



SERVICE GUIDE

YOUR CHOICE | OUR PURPOSE

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SERVICE UPDATE

Christie Centre will be delivering 'Programs of Support' (PoS), in 2023. These are group-based supports where we aim to deliver life-changing, goal focused, outcome-achieving supports in group settings;

- Assistance with Social & Community Participation
- Supports in Employment,
- Capacity Building Support Categories
- Supported Independent living/Daily Life Skills

Programs of Support are about the outcomes that the program aims to achieve for a specific group of people with goals, interests;

- learning outcomes and/or skill development.
- social connection,
- specific and general health and wellbeing

Personal outcomes are shown to be better achieved in a group, with like-minded people who want to learn/develop their skills together.

This approach enables providers to also better budget for staffing and costs of delivery to people.

Programs of support can only be offered for a duration of no longer than 12 weeks.

People are able to exit from the program of supports without extra cost which is subject to a notice period of no more/less than two (2) weeks' notice.

Providers and participants can agree to a new program of support at any time pending program availability, ratio status and NDIS funding. Participants are able to choose to repeat the PoS (program) up to 4 times a year.

When choosing your program options, remember to check the costs of each program.

Each program has its own cost and you need to make sure these are within your budget.





Christie
CENTRE



SOCIAL & COMMUNITY

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BACK TO NATURE

Half day program

My Choice



This program is for nature lovers who enjoy being outdoors and within a bush or garden setting.

Each week you will get to enjoy morning tea and lunch in local picnic areas of choice. Local areas often visited are; Apex Park, local river hot spots, Mildura ski club, Kings Billabong Park, Psyche Bend and Botanical Gardens. The Back to Nature program is a 12-week program.

Week 1. Introduction and planning for the next 11 weeks – What outdoor activities would I like to do? What do I want to learn? What do I need to take with me to keep safe in the outdoors?

Week 2. Travel to first location. Bush walking. What do I need to remember to keep safe when walking in the bush? What animals can I see, hear? What can I smell?

Week 3. Travel to location. Visit local gardens/parks to share a snack/lunch. Opportunities to interact with new/old friends and discuss healthy food choices.

Week 4. Travel to location. Visit the river and learn new skills etc. lighting a campfire & cooking on a campfire. How do I stay safe? What can I cook?

Week 5. Travel to location. Promote physical activity. You will be encouraged and supported to engage in various games that encourage physical activity while having fun.

Week 6. Travel to location. Focus on organising and engaging in a bush picnic. Increasing group communication skills, enjoying picnic food in the outdoors.

Week 7. Travel to location. Focus on what activities interest you and your group members in the outdoors. Opportunity to learn new skills such as fishing, hiking.

Week 8. Travel to location. Focus on outdoor hobbies such as gardening, bird watching, meditation, sketching.

Week 9. Travel to location. Increase your confidence and self-awareness. What did I enjoy most about this outing? What have I learnt about myself? What did I learn about my friends?

Week 10 Overview of the past 9 weeks. What did I achieve? What did I enjoy the most?

Week 11. Re-visit a favourite group location and choose an activity for fun and relaxation.

Week 12. Opportunity to join in with a community event/function in the outdoors. What is on in my community today that I want to be involved in? What do I want to do next term?

BOWLING

Half day program

ArtRageUs, My Choice



You will access the Mildura Ten Pin Bowling venue with support to partake in a game of bowling whilst practicing social skills within a public setting. Bowling is a structured 12 week program.

Week 1. Introduction to the Ten Pin Bowling venue for individual skills evaluation, safety instruction and overview of the venue's facilities. Activity planning for the next 11 weeks and opportunity for group input and feedback.

Week 2. Participate in a game of bowling focusing on collecting my own bowling shoes, bowling ball and learning basic rules of the game.

Week 3. Participate in a game of bowling whilst supporting participants to create and maintain friendships. Who is in my bowling team? Sharing morning tea with my team.

Week 4. Participate in a game of bowling to promote ability to voice my own thoughts and feelings within a team and encourage my teammates.

Week 5. Participate in a game of bowling to focus on engaging with others as part of a team. What is a "team" and what are the expectations of a "team member"?

Week 6. Participate in a game of bowling with a focus on understanding how scoring works in a game of bowling. What is a strike? What is a spare? How many points/extra turns do these give me?

Week 7. Participate in a game of bowling to maintain and develop gross motor skills through learning to launch the bowling ball and being physically active.

Week 8. Participate in a game of bowling with support to increase social skills through meeting new people within the community.

Week 9. Participate in a game of bowling to develop decision-making skills and create opportunities for choice and control.

Week 10. Overview of the past 9 weeks. What new skills have I learnt? Who are my new friends? Print a picture of my teammates and take it home with me.

Week 11. Participate in a game of bowling for fun to feel relaxed and increase a positive mind-set and sense of wellbeing.

Week 12. Bowling presentation day where participants receive bowling certificates of participation and top scoring team recognition.

COMMUNITY ACCESS

All day/Half day program

Life Skills, ArtRageUs Studio or My Choice



This program offers community options with locations varying each week based on what you and your co-participants choose to do on the day. Community access programs of support are structured 12 week programs focusing on:-

Week 1. Accessing the community with support to participate in activities in the community – Introduction and planning schedule including planning venues to access for the next 11 weeks.

Week 2. Access chosen venue for week 2 with a focus on developing and maintaining appropriate social skills while in the community.

Week 3. Access chosen venue with a focus on building your skills to use your own money. You will pay to access venues or purchase items of your choosing with the support you need to be able to do this by yourself.

Week 4. Access chosen venue for week 4 with a focus on using public transport. You will learn how to access public transport, pay for your fair and learn to travel in a small group.

Week 5. Access chosen venue for week 5 with a focus on building and maintaining friendships. Learn what makes a good friend, for you.

Week 6. Access chosen venue for week 6 with a focus on health and wellbeing. This week we will focus on accessing community sporting venues and learning about healthy food options while out in the community.

Week 7. Access chosen venue for week 7 with a focus on community exercise. You and your group will choose a physical activity to access and participate in.

Week 8. Access chosen venue for week 8 with a focus on promoting and increasing individual decision-making skills, confidence and problem solving.

Week 9. Access chosen venue for week 9 with a focus on maintaining good mental health. As a group you will be able to explore venues and talk about what makes you happy.

Week 10. This week you will talk about all the places you have been and skills you have learnt with your group members and staff. Group reflection will occur as you start to create new goals and skills you would like to learn.

Week 11. You and your group will vote to visit a venue that you have visited previously. Upon returning to the center, you will get to write or draw about your experience.

Week 12. Revisit most popular location to share a healthy meal/snack. Enjoy casual socialising and reflect on new friends I have made.

COMMUNITY EXERCISE



Half day program

My Choice

You and your group will be supported to access various local sporting venues. You and your group are provided with sporting equipment and social exercise opportunities including, netball, soccer, football, tennis, cricket etc. This is a structured 12-week program focusing on:

Week 1. Introduction and planning for the next 11 weeks. Skills and risks assessment. What sports do I like? Which venue/park do we want to visit? What sports will be played and when? What do we need to bring with us?

Week 2. Visit week 2 location. Focus on developing & increasing skills for recreational and social participation. What sports am I good at? What sports do I want to learn?

Week 3. Visit week 3 location. Promote good health and wellbeing whilst being socially inclusive. What does it mean to be healthy? How do I feel when I exercise?

Week 4. Visit week 4 location. Engage in a range of public sporting opportunities. What community exercises or sports can I get involved with? What is on in our community?

Week 5. Visit week 5 location. Opportunity to maintain and develop gross motor skills through movement and physical activities of my choice.

Week 6. Visit week 6 location. Engage in decision-making as part of a group. Does what I want to do align with the group consensus? Discuss the importance of sacrificing my own interests to meet other's needs. What is turn-taking?

Week 7. Visit week 7 location. Support to identify and overcome individual barriers to participating in physical activities of interest. What stops me from trying new sports? What strategies can I try to increase my involvement?

Week 8. Visit week 8 location. Opportunity for relaxation and fun in the outdoors. Let's try a different type of exercise this week. What have we wanted to do or heard about but never tried?

Week 9. Visit week 9 location. Focus on individual confidence to access a public venue for recreational purposes.

Week 10. Overview of past 9 weeks. What have I enjoyed the most? What have I learned about myself and my friends? What new skills have I learned? Have I achieved some of my personal goals?

Week 11. Let's do something fun and revisit our favourite location. Promote peer interaction and engagement within a group setting. Who are my new friends?

Week 12. Let's do something fun and revisit our favourite location. Identify new activities of interest. How do I keep myself safe during exercise/group activity? Importance of listening to what our bodies are telling us.

COMMUNITY EXPLORERS

All day program

My Choice



This program covers a variety of community options with locations varying week to week based on what you and your group members choose to do on the day. Community access program of support is a structured 12-week program focusing on:

Week 1. Introduction and planning schedule. You and your group members will plan locations to visit over the next 11 weeks and discuss what skills you would like to develop further.

Week 2. Access first location. Focus on developing social skills and appropriate communication skills within the community. How do I talk to others? Conversation starters.

Week 3. Access second location. Focus on support to develop money-handling skills. What is my budget? What I can buy with it? What are my options?

Week 4. Access third location. Engage in a group planned activity within the community to increase how you work as part of a group. Focus on group decision-making skills and group awareness.

Week 5. Access fourth location. Support to increase self-awareness in a public setting. What is good manners? When do I use "please" and "thank-you." How to be considerate and respectful of others.

Week 6. Access fifth location. Promote and support participants to make and maintain friendships. What does a friendship mean to me? What can I do to keep connected to my friends? Options to make new friends.

Week 7. Access sixth location. Focus on understanding healthy eating/sleeping habits to improve health. How do eating and sleeping habits affect my social interactions? What foods are healthy and unhealthy?

Week 8. Access seventh location. Engage in a group planned activity focusing on personal hygiene, safety and personal boundaries. What is personal space? How to establish boundaries and protect my safety when out in the community.

Week 9. Access eighth location. Focus on physical activity to suit the individual. Ball games, walking, body movements, public parks and recreational facilities of interest to the group.

Week 10. Overview of the past 9 weeks. What was my favourite activity/location and why? What skills have I learnt? Write a story about my favourite place or activity.

Week 11. Participate in a group discussion to identify the groups 2 most popular locations and revisit first one to share a healthy meal. Inspire appreciation for reflection skills and deep breathing exercises for mental health awareness.

Week 12. Revisit second most popular location to share a healthy meal/snack. Enjoy casual socialising and reflect on new friends I have made.

COMMUNITY VISITORS - JACARANDA

Half day program

Life Skills, Jacaranda Village



This program provides you with the opportunity to volunteer your time to support and interact with the elderly in residential care. You will also interact with the staff at Jacaranda Village in Red Cliffs to serve morning tea. This is a structured 12-week program. When the program cannot go ahead due to covid-19 restrictions, you will vote with your group members on an alternate location.

Week 1. Introduction and planning for the next 11 weeks. Skills and risks assessment. What tasks would I like to do? Where is Jacaranda and who will I be interacting with? What is a volunteer?

Week 2. Visit Jacaranda Village. Introduction to Jacaranda, introduce myself to people and learn where the facilities are that I may need to use, for example: the bathroom

Week 3. Visit Jacaranda Village. Provide education about community programs to keep people connected. Can I participate in an activity with the residents? How can I contribute to the planning and delivery of the activity?

Week 4. Visit Jacaranda Village. Support to engage in meaningful conversations with residents. Encourage learning conversation starters based around the weather, asking questions about likes or dislikes.

Week 5. Visit Jacaranda Village. Support participants to engage in entertainment for the residents. What can I do to entertain? Can I play games with residents?

Week 6. Visit Jacaranda Village. Promote and support participants to make new friends to increase health and wellbeing. Share a snack/drink with the residents.

Week 7. Visit Jacaranda Village. Focus on increasing skills to compliment work readiness. Can I pack/unpack a dishwasher? How do I operate a coffee machine?

Week 8. Visit Jacaranda Village. Increase my self-awareness in a public setting. What are good manners? When do I say "please" and "thank-you"? Understanding body language and social cues.

Week 9. Visit Jacaranda Village. Opportunity to learn and participate in safe kitchen practices and food handling. What do I need to know to keep myself and others safe? Is there PPE?

Week 10. Overview of past 9 weeks - what have I enjoyed the most about being a community visitor? What is my favourite memory? Have I made new friends? Write a letter to them.

Week 11. Visit Jacaranda Village - present the chosen resident with a letter of appreciation.

Week 12. Visit Jacaranda Village - engage in fun activities with the residents.

COMMUNITY SPORTS



Half day program

My Choice

During this program you will be supported within a small group to access the local Basketball Stadium. Participants have access to sporting equipment and social exercise opportunities. This is a structured 12-week program focusing on:

Week 1. Introduction and planning for the next 11 weeks. Complete the participant's skills and risks assessment. What are my current skills? What skills do I want to improve/learn?

