

PROGRAM GUIDE



SUNNYBANK HUB DAY PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00am-10:30am // Session 1				
Meals on Wheels Sunnybank [OFF-SITE] (Work Experience)	Churches of Christ Laundry [OFF-SITE] (Work Experience)	Meals on Wheels Sunnybank [OFF-SITE] (Work Experience)	Goup Community Access & Social Awareness Skills [ALL DAY ACTIVITY] (REQUIRED: \$5-10 fee // Bring packed lunch, water bottle, hat // Companion Cards required for all participants) 9:00am-2:00pm	Meals on Wheels Sunnybank [OFF-SITE] (Work Experience)
Manual Arts	Manual Arts	Labelling / Foodrooms (Work Experience)		Labelling / Foodrooms (Work Experience)
Shopping / Hospitality [OFF-SITE] (planning, preparing, cooking, kitchen cleaning and sale of meals)	Shopping for Bake Sale [OFF-SITE]	Shopping / Hospitality [OFF-SITE] (planning, preparing, cooking, kitchen cleaning and sale of meals)		
Pen Pals Project (Computer Literacy)	Pen Pals Project (Computer Literacy)	Pen Pals Project (Computer Literacy)		
Gardening & Yard Maintenance	Computer Recycling	Arts Project		
	Zumba [OFF-SITE]			
11:00am-12:30pm // Session 2				
Meals on Wheels Sunnybank [OFF-SITE] (Work Experience)	SUBSTATION 33 Kingston [OFF-SITE] (Work Experience)	Meals on Wheels Sunnybank [OFF-SITE] (Work Experience)		Meals on Wheels Sunnybank [OFF-SITE] (Work Experience)
Library	Zumba [OFF-SITE]	Men's Health Group		Library
Hospitality & Cooking	Baking for Bake Sale	Hospitality & Cooking		Group Community Access & BBQ [LAST FRIDAY OF EVERY MONTH] (REQUIRED: \$5 fee) 11:00am-2:00pm
Life Skills Development	Numeracy & Literacy	Numeracy & Literacy		
	Arts Project	Arts Project		
	Labelling / Foodrooms (Work Experience)			
1:00pm-2:00pm // Session 3				
Arts Project	Arts Project	Manual Arts		Manual Arts
Men's Health Group	Life Skills Development	Life Skills Development		Arts Project
Computer Recycling	Gardening & Yard Maintenance	Computer Recycling		Sustainability Corner
	SUBSTATION 33 Kingston [OFF-SITE] (Work Experience)	Swimming Program Parkinson Aquatic Centre [OFF-SITE]		
	Pen Pals Project (Computer Literacy)	Car Detailing		



WORK EXPERIENCE [OFF-SITE & ON-SITE]

We empower participants to work towards employment by focusing on strengths and capabilities. Each individual is supported to develop as a person; reach your potential by giving work experience a try. We currently offer these opportunities:

- **CHURCHES OF CHRIST LAUNDRY**
- **SUBSTATION 33 - KINGSTON** // Computer recycling, disassembling and separating computer keyboards and parts for re-use.
- **LABELLING / FOODROOMS** // Offered on-site with our Help Supply Chain Services social enterprise.
- **MEALS ON WHEELS - SUNNYBANK**



GROUP COMMUNITY ACCESS & SOCIAL AWARENESS SKILLS [OFF-SITE]

We interact and engage with the local community in ways that develops skills and confidence, communication, eating out, visiting cafes and other social activities. Participating in the community shapes the way we live our life. This program is all about disability inclusion. It includes understanding the relationship between the way people function and how they can participate in society - ensuring everybody has the same opportunities to participate in each aspect of life to the best of their abilities and desires. **\$5-10 is required for this activity.**



SHOPPING / HOSPITALITY [OFF-SITE]

This program includes planning, prepping, cooking, kitchen cleaning and sale of meals. Education is based on shopping for food and nutrition. Build skills around deciding on recipes to cook, creating shopping lists, accessing the community, navigating the grocery store for items, learning to use self-checkouts and money handling.



