Tea in the Community



OBJECTIVES:

- To provide an elegant opportunity to participate in community environs while enjoying morning tea
- To visit cafes and specific target environments including
- To provide opportunities to increase social inclusion – eg visiting Merry Melodies at Merrylands and Parramatta RSL
- For participants to plan and choose between a range of pamper activities such as hand massage and nail beauty;

COST: \$4.00 – Bus

CONSIDERATIONS:



Bowling and Parks/Gardens (Journeymen)



OBJECTIVES:

- To provide an opportunity to participate in gross motor activities
- To provide an opportunity for participation in a loud and colourful sensory environment
- To increase opportunities for social participation
- To enjoy the pleasure of participation at your own level

COST: \$8.00

CONSIDERATIONS:



Percussion & Music Fun



OBJECTIVES:

- To participate in music activities a wide range of ages
- To provide opportunities of free choice of songs to sing and enjoy – considering both intellectual age and chronological age
- To participate with the use of a variety of easy use percussion instruments
- To provide opportunity to perform favourite songs/music at NWDS events

COST: \$4.00

CONSIDERATIONS: Nil

Singing and Choir



OBJECTIVES:

- To provide opportunities to practice and sing in a choir
- To have social interaction with members of the wider community and the Pecky's Choir
- To have opportunities to perform for the public
- To enjoy a wide range of music and songs from a range of genres
- Goes out and joins choir group fortnightly, with practice on the alternate week

COST: \$4.00

CONSIDERATIONS:



Surround and Stimulate My Senses



OBJECTIVES:





- To relax and enjoy the company of peers
- Include Springfield aromatherapy massage oils for deep relaxation - gentle aromatherapy experiences that include hand and foot massage, soft wafting music and a variety of relaxing opportunities
- To provide opportunity to identify favoured sensory activities – indoor and outdoor

COST: \$4.00

CONSIDERATIONS: Nil

Community Participation Program Selections – LAVENDER COTTAGE




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

Pamper Day and Aromatherapy

(gentle aromatherapy experiences that include hand and foot massage, soft wafting music and a variety of relaxing opportunities)

OBJECTIVES:


- To relax and enjoy the company of peers
- To include Springfield aromatherapy massage oils for deep relaxation – to only be used on the extremities/limbs
- To provide opportunity to identify favoured relaxing activities
- To include activities to explore how aromas surround us in everyday experiences

COST: \$4.00 **CONSIDERATIONS: Nil**

Lifestyle Planning



Objectives:

- 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**

Move Those Muscles Swim (Summer only)






OBJECTIVES:

- To provide a positive opportunity for those who enjoy free movement in the buoyancy that a water environment provides
- To provide opportunities to increase muscle tone
- To provide opportunities that aim to reduce pain
- To provide opportunities to participate in favoured activities
- To have fun
- To increase confidence in water
- To participate in activities that demonstrate progress in skills

COST: \$8.00 **Bus** **CONSIDERATIONS:**

Participants will load straight onto the bus upon arrival - MUST be ready for departure at 9.15am






Journey Day (Journeyman)

OBJECTIVES:

- To provide an opportunity to access a variety of different activities and locations in the community
- To socialise with peers whilst out in the community

COST: \$5.00 **CONSIDERATIONS:**

Karaoke and Dance Gang

OBJECTIVES:

- To promote physical wellbeing and increased opportunity for fitness and improve bone density
- Experience a range of dances
- To provide opportunity to improve coordination
- Opportunity to learn routines through repetition
- Sensory techniques - Hand/eye coordination
- To increase opportunity for self expression while making choices

COST: \$5.00 **CONSIDERATIONS: Nil**



SUNSHINE

- 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!

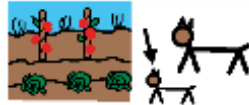
COST: \$5.00 **CONSIDERATIONS:**

Community Participation Program Selections – LAVENDER COTTAGE

THURSDAY

KEY: Considerations to assist in program selections
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Farmyard Animals




OBJECTIVES:

- To provide an awareness of the needs of animals
- Learning how to care for animals
- To interact with different animals
- To access and interact with the therapeutic and sensory aspects of the New Secret garden
- To interact with animals in the garden setting

COST: \$10.00 BUS **CONSIDERATIONS:**

I Learn About Preparing a Meal



OBJECTIVES:

- To provide an opportunity to participate in basic cooking activities
- To have opportunities to smell, touch, listen and taste while I learn about each meal
- To provide opportunities to measure, chop, mix and cook
- To provide opportunities to participate in basic cleaning tasks that result from cooking
- To provide opportunities to use inclusive techniques and resources such as a powerlink to control.