Week 2. Access the basketball stadium. Focus on practicing current skills and getting to know my group for fun and relaxation. Let's play a game of basketball. Do I know the rules of the game? What is a warm-up/warm-down?

Week 3. Access the basketball stadium. Engage in ball handling skills training. How do I bounce a basketball? Practice using different techniques to improve ball control. What is a foul?

Week 4. Access the basketball stadium. Focus on shooting goals. How do I hold the ball to shoot a goal? What is a layup? What is a 3-point shot?

Week 5. Access the basketball stadium. Engage in light exercise to develop gross motor skills. What can I do to improve my fitness? What goals can I set for myself?

Week 6. Access the basketball stadium. How does a basketball team work together? Learn the different positions on a team. What is a guard, post or forward player?

Week 7. Access the basketball stadium. Focus on teamwork by working on passing skills. What is a team player? How can I improve my passing skills?

Week 8. Access the basketball stadium. Get into pairs and play some 1 on 1 activities to practice learnt skills. What is a fast-break?

Week 9. Access the basketball stadium. Participate in a game of basketball. Support to identify new sporting interests and opportunities.

Week 10. Overview of past 9 weeks. Has my physical fitness and mental health improved? What new skills have I learnt? What do I like most about basketball?

Week 11. Opportunity to celebrate my achievements with the group and socialise. Share a snack or drink with my friends.

Week 12. Opportunity to choose a fun activity/physical competition for fun and relaxation.

CRICKET

Afternoon program ArtRageUs



This program is held in the afternoon from 3pm-6pm. You have the opportunity to improve fitness and skills playing the game of cricket within a medium sized group. This is a structured 12-week program. Working towards participating in the All Abilities cricket carnival towards end of the year. Opportunity to learn how to play cricket and increase knowledge of the sport.

Week 1. Introduction and planning for the next 11 weeks.

Week 2. Get to know my team. Who am I playing cricket with? Review of current skills and what I would like to improve.

Week 3. Improving health and wellbeing exercises. An overview and practice of various warm up activities.

Week 4. Working on being part of a team/taking turns, sharing. Increasing our capacity as a team to play good cricket.

Week 5. How well am I doing? Evaluate my skills and plan what skills I would like to improve during the remainder of term.

Week 6. Provide support to be involved in local cricket events such as the All Abilities Carnival and local cricket competitions. How do I sign up to a cricket club? How do I enroll to compete at All Abilities Cricket? How much will it cost? How will I get to and from?

Week 7. Focus on increasing fitness to assist with my skills development to play cricket. What exercises will help to achieve this? How often do I need to do this?

Week 8. Focusing on achieving personal goals. What are/ or have been my barriers to achieving these? How can I 'knock' down those barriers?

Week 9. Focusing on good communication skills and self-awareness within a team. How do I encourage my team mates in a good way?

Week 10. Overview of past 9 weeks Provide education about the connection between physical activity and mental health benefits. How well have we done? What can we improve next time?

Week 11. Whilst having a game of cricket lets practice what we have learned over the past weeks.

Week 12. Let's play Cricket!!!

EXPLORE OUR COMMUNITY

Half day program

Boyden House



This program provides you with supported access to walking tracks, parks, gardens, ovals, lookouts, picnic areas for physical activity and social interaction experiences. This is a structured 12-week program focusing on: -

Week 1. Introduction and planning for the next 11 weeks. Skills and risks assessment. What do I like and where do I want to go? What positive behavior support strategies will assist me to participate in outdoor activity and light exercise with the group?

Week 2. Visit chosen location for week 2. Focus on developing effective communication skills for recreational and social participation. How do I communicate what I want? Is this helping others understand what I want? Are there other ways I can communicate more effectively? How can you help me to do this?

Week 3. Visit chosen location for week 3. Focus on a variety of chosen physical activities to increase awareness of my emotions. What are my emotional triggers? What can I do to avoid heightened emotions and disruptive behavior? How can my environment impact these emotions?

Week 4. Visit chosen location for week 4. Engage in meaningful non-verbal communication to increase individual social skills.

Week 5. Visit chosen location for week 5. Focus on increasing my individual self-help skills. How do I solve problems? Is this working? How can I become a better problem solver?

Week 6. Visit chosen location for week 6. Promote and support participants to make and maintain friendships. Who are my friends? What do we both like doing? What else can we do together?

Week 7. Visit chosen location for week 7. Promote participants to exercise choice and control within a small social group. Do I know how to take-turns? What is sharing? Encourage patience.

Week 8. Visit chosen location for week 8. Opportunity to increase ability to connect with others as a group and learn social etiquette. What are good manners? What is respect?

Week 9. Visit chosen location for week 9. Focus on recreational facilities of interest to the group.

Week 10. Overview of past 9 weeks – what have I learned? What was my favourite location? Why? Take a picture of me at my favourite spot.

Week 11. Engage in a shared lunch at a favourite location for fun – what do I want to eat?

Week 12. Engage in a shared lunch at a favourite location for fun – how can I contribute?

GOLD CLASS CINEMA

Half day program My Choice



This program offers you access to our large screen TV to select and watch movies of your choice. This is a structured 12-week program which focuses on:

Week 1. Introduction and planning for the next 11 weeks. What movies do I like/dislike? Discuss and decide on movies/documentaries/musicals to watch together on the large screen.

Week 2. Watch week 2 movie. Warm up group discussion assisting me to socialise. Discussion: favourite movie of all time and why.

Week 3. Watch week 3 movie. Discussion after movie to help me discuss my feelings and reflect on the movie. How did this movie make me feel?

Week 4. Watch week 4 movie. This week we will choose a group snack to eat while we watch a movie of our choice.

Week 5. Watch week 5 movie – Warm up discussion before movie. Discuss movie ratings and what they mean.

Week 6. Watch week 6 movie. A true gold class experience, enjoy pampering and ultimate comfort while watching the movie this week.

Week 7. Watch week 7 movie – support to develop and maintain friendships. Who do I want to sit next to this week? What type of movies do we both like? What other things do we have in common?

Week 8. Watch week 8 movie. This week we focus on enjoying different types of entertainment, this week is documentary week.

Week 9. Watch week 9 movie. Discussion prior or after movie. How do different movies make me feel? Why do some movies make me feel happy and why do some movies make me feel sad?

Week 10. Overview of past 9 weeks. What new movies have I watched? Which was my favourite? Draw a picture of my favourite movie.

Week 11. Watch week 11 movie. Re-watch a favourite movie enjoyed by all this term for fun.

Week 12. Watch week 12 movie. Enjoy a snack and drink with the group while watching a movie of our choice. Reflect on the last 11 weeks. End of term celebration.

HIGH ROLLERS

Half day program

My Choice, Life Skills, ArtRageUs



This program aims to increase group social awareness, whilst interacting with the general public in a community setting of my choice. You will access various local shopping precincts and parks via public transport.

Week 1. Introduction and planning. What is important to me when catching public transport? Individual skills and risk assessment. What environments do I like?

Week 2. Visit first location. This week focus on teaching me all about public transport. The importance of booking public transport ahead of time, paying my fare and staying together in a small group.

Week 3. Visit second location. Encourage me to use my senses at this location. What can I see, hear, touch or smell? What do I like best about this particular venue? Is there anything I don't like?

Week 4. Visit third location. Focus on taking me outside my comfort zone. What else can I do that I've never tried before? What have been some barriers for me? Help me to experience new things.

Week 5. Visit fourth location. Today I will consider all aspects of my health and wellbeing. What does good health mean to me? Let's talk about healthy food choices? What foods do I like? Let's buy some healthy food and enjoy it together for lunch/morning tea.

Week 6. Visit fifth location. This week help me to engage in group interaction, and understand others wants and needs. How do I communicate with others? Help me identify other ways I can communicate with people.

Week 7. Visit sixth location. What does sharing look like to me? Help me increase my ability to take turns and be patient. What does sharing time and space mean to me? What does it mean to others in the group?

Week 8. Visit seventh location. What does recreation mean to me? How do I move my body and keep my mobility in check? Lets do some of my favourite forms of movement/exercise.

Week 9. Visit eighth location. Focus on increasing my social integration. Is there something on in the community I would like to attend? Let's go as a group and be involved in a community activity/event.

Week 10. Overview of the past 9 weeks. What was my favourite place to visit and why? What new skills have I learnt? What new friends have I made?

Week 11. Visit my favourite location. Engage in a shared lunch/snack at the venue of my choice for fun and relaxation.

Week 12. Visit my friends favourite location. Engage in a shared lunch/snack at the chosen venue and share our feelings with the rest of the group.

KEEPING ON TRACK

Half day program

ArtRageUs



This program introduces you to the art of model train building. You and fellow group members engage in everything to do with model trains from design to creation and use. This is a structured 12-week program.

Week 1. Introduction and planning for the next 11 weeks. Opportunity for creative self-expression through sharing of design ideas. How can we do this? Opportunity to increase skills and knowledge to learn a new hobby. What are we wanting to achieve at the end of the program?

Week 2. Provide education about design space, scale selection and layout options.

Week 3. Focusing on how to research model trains, what skills do I need to have creative input. Support to access various forms of research tools such as YouTube, books and magazines.

Week 4. What do I want to learn to be more creative when building model trains? How can I do this? What can I do to practice? What materials do I need?

Week 5. Focusing on finding inspiration for creativity by walking through urban and natural environments and structures. Let's look at a train station.

Week 6. What can I do to increase my fine motor skills? What exercises or activities can I do to assist this? What can I do to keep focused and stay on task?

Week 7. Focusing on modelling through carpentry, use of wire and other products. What can be achieved? How and what do I need to do to achieve this? What materials do I need?

Week 8. How can we use papier Mache to build our model trains? What can be achieved? How and what do I need to do to achieve this? Do I have the materials I need?

Week 9. What do I need to be working on to finish my current model train project? How can I finish this? What do I need? Do I need help? How do I ask for help? Can I help others to finish theirs?

Week 10. Overview of past 9 weeks. How well have we done? What could we have done better? What new things have we learnt? What can I do to further develop my skills?

Week 11. Let's take photos/draw pictures of what we have done so that we can share with others, invite people to come and have a look at our creation.

Week 12. Let's look at trains for fun and entertainment.

MILDURA LIBRARY

Half day program

My Choice



This program offers support for you to access the Mildura Public Library. Encouraging regular use of a public venue for access to free resources and increase social skills. This is a structured 12 week program.

Week 1. Introduction to the library and its resources and skills assessment. What resources are available? What are the rules and regulations of the public library? What am I interested in using during access?

Week 2. Access to the library. Focus on independence. Would I like to get a library card? How do I do this? When do I need to use the library card? How do I borrow and return library items?

Week 3. Access to the library. Support to access and learn all the different types of book categories. Do I like fiction or non-fiction? What is my favourite genre? Mystery? Historical? Sci-Fi? Fantasy?

Week 4. Access to the library. What is the e-library? Would I like to access this from home? How do I do this?

Week 5. Access to the library. What other topics am I interested in and want to learn more about?

Week 6. Access to the library. Learn how to search and download audiobooks/stream movies I like at the library. What is my favourite movie of all time? Can I watch these at the library?

Week 7. Access to the library. Increase my research skills. How do I search for my favourite books/magazines/DVDs on the computer? What is an online catalogue and how do I use it?

Week 8. Access to the library. Learn to use the computers. What do I like to do on the computer? What is a search engine? Explore current/new interests in a different way.

Week 9. Access to the library. Participate in a group activity – what is a public puzzle? Do I want to engage in storytime or other library programs?

Week 10. Overview of the past 9 weeks. Do I know the library better? What is my favourite thing to do when I am there? What is my favourite book or library activity?

Week 11. Access to the library. Individual pursuits, what do I want to do today for fun and relaxation.

Week 12. Access to the library. Individual pursuits, what do I want to do today for fun and relaxation.

OUT AND ABOUT

All day program

My Choice



This program provides you with supported access to social experiences out in the local and surrounding community. This is a structured 12-week program.

Week 1. Introduction and planning for the next 11 weeks. Where do we want to go? What am I interested in? What are my likes and dislikes? Support to participate in a small social group gathering.

Week 2. Visit week 2 location. Develop and maintain my communication skills for recreational and social participation. Exploring how I communicate best and if there are any tools or skills I can use to increase my communication.

Week 3. Visit week 3 location. Access a community activity to support independence and encourage group involvement. What is on in my community?

Week 4. Visit week 4 location. Engage in meaningful conversations with others in the community and support to understand social cues and non-verbal communication. What is body language? What do facial expressions tell me?

Week 5. Visit week 5 location. Support and promote participants individual decision-making. When do I ask questions? How does this help me make decisions?

Week 6. Visit week 6 location. Promote and support participants to make and maintain friendships. Let's enjoy a snack/drink at our favourite spot as a group. What place do we all like?

Week 7. Visit week 7 location. Focus on making healthy choices and purchase a healthy meal as a group. What do I like to eat? Is this a healthy option? What other foods do I like that are healthy?

Week 8. Visit week 8 location. Taking turns in chosen locations in the community to increase understanding of sharing. What does it mean to be a part of a group? What are good manners?