ZUMBA [OFF-SITE]

An aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin music.



MEN'S HEALTH GROUP

Education to live a healthy lifestyle and have a good quality of life. We work with men to support their journey towards a healthier lifestyle. Our program teaches skills as part of healthy eating, nutrition, exercise and fitness and personal hygiene to help people feel better, look better and enhance their overall longer term health and wellbeing.



HOSPITALITY & COOKING

This is a great program for kick starting a healthy diet and eating routine - by taking a cooking class! Not only will this program help you start to understand what foods can go together to make tastier meals, but it will also develop new cooking skills to inspire cooking at home and eating healthier.



SUSTAINABILITY CORNER

Our sustainable gardening program demonstrates how to grow plants in such a way that the garden is able to successfully 'look after itself' without requiring many outside resources, pesticides or herbicides. Sustainable gardening is organic and fun!



NUMERACY & LITERACY

Offering education to read and write effectively and acquire basic math skills. Numeracy is all about the ability to reason and apply simple numerical concepts. Learn basic skills with comprehending the fundamentals like adding, subtracting, multiplying and division.



MANUAL ARTS

Practical and educational workshop on a range of manual processes and equipment related to woodwork. Safely use tools such as hammers and build skills in nailing, sanding and filing.



ARTS PROJECT

Create individual and group-based arts projects. Use various mediums: acrylic paint, watercolour, sculpture, mixed media, drawing and more!



COMPUTER RECYCLING

This is an extension of the Work Experience program with **SUBSTATION 33**, disassembling and separating computer keyboards and parts for re-use. The parts are supplied for on-site recycling and then returned.



GARDENING & YARD MAINTENANCE

We teach skills in looking after the grounds, including mowing lawns, weeding, planting, watering, mulching and removing any dead foliage or unwanted garden waste.



PEN PALS PROGRAM

Learn computer literacy skills that will help with using computers and other technology (basic to advanced). Write and type letters to participants at other hubs, while increasing interpersonal skills and literacy.



SWIMMING PROGRAM [OFF-SITE]

This is a community outing that incorporates health, fitness and wellbeing. Participants are supported and encouraged to interact with other swimmers, practice money handling skills and reach their fitness goals.



SHOPPING FOR BAKE SALE [OFF-SITE]

Education on shopping for food, with the key purpose of preparing for our Bake Sale. Learn skills such as creating shopping lists, navigating the grocery store for items, learn to use checkouts, collect receipts, budgeting and money handling.



BAKING FOR BAKE SALE

The Bake Sale is a fun activity where we bake goods like cupcakes and cookies that are then sold at the Hub. Proceeds are used for future baking.



LIBRARY

Library is a social engagement activity with emphasis placed on reading, literacy and communication skills. We encourage individuals to pursue their interests and passions in different materials. Assistance is on-hand for borrowing books and other items at the self-checkout to take home.



GROUP COMMUNITY ACCESS & BBQ

Hosted on the last Friday of every month, these BBQ outings are held at different locations in the community with input and suggestions from participants. After the morning session finishes at 10:30am, the group will go grocery shopping for ingredients, get practice using the self-checkouts and travel to location. The group members will then help to cook and enjoy the lunch together, before cleaning up and returning to the hub by 2:00pm. **\$5 is required for this activity.**



LIFE SKILLS DEVELOPMENT

Supporting participants on their journey to more independent lifestyles, ground in relationships. The program focuses on developing communication skills and behaviours so that each person can form important relationships with friends, family and others.



CAR DETAILING

Practical program that includes washing vehicles, vacuuming and learning about where oil and water goes, as well as checking tyre pressure.

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helpdisabilitycare.com.au/page/my-hub/sunnybank



DISABILITY CARE

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