COST: \$5.00 – to assist with weight management to not send lunch on this day **CONSIDERATIONS:**

Stimulate My Senses in the Lavender Sensory Room




OBJECTIVES:

- Visit to Sargent's place for sensory experience
- To include Springfield aromatherapy massage oils for deep relaxation – gentle aromatherapy experiences that include hand and foot massage, soft wafting music and a variety of relaxing opportunities
- To provide opportunity to identify favoured sensory activities – indoor and outdoor- including Sensory Rooms

COST: \$5.00 **CONSIDERATIONS: Nil**

The Sounds & Songs of Music Fun




OBJECTIVES:3

- To participate in music activities through a wide range of ages
- To provide opportunities of free choice of songs to sing and enjoy – considering both intellectual age and chronological age
- To participate with the use of a variety of easy use percussion instruments
- To provide opportunity to perform favourite songs/music at NWDS events
- To participate in calm transitions between areas of the Cottage eg to decking for movement and song participation

COST: \$5.00 **CONSIDERATIONS: Nil**

Bowling and Relaxation




OBJECTIVES:

- To provide an opportunity to participate in gross motor activities
- To provide an opportunity for participation in a loud and colourful sensory environment
- To increase opportunities for social participation
- To enjoy the pleasure of participation a competitive environs
- To provide opportunity to identify favoured relaxing activities
- To include activities to explore how aromas surround us in everyday experiences

COST: \$8.00 Bus **CONSIDERATIONS: Nil**

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. This can be any day or time.

Subject to numbers

Considerations: **Act cost: TBC**

Community Participation Program Selections – LAVENDER COTTAGE

FRIDAY



Some 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

Move Those Muscles Swim (Summer only)



OBJECTIVES:

- To provide a positive opportunity for those who enjoy free movement in the buoyancy that a water environment provides
- To provide opportunities to increase muscle tone
- To provide opportunities that aim to reduce pain
- To provide opportunities to participate in favoured activities
- To have fun
- To increase confidence in water
- To participate in activities that demonstrate progress in skills



COST: \$8.00

CONSIDERATIONS:

Participants MUST be ready for departure at 9.15am

Pamper Day and Plants Animals and Nature

(gentle aromatherapy experiences that include hand and foot massage, soft wafting music and a variety of relaxing opportunities)



OBJECTIVES:

- To relax and enjoy the company of peers on the last day of the week
- To include Springfield aromatherapy massage oils for deep relaxation
- To interact with the outdoors including Plants, animals and nature
- To go and visit gardens and parks in the community

COST: \$5.00

CONSIDERATIONS: Nil

I Learn About Preparing a Meal



OBJECTIVES:

- To provide an opportunity to participate in basic cooking activities
- To have opportunities to smell, touch, listen and taste while I learn about each meal
- To provide opportunities to measure, chop, mix and cook
- To provide opportunities to participate in basic cleaning tasks that result from cooking
- To provide opportunities to use inclusive techniques and resources such as a powerlink to control.

COST: \$5.00 –

CONSIDERATIONS: Nil

to assist with weight management do not send lunch on this day

Music Workshop Day



OBJECTIVES:

- To provide opportunity to participate in specialist guided music activities
- To provide opportunities to develop key board skills
- To provide opportunities to develop vocal techniques for those with vocal skills
- To engage in performance opportunities within NWDS
- To engage in a performance for participant carers at end of semester

COST: \$5.00

CONSIDERATIONS: Nil

Music Therapy



OBJECTIVES:

- To provide opportunity to participate in specialist guided music activities
- To nurture through specialist music therapy integration
- To provide unique opportunities for self expression through integration

COST: \$5.00

CONSIDERATIONS: Nil

Secret Garden (Journeymen)



OBJECTIVES:

- To relax and enjoy the company of peers
- To interact with the sensory and therapeutic aspects of the gardens
- To interact with the animals in the garden
- To introduce gardening activities including- potting, trimming or garden maintenance










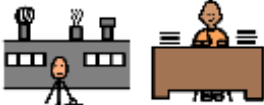







COST: \$5.00- BUS

CONSIDERATIONS:



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, 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 four times a year, see website for dates</p>	 <p>Conie Avenue Discos - held once per month, see website for dates</p>	 <p>Concerts/musicals –Flyer of all proposed events coming soon</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>Independent Living Skills Sleepovers at Lavender Cottage</p>	<p>Showcase Days- held twice a year- have the programs show you what we have been doing</p>  	<p>Noppy’s Cottage Morning Tea and Lunch functions</p> 	<p>YOUR SUGGESTION! </p> <p>Is there an activity/ that you would like to do that is not listed? You come up with the idea and we will run it. This can be any day or time.</p> <p>Subject to numbers</p>