Week 9. Visit week 9 location. Focus on public parks/gardens and recreational facilities of interest to the group. Are there any new places I haven't visited yet?

Week 10. Overview of past 9 weeks - Which location did I enjoy the most? What have I learned about myself? Have I made some new friends?

Week 11. Re-visit one of our favourite locations to share a meal/snack.

Week 12. Attend a local function/event/gathering if there is an event on in town. If not, let's celebrate the end of term together with a mutually chosen activities.

OUTDOOR OPTIONS

Half day program

My Choice



This program offers transport and access to activities in the Outdoors. You will be offered opportunities to engage in conversations about preferred outdoor/indoor options and share choice and control. This program is a 12-week program focusing on:

Week 1. Introduction and planning. What are my interests? Where do I like to go? What outdoor/indoor areas would like to visit? Make a list of group options and plan locations for 11 weeks.

Week 2. Visit week 2 location. Visit outdoor areas and participate in outdoor activities within the community. What is on in my community that interests me? Is there a local outdoors event/function we want to attend?

Week 3. Visit week 3 location. Share a healthy meal/snack with my friends in an outdoors café/restaurant/shop. Pay for my own snack to practice my money handling skills and independence.

Week 4. Visit week 4 location. Promote physical activity through accessing medium-level walking routes both local and surrounds.

Week 5. Visit week 5 location. Enjoy a snack at a local park/garden area of interest to me. You will be provided opportunities to increase your self-awareness in a public setting.

Week 6. Visit week 6 location. Focus on learning new skills and going outside my comfort zone. What am I interested in but never had a go at? Is there something I'd like to try but haven't?

Week 7. Visit week 7 location. Focus on exercising individual choice and control within the community. How can I improve my problem-solving abilities?

Week 8. Visit week 8 location. Focus on communication skills in an indoor or outdoor public setting. How do I communicate with others? What are the barriers? What can I do to overcome these?

Week 9. Visit week 9 location. Focus on outdoor activities within the community. What is on in my community that interests me? Is there a local outdoors event/function we want to attend?

Week 10. Overview of the past 9 weeks. What were my favourite outings and why? Has my confidence improved? What do I need to work on?

Week 11. Choose a location most enjoyed by the group and enjoy a snack there for fun. Do I have a new favourite location or food? What makes me happy?

Week 12. Choose a location most enjoyed by the group and share a snack there. What do I want to do next term? What is on in my community next term?

RIVERFRONT RAMBLERS

Half day Program

ArtRageUs



This program supports you to access local walking tracks within a small group for regular exercise and social interaction whilst exploring our local natural attractions. This is a structured 12-week program's focusing on:

Week 1. Introduction and planning. Engage in group discussion to outline various river-front walking tracks the group would like to access for light exercise support. Skills and safety assessment. Decide on locations for the next 11 weeks. What to take with us? Sun safety, fluid intake and healthy snack options.

Week 2. Access week 2 location. Focus on understanding what keeps me interested in physical activity. Explore and discuss what I like? Music whilst walking? Friends to talk to? Brisk or slow walking?

Week 3. Access week 3 location. Focus on improving health and wellbeing by being active. How does physical activity improve sleep, memory and thinking skills? Which of these do I want to improve in my life?

Week 4. Access week 4 location. Engage in conversations whilst exercising to increase communication skills. What is active listening? Do I enable a balanced conversation to take place?

Week 5. Access week 5 location. Focus on increasing self-awareness in a public setting. What are my likes and dislikes? How do I talk about my feelings?

Week 6. Access week 6 location. While walking create opportunities to exercise social skills in a public setting. What are my triggers? How do I regulate my emotions in a public place?

Week 7. Access week 7 location. Focus on group decision-making skills. How to find local walking tracks appropriate for the group?

Week 8. Access week 8 location. Focus on physical activity for relaxation. What sensory inputs can I engage in? What animals can I see? What noises can I hear? How does this make me feel?

Week 9. Access week 9 location. Focus on different types of walking tracks. Choose tracks that may challenge me for example; walking up and down stairs/ hills or a slightly longer track.

Week 10. Overview of the past 9 weeks. Which 2 walking tracks did I enjoy the most? How has my health improved? Have I made new friends? Decide which 2 favourite walking tracks.

Week 11. Visit first favourite walking track and enjoy a shared meal/snack for fun and relaxation.

Week 12. Visit second favourite walking track and enjoy a shared healthy meal/snack. Discuss and list activities/locations for next term.

SCRAPBOOKING / ART & CRAFT

Half day program

My Choice



This program provides you with a creative outlet based around scrapbooking. You have the opportunity to create various forms of crafting/art-based activities according to individual interest. This is a structured 12-week program focusing on:

Week 1. Introduction and planning for the next 11 weeks. Promote creative self-expression and use of imagination through crafting skills.

Week 2. Develop and exercise my creative talents and artistic skills through my chosen project. What am I making today? Do I need help? What can I do myself?

Week 3. Choose a project that exercises my current skills such as cutting, painting, sticking, taping, gluing, placing, holding, grasping or folding. Create opportunities to maintain and develop my fine motor skills.

Week 4. Select a new group activity to encourage involving participants in social interaction.

Week 5. Opportunity to exercise individual choice and control. What do I want to do today? Individual pursuits based on art/crafting skills. Let me choose something new.

Week 6. Provide support to maintain and develop fine motor skills and self-confidence – encourage me to finish/start a project. What is working/not working? What can I fix/do myself?

Week 7. Start a new project. Learn a new skill. What craft/art have I always wanted to try but never had a go at? Encourage good communication skills and self-belief.

Week 8. Select a family member/friend to make something for - provide support to exercise good decision-making skills and planning of the craft/art project. Who do I want to make something for? What would they like?

Week 9. Opportunity to learn a new hobby of individual interest.

Week 10. Overview of past 9 weeks. What new crafting skills have I learnt? What was my favourite project? Why? How did it make me feel? What do I want to make next term?

Week 11. Let's share an end of term snack/drink and create/make something for fun and relaxation.

Week 12. Provide support to engage in a group/individual activity to increase sense of belonging and social interactions.

SECOND BITE

Half day program

Life Skills



This volunteer program works in conjunction with Aldi supermarket and SMECC's Food Hub. You are supported to collect, sort and pack donated food items from Aldi and deliver these to SMECC for distribution to those in need. This is a structured 12-week program focusing on:

Week 1. Introduction and planning for the next 11 weeks. Skills and risk assessment. What do SMECC Food Hub do and why? What is my volunteer role? What are ALDI's expectations of me?

Week 2. Visit, sort and deliver donated items. Provide education around safe work practices and personal protective equipment. Why do I need to wear a hi-vis and enclosed footwear? How does washing my hands before and after work protect myself and others?

Week 3. Visit, sort and deliver donated items. Focus on learning "use by" and "best before" food regulation standards. What is food safety? Where do I find the expiry date on products?

Week 4. Visit, sort and deliver donated items. Support to engage in decision making as part of a volunteer group. Do I like packing the food into boxes? Would I like to try sorting/discarding of out dated items?

Week 5. Visit, sort and deliver donated items. Increase social connections. Introduce myself to the Aldi staff/SMECC volunteers. Why do I like volunteering at the Christie Centre?

Week 6. Visit, sort and deliver donated items. Focus on why we discard unsafe food products. What happens if a person gets sick from donated food that is out of date/spoiled? Understanding my responsibilities within the team.

Week 7. Visit, sort and deliver donated items. Let's enjoy morning tea together at a favourite location to maintain social skills and community connectivity.

Week 8. Visit, sort and deliver donated items. Create opportunities to learn a new skill and go out of my comfort zone. What would I like to do that I haven't tried?

Week 9. Visit, sort and deliver donated items.

Week 10. Overview of past 9 weeks. Which part of the program do I like best? What skills have I learned/exercised?

Week 11. Visit, sort and deliver donated items – share a snack/morning tea with my workmates.

Week 12. Visit, sort and deliver donated items – End of term celebration.

HIGH ROLLERS

Half day program

My Choice, Life Skills, ArtRageUs



This program aims to increase group social awareness, whilst interacting with the general public in a community setting of my choice. You will access various local shopping precincts and parks via public transport.

Week 1. Introduction and planning. What is important to me when catching public transport? Individual skills and risk assessment. What environments do I like?

Week 2. Visit first location. This week focus on teaching me all about public transport. The importance of booking public transport ahead of time, paying my fare and staying together in a small group.

Week 3. Visit second location. Encourage me to use my senses at this location. What can I see, hear, touch or smell? What do I like best about this particular venue? Is there anything I don't like?

Week 4. Visit third location. Focus on taking me outside my comfort zone. What else can I do that I've never tried before? What have been some barriers for me? Help me to experience new things.

Week 5. Visit fourth location. Today I will consider all aspects of my health and wellbeing. What does good health mean to me? Let's talk about healthy food choices? What foods do I like? Let's buy some healthy food and enjoy it together for lunch/morning tea.

Week 6. Visit fifth location. This week help me to engage in group interaction, and understand others wants and needs. How do I communicate with others? Help me identify other ways I can communicate with people.

Week 7. Visit sixth location. What does sharing look like to me? Help me increase my ability to take turns and be patient. What does sharing time and space mean to me? What does it mean to others in the group?

Week 8. Visit seventh location. What does recreation mean to me? How do I move my body and keep my mobility in check? Lets do some of my favourite forms of movement/exercise.

Week 9. Visit eighth location. Focus on increasing my social integration. Is there something on in the community I would like to attend? Let's go as a group and be involved in a community activity/event.

Week 10. Overview of the past 9 weeks. What was my favourite place to visit and why? What new skills have I learnt? What new friends have I made?

Week 11. Visit my favourite location. Engage in a shared lunch/snack at the venue of my choice for fun and relaxation.

Week 12. Visit my friends favourite location. Engage in a shared lunch/snack at the chosen venue and share our feelings with the rest of the group.

TRI-STATE GAMES

Full day program

ArtRageUs



This program you the opportunity to train and compete in a community sporting event which is held at a different location each year. Participating in a mix of individual and team sports including: Bowling, swimming, track'n'field, cricket, running, relay. Each week you and your group will attend different venues/locations to train depending on the time of year/weather. This is a structured 12-week program x 4 per year including support to participate in Tri-State Games focusing on:

Week 1. Introduction and planning for the next 11 weeks. Complete participant's skills and risks assessments and discuss which sports we will be focusing on this term. What event do I want to train and compete in for Tristate? Where and when will these take place? What do I need to bring to training?

Week 2. Travel to training venue. Engage in team-bonding activities to establish team spirit. Who is in my team? What are my favourite sports?

Week 3. Travel to training venue. Discuss community event. How can I improve my skills/fitness for my chosen events at Tristate? What are the goals I want to set for myself? For my team?

Week 4. Travel to training venue. Increase knowledge of fundraising and sponsorship as a group. What can I do to raise money for our sporting event? Contribute ideas to seek a sponsor.

Week 5. Travel to training venue. Training with a focus on increasing my individual confidence. What do I do well? What are my strengths?

Week 6. Travel to training venue. Training with emphasis on learning about how to make healthy choices. Food to fuel my output? How much water should I be drinking?

Week 7. Travel to training venue. Training with a focus on improving performance times and accuracy. What is my best time? What do I need to work on?

Week 8. Travel to training venue. Focus on my social skills and confidence. Plan and organize event promotions. What can I do to promote our event? Who is our audience?

Week 9. Travel to training venue. Focus on my physical fitness. How can I challenge myself physically? Encourage me to move outside my comfort zone and learn new skills.

Week 10. Overview of past 9 weeks training. Have I learnt new skills? Did I learn how to play a new sport? Have I made new friends and visited new places? What has my team achieved?

Week 11. Travel to a recreational venue. Enjoy a sporting activity for fun and relaxation. What does my team want to do? Play a different sport for fun.

Week 12. Travel to a venue. Increase individual sense of belonging within the community.

ZOOM BINGO

Half day program My Choice



You have the opportunity to engage in online bingo via Zoom. This enables participants to link up and socialise with people locally and within other disability services in Victoria. This is a structured 12-week program.

Week 1. Introduction and planning for the next 11 weeks. What is online bingo? How do I play? Who will I be playing with? What are the rules of the game? How can I contribute?

Week 2. Participate in a game of virtual bingo – allow me the opportunity to increase my confidence through calling out the bingo numbers/helping set up.

Week 3. Participate in a game of virtual bingo – focus on the social and health benefits of technology to keep me connected to friends and meet new people.

Week 4. Participate in a game of virtual bingo to develop my thinking skills. What is my strategy to find the numbers on the page? Are there other ways I could try?

Week 5. Participate in a game of virtual bingo to maintain/develop fine motor skills through placing the placement tiles on the correct number called.

Week 6. Participate in a game of virtual bingo to be involved in part of a group within a virtual community.

Week 7. Participate in a game of virtual bingo to exercise listening skills and learn to focus.

Week 8. Participate in a game of virtual bingo to socialise with other participants in different towns and locations.

Week 9. Participate in a game of virtual bingo to maintain good mental health and community participation.

