

explore & enjoy!

GET INVOLVED & GET CREATIVE

- social activities •
- exercise •
- men's shed •
- music & art •
- cooking •

NDIS Programs Community-based social and recreational programs

Community-based, social and recreational programs

Our community programs provide opportunities for people to participate in group programs that encourage creative expression and community engagement. Our creative programs include art, music and cooking. They focus on active participation, learning new skills and developing social connections.

We are a registered NDIS service provider so, if you have an NDIS package, attending our programs can be included in your plan.

Our fees are charged at the rate listed in the NDIS price guide. As well as the programs detailed in this flyer, we also run a number of other programs that are specifically for people with an Acquired Brain Injury. Most of our programs run during Victorian state school terms. For information and to register for our programs call us on **9819 5758**.



Hawthorn Community House

Changing Directions Music encourages participants to explore their interests and develop skills through musical expression. It also provides a supportive social environment where members and their carers can interact and develop social networks that improve community integration and participation. This program is designed particularly for people with an Acquired Brain Injury.

Mondays 10.15am-12.15pm

Support Item Ref 04_180_0136_6_1_T

\$19.83 per hour (2 hours per week)

Changing Directions Art inspires creative expression through the visual arts. Participants can work individually or on group projects with guidance from an exhibiting artist. The group also provides a supportive social environment where members and their carers can interact and develop social skills and networks that improve community participation. This program is designed particularly for people with an Acquired Brain Injury.

Mondays 1pm-3pm

Support Item Ref 04_180_0136_6_1_T

\$19.83 per hour (2 hours per week)

Nova Art offers a welcoming and supportive open studio environment that encourages artists who have lived experience of mental illness to pursue their own artistic practice and vision. The program is run by an art facilitator who supports the group in their creative expression and participation. All materials are provided and a light lunch is served. Participants may attend for either the morning or the afternoon session, or stay for the whole day.

Thursdays and Fridays 10am-4pm

Support Item Ref 04_180_0136_6_1_T

\$19.83 per hour (half day 3 hours, full day 6 hours per week)

Wednesday Art enables participants to explore their creativity as they are encouraged to work on their individual art or on group projects. As well as art, this is an opportunity for participants to engage socially and to enjoy a light morning tea in a supportive environment. This program is designed particularly for people with an intellectual disability.

Wednesdays 9.30am-11am

Support Item Ref 04_180_0136_6_1_T

\$19.83 per hour (1.5 hours per week)



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Cooking Small Eating Well is a hands-on cooking program that teaches adults basic cooking skills while introducing recipes that are healthy and delicious. As well as improving functional cooking skills this program develops knowledge of preparing and eating nutritious meals. Improving cooking skills helps participants to achieve greater independence, confidence and control.

Tuesdays 10am-12pm and 1pm-3pm

Support Item Ref 04_170_0136_6_1_T
\$26.83 per hour (2 hours per fortnight)

CROP Writing The CROP writing group is a community of writers experiencing mental ill-health and/or social isolation. With the assistance of a writing facilitator, the group explores all forms of writing (creative, nonfiction, poetry, lyrics and more) in a friendly, supportive, non-competitive environment.

Mondays 1.30pm-3.30pm

Support Item Ref: 04_180_0136_6_1_T
\$19.83 per hour (2 hours per week)

Upcyclers Lab inspires participants to get creative with second-hand fabrics, working on a range of projects. Participants can enjoy a creative and social environment while experimenting with hand-sewing, machine work and textiles.

Wednesdays 11am-12.30pm

Support Item Ref 04_180_0136_6_1_T
\$19.83 per hour

Trentwood Community Hub

\$5 Meals

This weekly class guides participants through the preparation of an inexpensive meal for one. The food will be purchased and prepared together for participants to take home.

Support Item Ref: 04_170_0136_6_1_T
\$26.83 per hour (2 hours per week).

Mondays 10am-12pm and 1pm-3pm

Changing Directions - Music encourages participants to explore their interests and develop skills through musical expression. It also provides a supportive social environment where members and their carers can interact and develop social networks that improves community integration and participation.

Support Item Ref 04_180_0136_6_1_T
\$19.83 per hour (1.5 hours per week).

Mondays 1pm-2.30pm



Doncaster East

Men's Shed

Accessible to all and provides a safe and friendly space where men are able to work on meaningful projects at their own pace, in their own time in the company of other men. The Shed supports men and strengthens the local community by providing opportunities for men to learn, to share skills to meet new people and to support each other.

Support Item Ref: 04_180_0136_6_1_T
\$19.83 per hour.



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