

# SUNNYBANK HUB

## DAILY PROGRAM

**Full day sessions:**

8:30am - 4pm

**Morning sessions:**

8:30am - 12pm

**Afternoon sessions:**

12:30pm - 4pm


### ACTIVITY PLANNER

Please select your preferred days and sessions. You can choose to attend in the morning, afternoon or all day. Some of our activities require an additional Out of Pocket Cost. Please only select **ONE** activity per session.

Participant Support Ratio:  **1:1**  **1:2**  **1:3**

*OUT OF POCKET ACTIVITY FEES		
	Batter and Bake	\$15
	Basic Cooking	\$5
	Creative Crew	\$10
	Fun Day	\$10
	Social Outing	\$5

Participant Name ..... Advocate Email: .....

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8.30am to 10am	<input type="checkbox"/> Work Experience  <input type="checkbox"/> Batter and Bake *	<input type="checkbox"/> Social Outing *	<input type="checkbox"/> Recreational Fitness  <input type="checkbox"/> Cafe Club  <input type="checkbox"/> Independent Life Skills	<input type="checkbox"/> Social Outing *	
10am to 10.30am MORNING TEA					
10am to 12pm	<input type="checkbox"/> Recreational Fitness  <input type="checkbox"/> Batter and Bake *	<input type="checkbox"/> Recreational Fitness: <b>Zumba</b>	<input type="checkbox"/> Recreational Fitness  <input type="checkbox"/> Social Outing *	<input type="checkbox"/> Recreational Fitness: <b>Hot Hula</b>	  <input type="checkbox"/> Fun Day
12 to 12.30pm LUNCH					
12pm to 2pm	<input type="checkbox"/> Independent Life Skills  <input type="checkbox"/> Creative Crew *	<input type="checkbox"/> Work Experience  <input type="checkbox"/> Basic Cooking *	<input type="checkbox"/> Work Experience  <input type="checkbox"/> Literacy and Numeracy  <input type="checkbox"/> Creative Crew *	<input type="checkbox"/> Independent Life Skills  <input type="checkbox"/> Basic Cooking *	
2pm to 2.30pm AFTERNOON TEA					
2.30am to 4pm	<input type="checkbox"/> Garden Gurus  <input type="checkbox"/> Literacy and Numeracy	<input type="checkbox"/> Work Experience	<input type="checkbox"/> Work Experience  <input type="checkbox"/> Computer Skills	<input type="checkbox"/> Work Experience	

# ACTIVITIES OVERVIEW



## CREATIVE CREW

Learn to sew, hone your photography skills or paint your very own masterpiece – all you need to bring is your imagination.



## FUN DAYS

Connect and socialise with your fellow Hub participants and staff through a range of fun activities like themed discos, karaoke, movies, BBQ lunch and concerts.



## GARDEN GURUS

Dive into the world of gardening to gain hands on, practical experience. Garden Gurus will bring out that green thumb in everyone!



## SOCIAL OUTING

Connect with your community through social outings such as going to the movies, having a BBQ in the park or visiting a local museum.



## BATTER AND BAKE

Master your own signature dish, prepare a variety of sweet and savoury foods or pick from our HELP gardens to create a delicious and nutritious meal.



## CAFE CLUB

Learn the art of coffee making, front and back of house functions, and customer service.



## BASIC COOKING

Learn the basics of cooking including using utensils, kitchen appliances and measuring to create beginner meals.



## COMPUTER SKILLS

Navigate the internet, manage emails, and learn how to use search engines and programs such as Microsoft Word and Excel.



## RECREATIONAL FITNESS

Have a go at tennis, jump in to group sports like basketball, or get your game on in the inter-HUB Sports Carnivals!



## LITERACY AND NUMERACY

Learn the key principles of literacy and numeracy including reading, writing, communication, adding, subtracting, multiplying and division.



## INDEPENDENT LIFE SKILLS

Grow your independence and prepare for things like moving out of home, building work skills and learning how to handle and manage your money.



## WORK EXPERIENCE

Work towards your employment goals by building your skills and confidence in a variety of workplaces to help you get job-ready.

For more information email [NDISenquiries@helpenterprises.com.au](mailto:NDISenquiries@helpenterprises.com.au) or call 1800 437 345