Week 10. Overview of past 9 weeks – What did I enjoy the most? Have I made new friends? Does it make me feel happy being a part of this online community? How many games did I win?

Week 11. Participate in a game of virtual bingo and bring in a snack to share with my bingo friends. Announce the top scorer of the term.

Week 12. Participate in a game of virtual bingo for fun and relaxation. Let's wear our favourite hat/hairdo to celebrate end of term.



SKILL DEVELOPMENT

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CRAFT & SEWING

Half day program

Life Skills



This program offers you a supported creative space to maintain and increase sewing and crafting skills. You will have access to a range of sewing and crafting tools and materials to create your chosen projects.

Week 1. Introduction and planning – skills and safety assessment. What skills do I have? What skills do I want to learn? What do I want to make over the next 11 weeks? Share my ideas.

Week 2. Plan and begin my chosen project. What will I make? How long will it take to complete? What materials and tools will I need? What will I need guidance with?

Week 3. Continue with my chosen project. Focus on learning a new skill to build self-confidence and develop fine motor skills. Can I thread a needle? Use an iron? Sew on a button?

Week 4. Continue with my chosen project. Encourage self-expression through the use of my imagination. How can I make this project "mine"? What do I want to add to this to make it look or feel how I want? Do I need to use a pattern?

Week 5. Continue with my chosen project. Provide opportunities to increase my general textiles abilities. Show me how to use a sewing machine? What are the different types of stitches I can use? How do I thread a sewing machine?

Week 6. Continue with my chosen project. Focus on decision-making and problem-solving abilities. How is my project coming along? Do I need to rethink aspects of it? What is working or not working?

Week 7. Continue with my chosen project. Exercise my communication skills by talking about what types of materials I like? What skills do I want to work more on? Show my friends how my project is progressing.

Week 8. Continue with my chosen project. Share lunch/morning tea with my friends in the program. Exercise my social skills and reinforce listening skills.

Week 9. Complete my project. Focus on improving my hand/eye co-ordination through threading, cutting, hand sewing, ironing, tracing or tacking.

Week 10. Overview of the past 9 weeks. What new skills have I learnt? What have I made? Take a picture of me with my completed project. What did I like most about creating/making this item?

Week 11. Finish project/Research a new project to work on next term. What are my options?

Week 12. Share completed project with the group. Take a photo of me with my finished project.

MULTIMEDIA

All day program

My Choice



This program offers you access to the Christie Centre multimedia room. You are supported to increase your knowledge of various types of technological devices and online platforms.

Week 1. Introduction and planning – Skills and risks assessment. What do I know about information technology? What are my current skills? What do I want to learn? What forms of technology do I want to learn more about? What are my interests?

Week 2. Opportunity to expand skills in a specific area of interest such as photography. How do I use a camera? Do I know how to save/upload my photos on to a computer or hard-drive?

Week 3. Support me to exercise my learnt photographic skills in the outdoors and in the community. What do I want to take pictures of? How do I do this? What do I need to take with me? What types of photos are there?

Week 4. Focus on education and experience based around 3D technology. What is a 3D machine? How does it work? What materials are needed to complete a project. Make something I choose together.

Week 5. Support me to engage in computer-based learning and skills development. What do I like to use a computer/Ipad for? How do I turn a computer on and off safely?

Week 6. Support me to access various multimedia platforms for relaxation and education. What do I want to learn? How can I use the internet to increase my comprehension and cognition?

Week 7. Support me to identify and select new areas of interest based around the multi-media theme. Challenge me to go outside my comfort zone. What do I like but haven't explored yet?

Week 8. Encourage and develop my interest in information technology through navigating different search engines. What is a search engine? How can it help me find what I'm looking for?

Week 9. Support me to access gaming software. What games do I enjoy playing? What other games would I like to play? Play some games with me.

Week 10. Overview of the past 9 weeks. What new skills have I learned? What was my favourite form of technology? Why? How can technology improve my wellbeing?

Week 11. Create opportunities to enhance my problem-solving skills through visual learning.

Week 12. Assist me to learn through graphics, text, drawing and games to improve memory.

DANCE

Half day program Life Skills



This program provides you with supported access to a professional dance studio where you will be supported to develop dance skills. This includes transport to the Dance Studio and support during the sessions.

Week 1. Introduction and planning including skills and risks assessment. What are my current skills? Who is my dance instructor? What do I want to get out of my dance sessions? What type of support do I want during my sessions? Outline my goals for the next 11 weeks.

Week 2. Attend dance session. Focus on developing awareness of keeping me safe during sessions. What is a warm up and warm down? Why is this important?

Week 3. Attend dance session. Help me to understand the importance of maintaining health and wellbeing. Why is dancing good for my mobility? How does it improve my balance and co-ordination?

Week 4. Attend dance session. Create an appreciation for physical exercise. What does dancing do for my body? How do regular dancing sessions keep me fit and healthy?

Week 5. Attend dance session. Encourage me to commit to dancing to keep my mind healthy. How does dancing stimulate my brain? How do dancing sessions improve my mood and reduce stress?

Week 6. Attend dance session. Support me to make new friends. Who is in my dancing group? Who would I like to form new friendships with? What does 'being a good friend' mean to me?

Week 7. Attend dance session. Promote creative self-expression through dance and movement. What dance moves do I like best? What makes me feel good? What type of music do I like to dance to?

Week 8. Attend dance session. Provide support to challenge me. What movement sequences can I learn and remember? How do dance sessions improve my memory?

Week 9. Attend dance session. Give me the opportunity to make choices. What are some different dance styles and techniques? Are there new dance styles I'd like to try or learn more about? Let's try some together.

Week 10. Overview of the past 9 weeks. What goals have I achieved? What am I proud of? How have the dance sessions helped me? What is my favourite dance style/move?

Week 11. Let's dance for fun. Would I like to show others what I have learnt?

Week 12. Let's dance for fun. Let's celebrate the end of term with a dance party.

HEALTHY SNACK COOKING

Half day program

Life Skills or ArtRageUs



This program offers you support to increase shopping, money handling and cooking skills. This program promotes healthy eating and encourages good health and wellbeing through food selection, social interaction and public access.

Week 1. Introduction and planning. Skills and risks assessment. What do I want to cook? What skills do I want to learn? Plan the next 10 weeks of meals. What ingredients and tools will I need? Help me find the recipes.

Week 2. Cook recipe for week 2. Focus on safety in the kitchen. What do I need to remember to keep safe? What is my safety plan? What personal protective equipment is needed? When do I use oven mitts? An apron to protect my clothing?

Week 3. Cook recipe for week 3. Teach me how to budget and how to get the best value for my money. How much money do I have? What can I make with my money?

Week 4. Cook recipe for week 4. Create opportunities for me to learn and engage in safe food practices. How long does food last for in the fridge/freezer? What is the difference between 'best before' and 'expiry' dates?

Week 5. Cook recipe for week 5. Focus on healthy eating habits. What do I like to eat? Is this good or bad for my health? What are some healthier options?

Week 6. Cook recipe for week 6. Help me to find my way around a kitchen and learn how to use kitchen appliances and tools. Do I know how to sift flour? Crack an egg? Use a beater? Flip a pancake? Hold a knife?

Week 7. Cook recipe for week 7. Focus on developing my self-confidence. What do I want to learn but haven't tried yet? Help me overcome my resistance to learn new skills.

Week 8. Cook recipe for week 8. Provide education about the importance of maintaining good hygiene in the kitchen. When do I wash my hands? How do I maintain a clean cooking area? How do I pack/unpack a dishwasher?

Week 9. Cook recipe for week 9. Help me to learn basic shopping skills. What do I write on a shopping list? How do I find the ingredients I need in the supermarket? How do I pay for my items?

Week 10. Overview of the past 9 weeks. What new skills have I learned? What was my favourite meal/snack? What is my favourite cooking task?

Week 11. Let's cook one of our favourite recipes. Share a snack/meal with my friends.

Week 12. Let's cook one of our favourite recipes. Share a snack/meal with my friends.

CHOIR

All Day Program Life Skills



This program offers you the opportunity to sing in a choir. This creates opportunities to gain vocal instruction, participate in small local performances and write/record my own songs.

Week 1. Introduction and planning. What are my current skills? What music do I like the most? What are the expectations and skills I need to be in a choir? What songs do I want to learn to sing? What is my favourite song? Do I have a favourite singer/band?

Week 2. Choir practice week 2. Focus on increasing my individual vocal abilities and confidence. What is a vocal warm-up? What different warm-ups can I do?

Week 3. Choir practice week 3. Promote engagement within a group environment. What do I need to remember when singing in a choir? What is stagecraft? Presentation?

Week 4. Choir practice week 4. Support me to engage in vocal activities to increase my health and wellbeing. What fun vocal activities can I do? Can I use an instrument?

Week 5. Choir practice week 5. Focus on self-expression through music. What type of song would I like to write? Help me put music to my own song. What is my singing style?

Week 6. Choir practice week 6. Promote an awareness of a variety of music genres and breathing techniques. How does breathing improve my singing technique?

Week 7. Choir practice week 7. Concentrate on increasing my social skills. What is turn taking? How do I work as part of a team to make decisions?

Week 8. Choir practice week 8. Focus on composing and professional recording. Where can I perform these? Show others what we have achieved.

Week 9. Choir practice week 9. Promote understanding of the link between musical therapy and emotional wellbeing. How does singing keep me happy? Sing the songs that make me happy.

Week 10. Overview of the past 9 weeks. What new skills have I learnt? Have I made some new friends? What songs do I most like to sing? What is my favourite memory of being in the choir?

Week 11. Focus on singing for fun. Let's do something different.

Week 12. Focus on singing for relaxation and to reduce anxiety. How can we use our voices to make others happy to?

BEGINNER MOSAICS

Half day program

ArtRageUs



This program gives you access to professional education and instruction to learn how to create a mosaic from design to final product.

Week 1. Introduction and planning including skills and risks assessment. Provide me with safety training. What personal protective equipment do I need to wear? How do I keep myself safe when using tools? What skills do I want to learn? What do I want to create? What are some of my mosaic ideas?

Week 2. Create a mosaic. Provide education in basic design tracing. How do I design a mosaic? What is needed to do this?

Week 3. Create a mosaic. Explore different ideas for individual mosaic pieces. Use my imagination to think of innovative ideas.

Week 4. Create a mosaic. Provide me with assistance to learn appropriate tile selection and placement. What colour tiles do I want to use? How and where do I place the tile? What is quality control?

Week 5. Create a mosaic. Encourage me to use my imagination. How do I see my finished mosaic? What could I add to the project to show it is 'my' creation?

Week 6. Create a mosaic. Focus on teaching me safe gluing practices. What do I need to remember when using glue? What are some of the hazards? What are the drying times?

Week 7. Create a mosaic. Give me the opportunity to learn the skill of tile scoring. What is tile scoring? How is it done? Why is it important to score a tile?

Week 8. Create a mosaic. Focus on teaching me the art of tile cutting. How do I cut a tile? What do I need to remember to keep safe?

Week 9. Create a mosaic. Instruct me on the art of grouting and tile buffing. What is grout? Why do we buff during the creation of a mosaic? How do I buff properly? What items are needed?

Week 10. Overview of the past 9 weeks. What new skills have I learned? Take a picture of me with my completed mosaic. What have I liked most about learning to create a mosaic? Am I proud of my achievements?

Week 11. Focus on increasing my social skills. Share a snack/drink with my mosaic friends and share our accomplishments.

Week 12. Focus on fun and relaxation – exercise my social skills by sharing lunch with my friends and talk about some new mosaic ideas for next term.

DRAMA

All day program ArtRageUs



This program offers you opportunities to engage in individual and group performance. You will learn the importance of costume and set design, script writing, puppetry, filming and editing.

Week 1. Introduction and planning including skills and risks assessment. What do I want to achieve being in Drama? What are my goals? What are the group goals? What will we be doing for the next 11 weeks? What skills will I learn?

Week 2. Support me to be involved in team building activities. How can drama help me to relax and have fun? What are some activities I can do? What can help me get into character?

Week 3. Work toward a performance focusing on performance planning. What do we need to do to be performance ready? What will my character be? Who is our audience?

Week 4. Focus on script writing and stage design. What is a script? What is stage direction? What props will we need? How will I contribute?

Week 5. Work toward a performance with a focus on music, sound and lighting. How do they help set the scene? How do I hold a microphone? Develop my stage confidence.

Week 6. Work toward a performance focusing on self-expression through costume and character. Help me build my confidence in my learnt abilities. What will my character wear? How do I learn my lines?

Week 7. Work toward a performance and teach me different forms of dramatic expression. What is the art of puppetry? How do I mime?

Week 8. Work toward a performance by helping me to understand the art of improvisation. How can improvisation help me during a performance?

Week 9. Practice our performance and focus on teaching me the skill of filming and editing? What do I need to remember when filming? How do we use editing skills to improve the final performance?

Week 10. Overview of the past 9 weeks. What new drama skills have I learnt? What is my favourite memory? What goals have I achieved? Has my self-confidence grown?

