

Hervey Bay Learning & Lifestyle Weekly Program



May 2024

Price guide for Learning and Lifestyle activities – NDIS funding

Based on group activities in a centre, community, weeknights and weekends.

- Group base weekdays in a centre – ratio 1:3
- One on one funding in a centre - ratio 1:1
- Group base evenings – ratio 1:3

Note: All prices under CORE funding. Some prices can differ when the category falls under CAPACITY BUILDING but are in line with the NDIA funding price guide.

Kitchen Skills



Monday Week 1

Morning Activities

Morning
9.00am-
12.00pm

Session
1

Music
basics



Support
ratio 1:3

Walk



Support
ratio 1:3

We can also
cater to any
1:1 support

Trivia,
Hangman,
Eboard

Lunch Break 12.00pm-12.30pm

Afternoon Activities

Afternoon
12.30pm
-3.00pm

Session
2

Ten Pin
Bowling
and Social
Group



\$9
Support
ratio 1:4

Numeracy
and Money
Skills
(Thrive
learning)



Support
ratio 1:4

We can also
cater to any
1:1 support

Events
Committee



Week 2

Morning Activities

Morning
9.00am-
12.00pm

Session
1

Boogie
Bounce



\$12
Support
ratio 1:3

Group
games
Eboard,
VR



Support
ratio 1:3

We can also
cater to any
1:1 support

Lunch Break 12.00pm-12.30pm

Afternoon Activities

Afternoon
12.30pm
-3.00pm

Session
2

Ten Pin
Bowling
and Social
Group



\$9
Support
ratio 1:4

Numeracy
and
Money
Skills
(Thrive
learning)



We can also
cater to any
1:1 support

Events
Committee



Tuesday Week1

Morning Activities

**Morning
9.00am-
12.00pm**

**Session
1**

**Dance
class at
Marybor
ough**



Support
ratio 1:4
\$7

**We can
also cater
to any 1:1
support**

Lunch Break 12.00pm-12.30pm

Afternoon Activities

**Afternoon
12.30pm
-3.00pm**

**Session
2**

**Film and
Theatre
group**



Support
ratio 1:4

**We can
also cater
to any 1:1
support**

**We can also
cater to any
1:1 support**

Tuesday Week 2

Morning Activities

**Morning
9.00am-
12.00pm**

**Session
1**

**Board
Games at
Rsl**



Support ratio
1:4

**We can also
cater to any
1:1 support**

Lunch Break 12.00pm-12.30pm

Afternoon Activities

**Afternoon
12.30pm
-3.00pm**

**Session
2**

**Film and
Theatre
group**



Support
ratio 1:4

**We can
also cater
to any 1:1
support**

**We can also
cater to any
1:1 support**

Wednesday Wk 1 Wednesday Wk 2

Morning Activities

Morning
9.00am-
12.00pm

Walking Football



Support
ratio 1:4
\$10

Session
1

Events
Committee



Ratio 1:3

Morning Activities

Morning
9.00am-
12.00pm

Pier Markets Before Gardening



Support
ratio 1:4

Session
1

Garden skills



Lunch Break 12.00pm-12.30pm – BYO Picnic Lunch

Lunch Break 12.00pm-12.30pm – BYO Picnic Lunch

Afternoon Activities

Afternoon Activities

Afternoon
12.30pm
-3.00pm

Beach Sports



Support
ratio 1:4

Session
2

Afternoon
12.30pm-
3.00pm

Trivia In the Park





Support
ratio 1:4

Session
2

We can also
cater to any
1:1 support


Thursday Wk 1

Morning Activities

<p>Morning 9.00am-12.00pm</p> <p>Session 1</p>	<p>Wodfit</p>  <p>\$10 Support ratio 1:3</p>	<p>Thrive Module Independent Living</p>  <p>This Photo by Unknown Author is licensed under CC BY</p>	<p>We can also cater to any 1:1 support</p>
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Lunch Break 12.00pm-12.30pm

Afternoon Activities

<p>Afternoon 12.30pm-3.00pm</p> <p>Session 2</p>	<p>Mens Group</p>  <p>\$5 Support ratio 1:3</p>	<p>Creative Writing and Poetry</p>  <p>Support ratio 1:3</p>	<p>We can also cater to any 1:1 support</p>
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Thursday WK 2

Morning Activities

<p>Morning 9.00am-12.00pm</p> <p>Session 1</p>	<p>Thrive Independent Living</p>  <p>This Photo by Unknown Author is licensed under CC BY</p>	<p>Learn to Paint</p>  <p>Support ratio 1:3</p>	
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Lunch Break 12.00pm-12.30pm

Afternoon Activities

<p>Afternoon 12.30pm-3.00pm</p> <p>Session 2</p>	<p>Ladies Group</p>  <p>\$4.00 Support ratio 1:3</p>	<p>Creative Writing and Poetry</p>  <p>Support Ratio 1:3</p>	
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Friday

Morning Activities

Morning
9.00am-
12.00pm

Session
1

**Thrive +
Cooking**



\$6
Support
ratio 1:4

**VR and
Thrive
Computer**



Support
ratio 1:4

Lunch Break 12.00pm-12.30pm

Afternoon Activities

Afternoon
1.00pm-
3.30pm

Session
2

**Movie +
Stand Up
comedy**



Support ratio 1:4

**VR and
Thrive
Computers**



Support
ratio 1:4

We can
also cater
to any 1:1
support

Monthly Friday Day Trips

As organized and plan by the
People we support and our Events
Organising Committee



Program Outlines

Activity	Description	Outcome
Kitchen Skills	Customers will participate in a range of practical activities to prepare simple lunch meals. Meals: Recipes vary from Lunch meal prep to Dinner meal prep <i>Workbook available</i>	<ul style="list-style-type: none"> • Use a range of tools and equipment to prepare food • Demonstrate hygienic and safe practices in the kitchen • Select, handle and preparation of food when making basic breakfast meals • Complete a shopping list of items required to prepare each meal • Demonstrate basic literacy & numeracy skills.
Card Making and Letter Writing	Learn a variety of techniques that are required for the completion of making cards for all occasions. <i>Workbook available</i>	<ul style="list-style-type: none"> • Discuss qualities of artwork such as subject matter & techniques • Recognise that artists create artworks for different purposes • Make art projects by assembling materials in a variety of ways • Experiment with a range of media in selected forms • Communicate their ideas about pictures and other kinds of artworks
Computer Skills	In this module customers will learn the basic functions of a computer as well as the ergonomic considerations when working at a computer. Functions include; Opening and closing the program, saving and printing, applying and changing font size, style & colour, inserting and resizing graphics and adding a page boarder. Levels increase as you learn. <i>Workbook available.</i>	<ul style="list-style-type: none"> • Use safe work practices to ensure ergonomic and work organisation requirements are met • Explore the functions and features of a computer • Identify document purpose, audience and presentation requirements • Format documents using appropriate software functions to adjust layout • Send emails and learn about internet safety. • Demonstrate basic literacy skills.
Workout	.	<ul style="list-style-type: none"> •

Hope this has assisted you!
Please call Amanda Hansen on 0475310796
or email Amanda@endeavour.com.au
for any inquiries.
Look forward to hearing from you to
discuss support options