Week 11. Show our performance/learnt skills to an audience. Write about how it made me feel to perform? What have I learnt about myself?

Week 12. Offer individual and group performance and entertainment opportunities- perform for fun and entertainment.

ART

All day program

ArtRageUs, GrowAbility Nursery



This program offers you a creative space at ArtRageUs Studio to create independent and group artworks. You have supported access and availability to items required to create their art. Upon completing your art pieces you have the opportunity to display and sell your artwork.

Week 1. Introduction and planning including skills and risks assessment. What are my current skills? What art techniques do I want to learn over the next 11 weeks? What space and artistry tools are available to me? What should I use to protect my clothing?

Week 2. Focus on supporting me to identify my individual artistic flair. What is my favourite artistic style? What other styles might I be interested in exploring?

Week 3. Support me to engage in opportunities to share creative ideas in a group setting. Is there a group art project in progress? What ideas do I have to contribute? How can I be involved?

Week 4. Provide me with opportunities to research new methods of creative inspiration. Encourage me to go outside my comfort zone and try something new. How can the environment around me inspire my imagination? What inspires me?

Week 5. Focus on opportunities for me to be involved in art workshops. Who can I learn new artistic skills from? What does art mean to others?

Week 6. Promote self-expression through individual interests. What are my likes? What are my hobbies? How can I translate this into my artwork?

Week 7. Explore various canvasses on which to create my art? Do I like using pencils? Painting? Sculpting? Ceramics? Crafting?

Week 8. Opportunity to create artwork using numerous objects. Bring in something from home to use as inspiration to either draw/trace. What do I want to draw/paint?

Week 9. Promote understanding of how our environment can influence art creation. Visit the Nursery to explore my imagination and think of new art ideas.

Week 10. Overview of the past 9 weeks. Choose some art pieces I would like displayed for sale. Help me to price my artwork. Which is my favourite piece and why? What new art skills have I learnt? What do I want to work on?

Week 11. Focus on fun and relaxation. Share a snack/meal with my friends. Show my friends my artwork.

Week 12. Visit an art gallery for fun and relaxation – which is my favourite art piece and why?

BAND

Half day program

My Choice



This program offers you the opportunity to be involved in a musical band. You are supported to learn, play and contribute to the band as a group. This is a weekly practice commitment for fun and entertainment.

Week 1. Introduction and planning. What instrument do I want to learn to play? What are my current skills? What do I want to learn or participate in over the next 11 weeks? Who are my band mates and what instruments do they play?

Week 2. Band practice. Support me to be involved in various band activities. What can we plan to be involved in locally? Who do we want to play for? When? Plan our group goals.

Week 3. Band practice. Opportunity to share creative ideas and work together in a group setting. What is respect for others? How do I work best within a team environment?

Week 4. Band practice. Focus on musical experiences through the use of beat and rhythm. What is the difference between a beat and a rhythm? What is timing?

Week 5. Band practice. Practice a group performance. What song will we perform?

Week 6. Band practice. Increase my understanding of the value of instrumental improvisation.

Week 7. Band practice. Provide musical experience through access to and use of percussions.

Week 8. Band practice. Focus on learning and experience the value of song writing, recording and musical notation.

Week 9. Band practice. Focus on instrument care. How do I tune my instrument? How often do I need to clean/service it? How do I store it in between use?

Week 10. Overview of the past 9 weeks. What is my favourite instrument to play? What is my favourite song to play along to? Describe my 'feel-good' moment during band practice and why? What new skills have I learnt?

Week 11. Offers support to increase and maintain social and emotional confidence.

Week 12. Promote awareness of connection between group involvement and individual wellbeing.

COMMERCIAL MOSAICS

Full day program
ArtRageUs



You will be supported to fill mosaic orders for the general public and local businesses. You will have opportunities to contribute to the design, creation, construction and sale of ordered mosaics. You will be paid a percentage of each mosaic you completed based on how much you contributed to each product. You must have already completed our beginner's mosaics program and demonstrated that you have the appropriate skills to create mosaics.

Week 1. Introduction and planning. What are the safety rules when creating mosaics? What current orders do we have? When do they need to be completed by? What is my role in completing these orders?

Week 2. Support participants to learn how to source and be involved in a creative project for revenue. What is customer satisfaction? Why is it important to communicate effectively with a customer? Why are the design and measurements so important?

Week 3. Create opportunities for me to share my ideas. How can I contribute to this project? Is there a new skill I'd like to learn that I haven't tried yet? Encourage me to step outside my comfort zone.

Week 4. Focus on increasing my awareness of the opportunities these projects give me. Explain how all mosaic creators receive a supported income for their creative input. How much will I make from this current project? When do I get paid?

Week 5. Support me to liaise with the general local community. How can we promote our products to Sunraysia? What are my promotion ideas? Who can we advertise our work to?

Week 6. Focus on group goal setting abilities and how to achieve them within a specified timeframe. What is our deadline for our mosaic? How do we keep on track? What might happen if time expectations aren't met?

Week 7. Encourage me to use my current mosaic skills. What am I good at? Am I a good cutter? Grouter? Buffer? Scorer? Or do I have stronger skills in design and measurement?

Week 8. Increase my sense of wellbeing and self-confidence by encouraging me to make decisions. Exercise my problem-solving abilities. How can I fix this problem?

Week 9. What community activities can I participate in to increase my social connections?

Week 10. Overview of the past 9 weeks. What was my favourite moment? What have I learnt?

Week 11. Engage in a group meal/snack for fun and relaxation. What have we achieved?

Week 12. Opportunity to explore the connection between group involvement and individual wellbeing. What are our new orders? Continue with existing orders.

TRANSITION TO WORK

Full day program

One Hub Irymple Library



This program offers class-based and practical learning to assist you when seeking employment as well as existing supported employees. Learn Local and Christie Centre professionals collaborate to provide basic employment education to ensure job-readiness.

Week 1. Introduction and planning. What are my current skills? Do I have a resume? What jobs am I interested in? What are my personal goals? What do I want to learn/achieve over the next 11 weeks?

Week 2. Provide interview tips to increase confidence and assist with achieving my employment goals. How do I prepare for an interview? What do I wear? What are some common questions might I be asked?

Week 3. Offer education focused around an employee's rights and responsibilities. What is an employer's expectation of me? What are my rights at work?

Week 4. Provide me with learning around workplace health and safety. What is manual handling? What is occupational health and safety requirements? Why do we have them?

Week 5. Offer guidance around my needs to engage in working-life in general. Travel - how will I get myself to work and home? Money skills - how will I access my wages? Navigating workplace information technology - How will I clock on and off for work?

Week 6. Focus on achieving goals using a student workbook as evidence of learning. Check in with me. How is my workbook progressing? Do I need help with anything?

Week 7. Focus on increasing my budgeting and communication skills. Do I have a budget? What social skills I need to work on? What is conflict resolution? How do I resolve issues?

Week 8. Promote a better understanding of self-care. What does good mental health in a work environment look like? How will I take care of myself? What things can I do to avoid burn-out?

Week 9. Focus on providing guest speakers who can offer me further work-ready education. Exercise my listening skills and reinforce my learning through discussion. Has the guest speaker taught me something new? How can I use this in my workplace?

Week 10. Overview of the past 9 weeks -What new skills have I learnt so far? What does being employed mean to me? Do I feel better prepared for my work-life? What part of the last 9 weeks helped me the most? What do I still want to work on?

Week 11. Engage me in a fun activity - Share a snack/meal with my friends.

Week 12. Offer instruction and direction with completing employment forms. How do I fill one out? What are they for? Revise what I have learnt this term.

LITERACY & NUMERACY

Full day program Life Skills



This program provides you the opportunity to gain TAFE accreditation in Initial Adult Literacy and Numeracy. This class-based program is delivered by a TAFE teacher and supported by Christie Centre staff at Life Skills in a relaxed atmosphere. This is a structured 1-year accredited course that is broken down into 12 week terms. Below is a rough guideline however each week will depend on course content as developed by TAFE.

Week 1. Introduction and planning. Skills assessment to ascertain level of support and to identify personal goals for learning to increase my Literacy and Numeracy skills.

Week 2. You will be supported to develop a personal learning plan. How will this help me to develop my literacy & numeracy and increase my independence?

Week 3. How can literacy & numeracy assist in developing my independent living skills to enhance participation at home and when in the community.

Week 4. Provide access to transport and recreational resources to increase my knowledge of my local community. What literacy and numeracy skills do I need for this? How do I move about in the community? What works best for me? What skills do I need to do this?

Week 5. Provide education on human rights and responsibilities as a community member what is my role and expectations when in the community. How do I advocate for myself? Who can help me?

Week 6. Promote assistance to develop strategies to increase interpersonal relationships and skills. What Literacy & Numeracy skills do I need for this? How do I make new friends? What tools do I use to keep in contact? Write a letter to a friend/send an email/text message?

Week 7. Promote awareness of social and emotional balance to achieve goals. How will this support me to further develop my literacy & numeracy skills? What is self-care?

Week 8. Offer education regarding information technology to enhance community participation. What literacy & numeracy skills do I need for this? What computer and telephone skills do I have? How can technology improve my community involvement?

Week 9. Opportunity to identify and actively pursue vocational options. How will this support me to further develop my literacy & numeracy skills? What do I want to learn? What are my interests? Do I want to look at other courses?

Week 10. Overview of the past 9 weeks.

Week 11. Catch up on any work still needing to be completed. Focus on maintaining and developing independent comprehension skills and abilities.

Week 12. End of term celebration.

TRANSITION EDUCATION

Half day program

Life Skills



This program offers you the opportunity to gain TAFE accreditation of Certificate 1 in Transition Education. This class-based program is delivered in a relaxed atmosphere and supported by Christie Centre staff at Life Skills. A structured 4-year accredited course that will be broken down to 12-week terms. Below is a rough guideline however each week will depend on course content as developed by TAFE.

Week 1. Introduction and planning. Provide support to learn using various platforms of learning and by using visual, verbal and physical stimuli,

Week 2. Provide students with support to develop a personal learning plan. What is my goal? How can I work to achieve this?

Week 3. What is my individual pathway to achieve my goal for further education, employment or volunteering opportunities? What steps will I take?

Week 4. Focus on my independent literacy and numeracy skills and abilities. How can I improve these? How will they help me to achieve my chosen pathway? What am I good at?

Week 5. Promote and encourage development of independent life skills to enhance participation whilst learning and working toward my chosen pathway. What do I know? What could I learn more about to help me achieve my goals?

Week 6. Promote emotional and social independence, through targeted personal developmental learning. How will this assist me on my chosen pathway? Getting to know myself well? What can I do on my own? What would I like to be able to do for myself?

Week 7. How will I get to and from my chosen pathway? Offer education around travel options to increase accessibility and independence. What are my travel options?

Week 8. Opportunity to increase comprehension skills. Write or tell a story to develop my comprehension and communication skills. Would I like to share my story with the group?

Week 9. What pathway opportunities are available in the local community. How can I access these? What do I need to do for this? Who can help me to do this?

Week 10. Overview of the past 9 weeks. Have I identified a pathway? How/What else do I need to do to achieve this? Focus on increasing individual understanding of local opportunities to add value to life. What are my next steps to achieving my best life?

Week 11. Catch up on any work still needing to be completed. Focus on increasing my education and information around orientation and mobility.

Week 12. Catch up on any work still needing to be completed. Talk about our pathways to further employment upon successful completion of this certificate.

WRITEABILITY

Half day program

One Hub Irymple Library



This program offers you the opportunity to develop expressive writing skills and abilities. You will be supported to create your individual pieces with the opportunity to enter into writing competitions.

Week 1. Provide support to increase expressive vocabulary. What is expressive vocabulary? What are the different types? How can I increase my vocabulary?

Week 2. Opportunity to engage in writing exercises to improve skills. What are some different forms of writing? Which ones do I like best?

Week 3. Opportunity to engage in verbal exercises/activities/games to increase my emotion expression and communication skills.

Week 4. Promote and encourage confidence in self-expression. Who am I? Why am I proud of who I am? What makes me happy?

Week 5. Promote emotional and social independence through learning a new hobby. Write/read for fun and relaxation. Read other writers/authors work?

Week 6. Offer education around the basic structure of a story and proof-reading skills. How do I write a story? How do I edit my work? What is proof-reading?

Week 7. Access to computer applications such as Sock Puppet to assist participants with verbal story creation. How do I use Sock Puppet?

Week 8. Focus on increasing comprehension skills. How often do I read? What do I like to read? Talk about what I am reading. Who are the main characters? What is the theme? What is summarising?

Week 9. Opportunity to learn and practice communication skills. What is my communication style? How do I ask questions? What is active listening? How do I give/receive feedback?

Week 10. Overview of the past 9 weeks. What have I achieved? Have I learnt some new skills? What is my favourite piece of work? Get others to give me feedback on my work? What are some further creative opportunities for me?

Week 11. Discuss opportunities to enter completed pieces in a writing competition. What are my options? Would I like to progress further? What goals am I working on next?

Week 12. Would I like to share my work/achievements with my family/friends? Promote writing for recreational activity and relaxation.

TIMESAVERS

Full day program

AVL Winery Merbein



This program provides participants to develop their interest in Horticulture with an interest in horticulture with a potential opportunity to eventually go on to explore supported employment opportunities. You will attend and participate in supported work at the AVL Winery to maintain gardens and recreational areas.

Week 1. Introduction. What horticulture skills and knowledge do I have and need in a work environment? What is the workplace OH&S safety standards? What are the PPE requirements? Do I have all the correct equipment?

Week 2. What is my role? What skills and knowledge do I need to learn to ensure I am doing my work tasks well? Write up a work skills development plan.

Week 3. How can I develop my independence and work readiness skills? Add these to my independent work skills development plan.

Week 4. Focus on increasing my self-confidence through completing work tasks. What am I doing well? What do I want to improve?

Week 5. Promote financial independence through earning a wage. How will I spend my wages? Do I have a budget? How will this job increase my health and wellbeing?

Week 6. Offer support to engage in workplace relations and safe work practices. Am I wearing my protective clothing? Am I completing tasks safely and with respect of other employees around me? Am I taking sufficient breaks?

Week 7. Focus on identifying barriers to effective communication in the workplace. What are some strategies to overcome these? How do I avoid workplace conflict?

Week 8. Opportunity to increase and practice communication skills. Use my breaks to get to know my workmates better. How do I do this? What can I talk about?

Week 9. Promote and encourage development of independent life skills to enhance participation in the community. How can working increase my independence? What else can I do to become more independent? Do I make my own lunch for work?

Week 10. Overview of the past 9 weeks. How has work increased my health and wellbeing? What does working do for me? How does having a job make me feel? What is my favourite task? How many work friends have I made? Has my confidence increased? What new skills have I learned? Can I look at permanent supported employment? Who can help me with this?

Week 11. Opportunity to understand the importance of team work and knowing the boundaries of my role at work. What is a team? What is my role as a team member? What can I do for my team mates?

Week 12. Promote good health and nutrition at work and understand its impact on work performance and individual/group wellbeing.

MAKERS MARKET

Half day or full day program

Life Skills



This program focuses on supporting you to design, create and sell individually inspired projects. These include things like watercolour cards, clay jewelry and figurines. Final products to be displayed and sold at the Christie Centre Collective with the prospect to advance to local markets.

Week 1. Introduction and planning. What are we going to make? How will we keep safe? What skills do I have? What do I want to learn? How can I contribute to ideas?

Week 2. How to plan a project, what tools and materials do I need to create chosen projects. Where can I source materials from? Can I afford these in my budget?

Week 3. How can what I am creating assist my self-expression and exercise my imagination. Support to make choices, listening to others, taking turns.

Week 4. Focus on exercising and increasing my fine motor skills. Complete tasks that focus on using my hand/eye co-ordination.

Week 5. Promote and support participants to make decisions. What do I need to focus on to complete a project? Is there something not working? How can I fix it?

Week 6. Focus on encouraging development of independent life skills to increase my opportunities to participate in my community. What can I learn to do for myself? Who can help me? Can I help others to learn?

Week 7. Focus on increasing self-awareness. What new skills do I want to learn? What are my interests? How can we implement these skills in a group project?

Week 8. Create opportunities to develop and practice my individual and group communication skills. What do I do well? What can I improve? How does being in a group change the way I communicate? What is turn-taking? What is respect?

Week 9. Support to be involved in group projects and social events such as the Makers Market by the river. What other social options do I have? What other options are there in my community for us to display/promote our products?

Week 10. Overview of the past 9 weeks. What products have we made/sold? How have I been involved in the community? What skills have I learned? What am I proud of?

Week 11. Opportunity to show my family/friends what I have been making.

Week 12. Opportunity to contribute to new ideas for the production of a social enterprise. What will we do next? What tools can we use or draw on to think of new products to make?

YOUTH AFTER SCHOOL PROGRAM

Afternoon program

ArtRageUs



This program is based at ArtrageUs and is offered to people between the ages 13-17 years of age who would like to develop their independence, social skills and increase opportunities for community involvement. YASP targets young people who have a strong interest in transitioning into the Christie Centre programs when they complete their schooling. It offers an increased awareness of what type of supports we offer and introduces them to the different sites and programs available. We offer a relaxed and friendly environment to learn the following:

- Individual activities – Recreational activities, story-telling, individual interests, movies, ten pin bowling, emotion regulation strategies, self-care awareness.
- Group activities – Musical instruments, singing, drama, costumes, art, bowling, putt putt, swimming.
- Knowledge and Skills building – Develop writing skills, communication, Independence development, opportunities to exercise choice and control.
- Activities of daily living – Cooking, money-handling, community inclusion, social engagement, decision-making.

DIGITAL LITERACY PROGRAM

Half day program

My Choice



This program offers guided and supported light exercise according to individual interest, mobility requirements and physical capacity. This program is a 10 – 12 week program focusing on:

Week 1. Introduction and course structure outline, What are the workbooks and how do I complete them? What is Digital literacy? What different digital devices are there? What devices do I use? What is a QR code? How can digital devices help me in my life?

Week 2. Smartphones – What is a smartphone? How do I use it? What are some security tips? Help me to identify the different icons on a smartphone. How do I turn my phone on and off? Turn up the volume? Where is the camera? Practice taking a photo and making a call.

Week 3. Using SMS – How do I send/open a text message? How do I use the keyboard? What do the emoji's mean? Show me how to add a contact to my phone contact list. What is a notification? Let's send a message/photo to a friend together.

Week 4. Connecting and working safely – What are the different parts of a computer? What is a modem? What is Wifi? How does prolonged screen time affect me? What is a safe workstation?

Week 5. Navigating the Internet – What is a search engine? How many different ones are there? What are the different menus of a website? How do I find what I want to know?

Week 6. Using email – What is an email? How can they help me in my life? How do I create a Gmail address? Show me how to send/receive/delete an email? Let's practice together. What is safe emailing?

Week 7. Using social media – What is a social media site? What are the different social media platforms available? What are they for? Help me set up a social media account and show me how to use it. What is a privacy setting?

Week 8. Using apps and software – What is software? What is an app? How do I download an app on a smartphone/computer? Let's practice together. What is the playstore? How do I pin to a taskbar?

Week 9. Everyday technology – How can apps help me complete daily tasks? Educate me about online shopping/banking/alarms/reminders. How can technology help me get where I want to go? What is a map app? What is subscribing? Would I like to make a YouTube account?

Week 10. Staying safe online – Teach me the steps to protect my data. How do I identify a scam? What is online bullying? What other ways can I stay safe online? Who can I report scams. Revision.

Week 11. Certificate presentation and celebration of learning. Lets practice our skills.



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KARAOKE DANCE OFF

Half day program ArtRageUs Studio



This half-day program offers you a supported creative space to explore vocal and physical abilities through music and movement. You have the option to sing or dance either independently or within a group. This is a structured 12-week program focusing on:

Week 1. Introduction and planning. Skills assessment and planning of the next 11 weeks of support. Access to a stage like atmosphere where you can utilise a microphone, stage lighting and karaoke technology.

Week 2. Support to learn exercises that will assist me to warm up so that I can increase my stamina to dance and sing without tiring. Develop an exercise skills plan.

Week 3. Support to increase my confidence and promote social skills.

Week 4. Use music to sing and dance to promote and increase self-expression assisting me to further develop my confidence when socialising.

Week 5. Offer support and encouragement to my peers in a supportive environment when performing. Use costumes to support my performance.

Week 6. This week you will focus on establishing friendships. Use music, singing and dancing to assist me to make friends.

Week 7. You will be given the opportunity to perform in a group by either singing, dancing or both.

Week 8. You will be given the opportunity to perform individually whilst being offered support and encouragement by your peers.

Week 9. I will use music and dance to enhance my individuality by exercising choice and freedom to express yourself.

Week 10. Opportunity to invite a friend or family member to watch me perform.

Week 11. Opportunity to invite a friend or family member to watch me perform.

Week 12. Reflect on the past 11 weeks. What new skills have I learnt? What can I do to increase my skills? What did I like or dislike?

BBQ & WALK

All day program

Boyden House



This program offers participants the opportunity to engage in a social barbeque at a variety of community locations. This program combines healthy eating and physical exercise. This is a structured 12-week program which focuses on:

Week 1. Introduction and planning for the next 12 weeks. You will plan the locations you would like to attend over the next 12 weeks. You will develop independence by having the opportunity to prepare and cook a BBQ in an environment within the community.

Week 2. Access week two location. Practice skills to learn how to cook. What can I do whilst I am waiting for lunch to cook?

Week 3. Access week three location. I will be involved in the BBQ process. If I don't want to join in the process of cooking what else can I do to develop my independence and be involved?

Week 4. Access week four location. I will be supported to further develop personal skills for recreational, social participation and increase my independence.

Week 5. Access week five location. Discuss and explore healthy food options.

Week 6. Access week six location. I will be supported to increase my social and communication skills by taking turns and making choices.

Week 7. Access week seven location. I will be supported to maintain physical movement and activity through accessing various walking tracks before we cook lunch.

Week 8. Access week eight location. I will be supported to learn and display appropriate behaviors such as manners.

Week 9. Access week nine location. I will be supported to be independent and use appropriate communication skills when out in the community.

Week 10. I will be supported to contribute to group decision making with my peers.

Week 11. Access your favourite venue. I will be supported to maintain my gross motor skills.

Week 12. Reflect on the past 11 weeks. What new skills have I learnt? Have I increased my social awareness in a community setting?

SWIMMING / GYM



Half day program My Choice

This program offers you support to access the Waves Complex for use of the gymnasium equipment or various pools depending on your choice and the season. Swimming & gym programs are a structured 12-week program focusing on:

Week 1. Introduction and planning for the coming weeks. I will focus on my current abilities and what I want to achieve. I will be supported to access the aquatic facilities and gym at the venue. I will be supported to learn the venues rules and regulations.

Week 2. I will participate in a fitness session and be supported to develop an individual personal fitness plan according to my fitness goals.

Week 3. I will participate in a fitness session and increase my awareness of accessing the venue. I will be supported to maintain and increase my health and wellbeing. I will explore what healthy means to me.

Week 4. I will participate in a fitness session to support me to learn safety. I will be supported to learn how to keep myself and others safe. I will learn the emergency evacuation procedure.

Week 5. I will participate in a fitness session to support me to socialise and make friends in the community. I will practice my communication skills with others at the venue.

Week 6. I will participate in a fitness session to promote developing my independence to access public venues by myself.

Week 7. I will participate in a fitness session to encourage commitment to maintain regular physical activity. I will explore how exercise affects my body and mind.

Week 8. I will participate in a fitness session to develop skills for recreational and social participation.

Week 9. I will participate in a fitness session to exercise my gross motor skills through using the gym and swimming pool.

Week 10. I will use the pool and gym for fun and relaxation. I will share my achievements with my family and friends.

Week 11. I will use the pool and gym for fun and relaxation. I will celebrate my achievements.

Week 12. Reflect on the past 11 weeks. What fitness goals have I achieved? Do I feel more confident in the water? What do I like or dislike?

SWIMMING

Half day program

My Choice, Life Skills or ArtRageUs



This program offers you supported access to the aquatic facilities at the Waves complex. Encouraging social interaction in a public venue and regular light exercise for relaxation or as per physiotherapist recommendations. Swimming programs are a structured 12-week program focusing on:

Week 1. Introduction and planning. What are my current water abilities and what do I want to achieve? You will be supported to familiarize yourself with the facilities at the venue. I will be supported to understand the venue's rules and regulations for the pool, spa and sauna.

Week 2. I will focus on developing my water skills for recreational participation. Explore the lap pool, spa and sauna.

Week 3. I will be supported to promote good health and wellbeing whilst communicating with the group and the public.

Week 4. I will engage in small group exercise to maintain and increase my gross motor skills. We will discuss how exercise makes me feel.

Week 5. I will increase my confidence to access the waves pool for recreational purposes.

Week 6. I will focus on increasing my awareness of appropriate communication in a public setting. I will be supported to role model appropriate behavior and manners in a public venue.

Week 7. I will be supported to develop my swimming skills. I will engage in different swim styles and explore how to use a floating device. I will explore multiple movements to keep active in the pool.

Week 8. I will be supported to focus on maintaining community connections. What activities can I access? What are my options? What are my interests?

Week 9. I will be supported to focus on problem solving and exercising my decision-making skills. Which pool do I want to access today? Is there anything I want to change?

Week 10. I will be supported to engage in a group setting.

Week 11. I will engage and focus on fun and relaxation today.

Week 12. Reflect on the past 11 weeks. Celebrate my achievements.

MUSIC AND MOTION

Half day program

My Choice and 113 House



This program supports you to engage in light movement to maintain and improve mobility and promote physical wellbeing. Music is a sensory tool used to assist with relaxation and increase engagement. The Music and Motion program is a structured 12-week program focusing on:

Week 1. Introduction and planning – I will be supported to explore self-expression through various types of music. I will be supported to engage in light movement. We will discuss what type of music I like and how it makes me feel. I will be supported to identify goals.

Week 2. I will be supported to engage in different musical experiences through various instruments. What do I respond to positively? Which instruments do I like best?

Week 3. I will engage in light movement and exercise to promote peer interaction. Talk to me? What do I like to talk about while exercising? What works best for me?

Week 4. I will be supported to engage in light physical movement. Do I have physiotherapist recommended exercises or a movement plan?

Week 5. I will be supported to create opportunities for choice and control. I will be given options and be encouraged to choose. What music would I like to listen to? Is the room too light or dark? Do I want to be inside or outside?

Week 6. I will be supported to increase my awareness of the link between physical and psychological wellbeing. We will discuss the importance of movement, why is it good for me and how it makes me feel.

Week 7. Opportunity for rest and relaxation. I will be supported to increase my ability to regulate my emotions through different strategies that work for me. What are my triggers for heightened emotions? What distraction tools can I use to help avoid these?

Week 8. Focus on doing something different. I will be challenged to go outside of my comfort zone. What is something different that I want to do today?

Week 9. I will explore different sounds and music through audio books or spotify. I will be supported in a relaxed environment where I can express myself. What new sounds do I enjoy?

Week 10. I will be supported to interact in a group setting. What group activity can I explore.

Week 11. Enjoy a snack and drink with my friends. Engage in a meaningful activity we all enjoy.

Week 12. Reflect on the past 11 weeks. What have I enjoyed the most? Celebrate my achievements.

ARMCHAIR SPORTS



Half day program

My Choice

This program offers ageing participants the opportunity to engage in a level of physical activity within the individual's capacity. This program focuses on supported engagement in light social sports-based activities. Including but not limited to tabletop ten pin bowling, ball games, pool and croquet. The Armchair sports program is a structured 12-week program focusing on:

Week 1. Introduction and planning. What sports do we want to be involved in? What are our options? What social sports do I want to learn? What are my personal goals?

Week 2. I will focus on maintaining my gross motor skills for recreational and social participation. I will be supported to keep active. What are my strengths? How can I develop my weaknesses?

Week 3. I will be encouraged to increase my aim and accuracy skills. I will engage in activities to improve my hand and eye coordination.

Week 4. I will engage in small group exercise. What group activities and games can I participate in to keep fit? What suits the group?

Week 5. I will be provided with a relaxing environment for maintaining social connections. I will be given the opportunity to talk to others. How do I communicate with my friends? What do we enjoy talking about?

Week 6. I will be supported to develop awareness of good physical health. How can I improve my physical abilities? What works for me? Are there any physical aids that could assist me to engage meaningfully in activities?

Week 7. I will be supported to develop awareness of how exercise makes me feel. Talk to me about what activities make me happy? What are my interests? How can we incorporate my interests into the activities?

Week 8. I will be given the opportunity to participate in table-top sports. What are my options?

Week 9. Focus on watching a sport that I like. What is my favourite sport? Do I like watching it on the television? Reading about it? Let's watch it together.

Week 10. I will be given the opportunity to access sporting opportunities and information.

Week 11. I will enjoy a meal or snack with my friends to celebrate the end of term.

Week 12. Reflect on the past 12 weeks. What is my favorite memory? What activity or sport did I enjoy the most? Have I learnt a new skill? Who are my new friends?

SENSORY TACTILE

Half day program

My Choice



This program offers the opportunity for participants to explore a vast range of sensory experiences to assist in enhancing their sensory awareness. The Sensory tactile program is a structured 12-week program focusing on:

Week 1. Introduction and planning. What different ways do I express myself? What do I like? What are my goals? What is my movement capacity? What new sensory tools, objects or environments do I wish to explore.

Week 2. I will be provided with the opportunity to experience sensory stimulation through technology, such as iPad, iPod, radio or other devices.

Week 3. I will be supported to experience different smells and textures for relaxation. How can I use different smells to relax? What is my favorite texture?

Week 4. I will be provided with a tranquil and relaxing environment. What environments do I enjoy the most? Do I like the indoors or outdoors? Do I like the shade or the sun?

Week 5. I will be given the opportunity to experience touch through massage. What massage tools work well for me? Do I enjoy hand or foot massages?

Week 6. I will be supported to stimulate my senses through lighting and sound.

Week 7. I will be supported with the opportunity to experience sensory themed craft activities.

Week 8. I will engage in a fun activity today. What is my favorite thing to do? Let me exercise choice and control.

Week 9. I will be provided with different opportunities and resources to enhance my sensory awareness through various objects.

Week 10. I will be supported to experience various textures for sensory stimuli such as water, sand, rocks, leaves, grain, slime, silk, bubbles etc.

Week 11. I will be supported to identify the connection between tactile stimulation and emotional regulation. How does taste, smell or sound me to stay calm and happy?

Week 12. Reflect on the past 12 weeks. Celebrate my achievements. Talk to me about how different things make me feel? What new things have I learnt about myself?

ROCKING IN THE RETREAT

Half day program

My Choice



This program is for individuals who enjoy playing sports without the demand of intense physical activity. Promote and provide stimulation and support coupled with relaxation through a variety of light activities. This program is a structured 12-week program focusing on:

Week 1. Introduction and planning. Identify what current skills or capacity do I have. Develop a plan for the coming weeks. What physical opportunities will increase my recreational and social skills? What do I want to do?

Week 2. I will be supported to explore new ideas within a small group. What is group discussion? How do I communicate in a group? Share what makes me happy? Share my interests?

Week 3. I will be supported to develop my abilities to regulate my emotions through different activities. How do I cope with managing my stressors? What can I do to prevent triggers? I will be supported to practice these.

Week 4. I will be provided with the opportunities to increase my social skills. How do I talk to others? What is turn-taking? I will share a meal or snack with my friends and talk about my interest.

Week 5. I will focus on group participation. What group games or gentle exercises can I do to maintain my gross and fine motor skills? Playing pool? Playing cards?

Week 6. I will be provided with activities to support me with skill retention by involving me in exercise-based activities. Do I like dancing? Walking? Singing? What do I like doing the most?

Week 7. I will be provided with a variety of experiences that challenge me. I will be encouraged to try something new. Is there something I'd like to try but haven't yet? I will be supported to overcome my resistance to experience new things.

Week 8. I like to move it! What movements work for me? Why should I do these regularly? Explain the connection between movement, body and brain health.

Week 9. Let's dance! What is my favourite dancing music? Let me show you how I dance. Dance with me.

Week 10. Let's go for a walk! Where do I want to go? What do I see, hear or feel when in the outdoors?

Week 11. I will be given access to various musical instruments for fun and relaxation.

Week 12. Reflect on the past 11 weeks. What goals have I achieved? What was my favorite activity? What made me happy? What did I dislike?

GET ACTIVE

Half day program ArtRageUs Studio



This program provides the opportunity for individuals to spend time in the outdoors or indoors participating in mild to moderate physical activity. The Get Active program is a 12-week program focusing on:

Week 1. Introduction and planning. What local areas do we want to access? What is on in the community that we want to be involved in? What do I need to bring or wear? Do I have any barriers?

Week 2. Visit location for week 2. I will be provided with opportunities to exercise choice and control. How can I help or plan the outing? Give me a task I want to do.

Week 3. Visit location for week 3. Focus on accessing a variety of parks and ovals in and around Sunraysia. What exercises will we do today? I will work on my fitness.

Week 4. Visit location for week 4. I will be supported to develop friendships. What does being a good friend mean to me? Who are my friends? What are our shared interests? How can I make new friends?

Week 5. Visit location for week 5. I will be supported to increase my social skills and community involvement. What is on in the community that I can join in with? Walking groups? Exercise-based activities?

Week 6. Visit location for week 6. I will be provided with opportunities to promote good health and wellbeing by learning new skills. Let's try a new activity today and go somewhere we have never been before. What did I like the most?

Week 7. Visit location for week 7. I will focus on various physical fitness activities such as football, soccer, basketball, cricket etc. What are my interests? What would I like to try?

Week 8. Visit location for week 8. I will be given the opportunity to access a different local venue for relaxation and fun. What makes me feel happy and relaxed?

Week 9. Visit location for week 9. I will access the community to better understand how to regulate my individual emotions. How can I become more self-aware? How do I recognise when I am getting anxious? What are the signs? What can I do to help myself?

Week 10. I will re-visit one of our favorite spots to share a snack and drink with my friends

Week 11. I will re-visit one of our favorite spots to share a snack and drink with my friends.

Week 12. Reflect on the past 12 weeks. What was my favourite activity? Take a photo of me at my favourite place. What did I enjoy most about it? What goals have I met?

SENSORY MUSIC

Half day program

My Choice



This program provides participants with the opportunity for auditory stimulation in various forms. Sensory Music is a 10 – 12 week program focusing on:

Week 1. Introduction and planning. What is my favourite music? What individual and group sensory experiences would I like to participate in? How and when will we do this? Share my ideas.

Week 2. I will make decisions about my program and what I enjoy. What is my favourite song? Who is my favourite singer or band?

Week 3. I will choose a food or beverage today for sensory satisfaction. What is my favourite drink? Do I have a favourite food? Why do I like it?

Week 4. I will be supported to engage in music-oriented activities and games for relaxation and fun.

Week 5. I will explore music and sounds through accessing various forms of technology including ipads, ipods and musical instruments. How does my favourite sound or music make me feel? Do I have a favourite instrument or object?

Week 6. I will be supported to engage in social interaction within a small group. Let's engage in an activity together.

Week 7. I will be given the opportunity to access a garden for relaxation and experience a variety of sounds. What birds can I hear? How do I feel? What other sounds can I hear?

Week 8. Encourage positive health and wellbeing through music. Watch or listen to some music videos or musicals. What music makes me feel relaxed? What music makes me happy?

Week 9. I will be provided with the opportunity for exercise through gentle movement while listening to music. Would I like to stretch out on a mat or in a recliner? Encourage me to do something different.

Week 10. Develop my self-expression through singing. What do I want to sing? Let's sing together!

Week 11. Focus on increasing my social skills in a group setting. Let's share a snack together and talk about our favourite activities and music.

Week 12. Reflect on the past 12 weeks. What did I enjoy the most? What did I dislike? What could I work on?

EMBRACE THE SENSES

Half day program

My Choice



This program engages participants in various activities that embrace the five senses. Through sight, taste, touch, smell and hearing. Participants engage in creative exploration options. This program is a 12-week program focusing on:

Week 1. Introduction and planning. What are my individual and group goals? What are my likes and dislikes? What different activities would I like to do? What new experiences do I want to try?

Week 2. Help me to maintain and increase my cognition by engaging in puzzles, memory games, relaxation techniques and meditation. Do I enjoy completing puzzles? What memory games can we play?

Week 3. I will be given the opportunity to increase my social skills. I will be given the opportunity to communicate with others during my program.

Week 4. I will be provided with support to make decisions as part of a small group. What is turn-taking? How do I make shared choices or decisions?

Week 5. I will be offered the chance to taste different foods for sensory satisfaction. What did I like the most? How do some foods change my mood?

Week 6. Focus on different types of music or sounds for auditory stimulation and to exercise my listening skills.

Week 7. I will be given the opportunity to use my imagination through drawing or painting. What do I want to draw or paint?

Week 8. I will be supported to express my individuality and senses through craft. What would I like to create? Do I have someone I want to make something for?

Week 9. Let's do something for fun! What is my favourite colour? Draw or create something using my favourite colour.

Week 10. I will be provided the opportunity to be pampered through pampering or beauty options. Would I like a massage? Would I like my hair or nails done? How does this make me feel?

Week 11. Engage me in social interactions. Let's share our favourite snack or meal together.

Week 12. Reflect on the past 11 weeks. What have I enjoyed the most? What did I learn? What personal goals have I met? What made me happy? What did I dislike?

BIKE RIDING/ BUSH WALKING

All day program

GrowAbility Nursery



This program provides you with the opportunity to exercise their bike riding skills or enjoy a leisurely bush walk for half a day. The remaining half of the day spent in the Nursery participating in various tasks involved in the upkeep of plants. This program is a 12-week program focusing on:

Week 1. Introduction and planning. Safety, skills and risks assessment. Help me to identify what personal goals I want to achieve? What do I want to learn? What will we be doing over the coming weeks? What do I need to bring and wear?

Week 2. Promote an awareness of good health and wellbeing practices. What is being sun-smart? What are the hazards of working in the outdoors or being in a bush environment? What is my safety plan?

Week 3. I will engage in an activity to improve and maintain regular physical movement. Would I like to go on a bush walk? Bike ride?

Week 4. I will be supported to learn the basic aspects of horticulture at a local Nursery. What is my role at the Nursery? What would I like to do to volunteer help?

Week 5. I will be support to access gardening tools and participate in small nursery tasks. Would I like to do some weeding? Sorting? Repotting?

Week 6. Talk with me about how I can identify new interests. What are some new learning opportunities for me? What is a new interest or hobby I might enjoy?

Week 7. I will be provided with support to engage in community projects as a volunteer. What current Nursery projects would I like to be involved in? How can I contribute?

Week 8. Provide me with support to increase my cycling abilities. What do I need to remember to keep safe on a bike? How is group cycling different to cycling on my own?

Week 9. I will be provided with support to focus on engaging me in various outdoor work activities and increasing my general cleaning skills. What jobs am I good at?

Week 10. I will work on my social skills and confidence. I will share a snack or drink while engaging in conversation with my friends.

Week 11. I will engage in activities that are fun and relaxing. Share some fun ideas with each other.

Week 12. Reflect on the past 11 weeks. What new skills have I learnt? What is my favorite thing to do at the Nursery? What do I want to learn more about? Do I have a favorite plant?

FREESTYLING MUSIC AND DANCE

Half day program

ArtRageUs Studio



This program is for participants who enjoy movement and music in a group environment. This program is a 10 – 12 week program focusing on:

Week 1. Introduction and planning. Skills and risk assessment. What are my current skills and abilities. What would I like to learn? What are my goals? What do I need to wear and bring each week?

Week 2. I will experience and try various forms of movement. What different types of movement are there? Let's try them. What is robotic, step-touch, popping and party?

Week 3. I will focus on improving my confidence to commit to physical activity on a regular basis. Let me show you how I dance at home. What are some of my favourite moves?

Week 4. I will explore what a "dance jam" is. How does freestyle movement increase my sense of wellbeing? What are the benefits of music and dance to my body and mind.

Week 5. I will explore various types of music to stimulate my creativity and encourage self-expression.

Week 6. Teach me inspiration techniques to stimulate movement and relaxation such as walking, television, comics. What works best for me?

Week 7. Educate me about freestyle improvisation dance. Let's practice this style together. What did I like? How did it make me feel?

Week 8. Promote using music to achieve good individual health and wellbeing practices. What does healthy mean to me? How can music and movement help me have a healthier life?

Week 9. Create opportunities for me to exercise self-confidence. Show my friends a dance move. Would I like to lead the dancing today?

Week 10. Engage me in music-oriented activities for relaxation and fun. What are some fun movement activities? Let me choose.

Week 11. Let's invite our peers to see our dance moves or singing abilities.

Week 12. Reflect on the past 11 weeks. What am I proud of? What new moves did I learn? Celebrate my achievements.

ALL ABILITIES YOGA

Half day program

Life Skills, ArtRageUs, My Choice



This program offers the opportunity to experience the emotional, social and physical benefits of yoga. Explore various forms of Yoga to increase engagement and variety of yoga techniques to optimize overall wellbeing. This is a structured 12-week program focusing on:

Week 1. Introduction and planning - Talk about the basics of Yoga - Safety awareness and Individual skills and risk assessment. What environments do I like? What do I need to bring with me?

Week 2. Watch an introduction to Yoga video by Surya Namaskar - Sun Salutations. Group warm-up. Gaining an insight into the flow sequence of gracefully linked asanas (poses).

Week 3. Watch an introduction video to learn Bhakti Yoga. Group warm-up. Explore the benefits of Bhakti Yoga through song, playing instruments and gentle stretching movements.

Week 4. Watch a Laughing Yoga video to introduce the technique Hasya Yoga (voluntary laughter). Participants will practice this technique in groups where eye contact, self-expression and interacting with others is the primary focus.

Week 5. Watch a video to introduce Yoga Nidra. Learn and practice Yoga Nidra. Use safety floor mats to engage in gentle movements while the instructor narrates a story. Participants will work on enhancing memory, improving self-esteem and self-confidence whilst increasing physical health.

Week 6. Review the past 6 weeks. Plan my Yoga program for the rest of the term based on this.

Week 7. Attend Yoga session based on favourite technique. Give me the opportunity to make choices and lead the group in copying my learned favourite movements. Why is it my favourite? Share how Yoga makes me feel mentally and physically.

Week 8. Attend Yoga session. This week will focus on identifying what challenges me. What would I like to learn more about? Are there any new Yoga styles I'd like to try or learn about? Let's try some together!

Week 9. Attend Yoga session. This week we will focus on brainstorming, team work and planning.

Week 10. Attend Yoga session. Focus on continuing to practice and plan our end of year Yoga display. What is working or not working? Are there other movements we can add?

Week 11. Attend Yoga session. This week will focus on encouraging organisational skills. Give me the opportunity to have input for the end of the term Yoga display. Let's work together as a team to practice and refine the details of display for next week.

Week 12. End of term Yoga display. Let's have fun doing our Yoga display for our chosen audience. Let's share a snack/drink together to celebrate afterwards. Receive feedback from our chosen audience.

COOKING

Half day program My Choice



This program is for those who enjoy cooking and eating different types of food. You are encouraged to participate in cooking to provide yourself something to eat for lunch. This program is a 12-week program focusing on:

Week 1. Introduction and planning. Skills and risk assessment. What are my current cooking skills and what do I want to learn? Decide what we would like to cook over the coming weeks. What are my favourite foods? Let's talk about safety in the kitchen.

Week 2. Focus on developing my cooking skills for recreational and sensory stimulation. What is my cooking task today? Do I want to cut? Pour? Stir?

Week 3. Let's learn more about different types of food we might like to try. What are healthy options? What flavours do I like most?

Week 4. I will be given opportunities to develop fine motor skills and hand and eye co-ordination. Would I like to try grating? Measuring? Whisking? Flipping a pancake?

Week 5. I will be supported to learn menu planning and following a recipe. What PPE is needed? What ingredients do we need? What do we do first? How would I like to contribute?

Week 6. I will be encouraged to engage in decision-making processes as part of a group.

Week 7. I will be provided with education about foods eaten in different countries. Take me to another part of the world through a meal or snack.

Week 8. Let's cook my favourite food to share with my friends. Take a picture of me cooking. What foods make me happy?

Week 9. Focus on healthy eating habits. What foods do I like to eat? Are they good for me? What are some healthy options I can include in my diet? Discuss balanced eating.

Week 10. Let's cook a meal or snack for a friend using the new skills I've learnt.

Week 11. Let's cook a meal or snack for my family using the new skills I've learnt.

Week 12. Reflect on the past 11 weeks. What personal goals have I achieved? What was my favorite meal or snack? Have I learned some new cooking skills? What are they? Celebrate my achievements.

MEN'S HEALTH

Half day program

My Choice



This program offers male participants opportunities to create awareness of their general emotional and physical health and wellbeing. This program is a 12-week program focusing on:

Week 1. Introduction and planning. Who is in my group and what interests do we share? Are there certain activities we want to do? What hobbies or skills do we want to practice or learn? Decide on what we will work on over the coming weeks.

Week 2. Focus on engaging me in physical activity and movement to manage stress and emotions. What does good health mean to me? What sports do I like?

Week 3. What hobbies am I interested in? I will be taught to make something I want to make.

Week 4. I will be provided with support to identify my individual interests and be given opportunities to develop them. What have I always wanted to do but haven't tried? I will be supported to go outside of my comfort zone.

Week 5. I will be provided with support to identify individual stressors and create self-awareness. What strategies do I use to keep calm? Help me to learn and implement new strategies.

Week 6. Focus on my mental health. What makes me happy? What can I do or access to be happier? Who can I turn to if I'm not feeling happy?

Week 7. I will choose an activity I enjoy the most to increase my confidence. What activities do I like best? Share this with the group in a group discussion.

Week 8. Teach me some mindfulness activities. What is mindfulness? Let's practice this together. How can I do this at home when I'm feeling down?

Week 9. Let's visit a venue in the community that we have never been to before. What did I like most about it? What made me anxious? How can I cope with this in the future?

Week 10. I will be supported to identify my strengths. What am I good at? What achievements am I proud of? What have I learnt about myself?

Week 11. Let's enjoy a snack or meal together at your favorite location.

Week 12. Reflect on the past 11 weeks. What skills have I learnt? Have I gained a new interest? What was my favorite outing or activity?

AUDIO-VISUAL

Half day program

My Choice



This program offers participants both visual and audio experiences according to group or individual preference. This program is a 12-week program focusing on:

Week 1. Introduction and planning. Plan what I would like to achieve over the next 11 weeks. What are my interests and skills? What do I want to achieve over the coming weeks? What are my favorite audio and visual activities?

Week 2. I will be provided with options to explore and listen to various types of music. I will be supported to identify my favorite music or song. I will explore new music genres.

Week 3. I will be offered choice to watch different music videos on YouTube. Which video did I like the best? Let's move together to some music.

Week 4. I will be supported to explore the use of the internet, google home, television or radio. Which of these did I enjoy the most?

Week 5. I will experiment with various instruments and percussion to encourage self-expression.

Week 6. Let's focus on storybooks. Would I like to hear a story from an audiobook? What's my favorite story?

Week 7. I will exercise choice and control by deciding what activity I want to do today. I will be supported to share group decision-making.

Week 8. I will use audio and visual activities to improve my individual health and wellbeing. Do I like to listen to music while folding washing or doing the laundry? Being with friends?

Week 9. I will engage in outdoor experiences or activities for relaxation. Would I like to go for a walk in the garden? Enjoy a drink under a shady tree?

Week 10. You will enjoy a snack and drink with your friends to engage in social interactions and develop your friendships.

Week 11. You will enjoy a snack and drink with your friends to engage in social interactions and develop your friendships.

Week 12. Reflect on the past 11 weeks. What was my favorite book or story? Have I learnt new skills? Celebrate my achievements.

LOOKING AFTER YOURSELF

Half day program My Choice



This program promotes and encourages participants to focus on self-care, self-esteem, self-awareness and prioritising individual health and wellbeing. This program is a 12-week program focusing on:

Week 1. Introduction and planning. Plan what I would like to achieve over the next 11 weeks. What weekly goals can I set for myself to learn to look after myself better? What is self-care?

Week 2. I will be supported to increase my self-confidence. What can I do to be more confident? What is self-respect? Help me understand that what I need or want matters.

Week 3. You will access items needed to exercise self-care such as nail painting, mindfulness and massages.

Week 4. You will be supported to relax by practicing mindfulness activities, deep breathing and relaxation exercises.

Week 5. You will be supported to experiment with different hair styles. You will be given opportunities to develop your self-expression through selecting a new hair style.

Week 6. You will experience massage for fun and relaxation. How does massage make you feel?

Week 7. You will be taught good health and hygiene practices. How often should you brush your teeth and shower? What are healthy choices?

Week 8. You will be encouraged to maintain general household activities for self confidence and care such as doing the dishes, cooking, shopping, cleaning and packing up after activities.

Week 9. You will be supported to increase self-awareness through education, relaxation and developing new or current interests.

Week 10. You will be supported to develop and maintain friendships. Who are my friends? What common interest do we share?

Week 11. You will enjoy your favorite activity with your peers.

Week 12. Reflect on the past 11 weeks. What self-care practices have I learnt? What personal goals have I met?

MY EXERCISE

Half day program

My Choice



This program offers guided and supported light exercise according to individual interest, mobility requirements and physical capacity. This program is a structured 12-week program focusing on:

Week 1. Introduction and planning. You will plan what you would like to do over the next 11 weeks. You will be supported to identify your mobility needs or any barriers you may face.

Week 2. You will be supported through different movements and stretching options. What did I like? Or not like?

Week 3. You will be supported to maintain physical fitness in a relaxing environment. What helps me to relax? How do I relax at home?

Week 4. You will be supported to maintain your communication skills. You will be encouraged to engage with others while exercising.

Week 5. You will be given opportunities to increase your self-awareness and confidence through exercise. You will be encouraged to improve your physical abilities through exercise.

Week 6. You will be supported to focus on individual choice and control. Is there something you would like to try but haven't yet? You will be supported to overcome resistance to experience new movements and exercise opportunities.

Week 7. You will be supported to walk or exercise in the outdoors. How do I do this? What does exercise in the outdoors look like to me?

Week 8. You will be supported to increase your mental health through exercise-based games and activities.

Week 9. You will be supported to engage in small group interactions and activities. What group exercises can we do together?

Week 10. Let's exercise. You will be supported to gain confidence and a sense of wellbeing. Would I like to lead the exercises today? What music do I want to choose?

Week 11. You will enjoy a snack and drink with your friends to engage in social interactions and develop friendships.

Week 12. Reflect on the past 11 weeks. Celebrate my achievements.

INDIVIDUAL SUPPORT OPTIONS



The Christie Centre offers 1:1 care and support to meet the individuals needs to assist the person along with families and carers to achieve their goals. The following options are aligned to the individual's NDIS Plan goals and guided by the participant, nominee carer and staff supports.

These options include:

- ☐ Community based suppose
- ☐ In-home support
- ☐ Respite options
- ☐ Positive Behaviour Support

Support Sites

My Choice (Main Office)

113a, 115-117 Twelfth Street Mildura

Life Skills

110 Pine Avenue Mildura

GrowAbility Nursery

363 Cureton Avenue Mildura

Boyden House

113 Boyden Street Mildura

ArtRageUs Studio

19 Magnolia Avenue Mildura

One Hub Irymple Library

2128 Fifteenth Street Irymple



YOUR CHOICE
OUR PURPOSE