

# Gladstone Learning & Lifestyle Hub

## Operating Hours

**Monday – Friday**

8.30am – 3pm

**Tuesday, Wednesday, Thursday**

8.30am-6.30pm

**Once a month Saturday Social Group**

## Contact Us for More Information

Phone: 1800 112 112

Email: [hello@endeavour.com.au](mailto:hello@endeavour.com.au)



# Learning and Life Skills Icons and Definitions



**Foundation Skills** supports skill development in literacy and numeracy, with a focus on scaffolding learning from base line concepts to increasingly complex written, reading, viewing, listening and comprehension tasks. Foundation Skills also seeks to develop numeracy and mathematical skills in concepts including number, measurement, geometry, probability and statistics.



**Life Skills** focuses on day-to-day tasks, such as cooking and domestic skills, hygiene, organisational skills, budgeting, home maintenance, public transport and public safety and interactive tasks such as banking and social activities.



Utilising local connections and support, **Social Engagement** supports people to attend and interact with local people, areas and events. It also means that those interactions can also occur at a local Endeavour site.



**Healthy Body / Healthy Mind** focuses on being active, making healthy choices and being responsive to a person's mental and physical wellbeing. It supports people to take care of themselves and their family and friends and directs people to make right choices when it comes to a person's health and lifestyle activities.



**Recreation** provides people with the opportunity to having fun, making connections and simply doing what makes you happy Recreation focuses on connecting with friends, doing fun things at home, at a centre or in the community, or simply taking time to relax and unwind.



**Technology** utilises current materials, components, tools, equipment and techniques to design, make and record solutions. It draws on traditional and new types of technology, including computers, tablets, smart phones, virtual technologies, robotics, coding, digital photography, video and music to support people to describe, draw and model ideas and create content.



**Employment** focuses on developing skills needed for work. Whether it's work experience, volunteer or paid employment, people will undertake both theory and practical applications to learn those skills required to know what type of work a person is interested in, search for work, apply for and undertake interviews, explore ideas appropriate dress and language and behaviour when in the workplace.



**Passion & Hobbies** is all about doing the things you love! It could be skill development, or launching your own online business, or simply exploring a creative outlet as a hobby. Whether it's the bush or ocean, growing flowers or vegies or even collecting eggs from hens in the backyard, It might mean conducting experiments to see how things work, or taking time out to literally smell the roses. If it makes you smile; if you lose track of time doing it, then this is what passion projects & hobbies is all about.



**Special Events** enables communities to come together. Whether competitively in events like 'Battle of the Bands', celebrating calendar events like Australia Day or hosting monthly BBQ's, special events provide an opportunity for people to show off their talents or participate in local community events (i.e. Show Day).



**Activity Fees** will be required to participate in some sessions. Fees cover the cost of ingredients or venue fees charged by some venues.

## Foundation Skills

Support and development in areas relating to:

- Reading, writing, comprehension
- Speaking, communication
- Numbers, Addition, Subtraction
- Measurement, Size
- Signing, e.g. Pecs, Makaton, key word sign

## Life Skills

Support for activities relating to:

- Home and domestic skill
- Cooking
- Shopping
- Personal care
- Budgeting, banking and other money skills
- Safety and public transport Maintenance (home, vehicles)

## Social Engagement

Supporting people to attend and interact with:

- Library
- Bunnings
- Men's Shed
- Ladies Group
- Music e.g. Battle of the Bands
- Drumming Circle
- Volunteering Healthy

## Body / Healthy Mind

Focusing on:

- Physical wellbeing
- Personal relationships
- A person's mental, emotional and social wellbeing
- Outdoor/indoor activities e.g. Gym, Sailability, Martial Arts, Yoga, Sport

## Technology

Learning activities and support relating to:

- Computers
- Virtual Reality
- Robotics
- Coding
- Safety (on the web, using devices)
- Smart phones, tablets and other devices
- 3D printing

## Recreation

Activities that support people to:

- Art and craft - Art groups
- Bowling
- Photography and video
- Music (listening to, playing)
- Fishing
- Bingo and other games

## Employment

Support to enhance a person's ability to search for and obtain meaningful employment via:

- Work placement / pracs
- Resume and letter writing
- Interview skills
- Grooming and dress sense

## Passion & Hobbies

Projects or activities that are specific to a person or groups of people:

- Furniture restoration
- Woodworking
- Activities that relate to the outdoors - gardening, chooks, bushwalking
- Understanding how things work (gadgets & experiments)

## Special Events

Activities/Events that bring people together:

- Australia Day, Anzac Day,
- Easter, Christmas
- Melbourne Cup, Show Day
- Site Open Day

# Gladstone Learning and Lifestyle Hub

Program dates: 6<sup>th</sup> July 2025 – 29<sup>th</sup> September 2025

## What's on!

## Monday

### Welcome

8:30am – 8.45am

Have a cuppa while welcoming all our friends – pick your activities for the day.



### Woodwork

8.45am – 12.00pm

Join our workshop program and learn about WHS while you create something special to take home.

\$2



### Morning tea

10.00am – 10.30am

Time to take a break and recharge ready for the next activity.



## About Endeavour Foundation

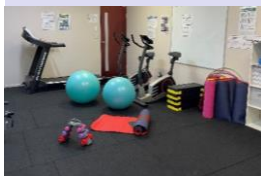
**At Endeavour Foundation we focus on ability and making things happen. Whether it's learning life skills, living independently, socializing and making new friends, getting job ready or exploring interests and trying new things. We work with you to make your possibilities a reality**

### Gym

10.30am – 12.00pm

Time to work up a sweat and work on health and fitness.

Work out in the Gym, learn to use the equipment safely while improving your fitness levels.



### Lunch

12.00pm – 12.45pm

Take a break, relax and enjoy a delicious lunch while developing social connections.

Work on your daily living skills keeping your kitchen and dining space clean.



### Photography

12.45pm – 3.00pm

Learn about photography – taking photos editing photos. Use our iPads or bring own camera. Create a portfolio of work, enter local photography competitions and take part in our annual exhibition.



### Gardening

12.45pm – 3.00pm

Learn about gardening - plant care, composting, worm farming in our great outdoor space.





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## What's on!

## Tuesday

### Welcome 8:30am – 8.45am

Have a cuppa while welcoming all our friends – pick your activities for the day.



### Baking Shopping / Baking 8.45am-10am

While learning about budgeting, kitchen safety you will bake some delicious treats to have for morning tea, take home and to be used in our café on Wednesday.  
\$3



### Morning tea 10.00am – 10.30am

Time to take a break and recharge ready for the next activity.



### GPaws Collections or Recycling 10.30am – 12.00pm

Help us support our local charity GPaws to do the great work they do for our furry friends, collect and store donations for dispensing to the amazing animal foster carers. Recycle cans and bottles, use funds to buy fun things for the centre!



### Lunch 12.00pm – 12.45pm

Take a break, relax and enjoy a delicious lunch while developing social connections.

Work on your daily living skills keeping your kitchen and dining space clean.



### Pen Pals Program 12.45pm – 2.00pm

Make friends while maintaining literacy skills, exchange letters with participants at other Learning & Lifestyle Hubs – use the map to see how far your letters have gone!



### Music Appreciation 2.00pm – 3.00pm

Play Musical Bingo while listening to tunes and learning about different artists and genres.



### Cooking – Cuisines of the World 3.00pm – 6.30pm

Make a meal to take home and share with your family/house mates or use this as an opportunity to meal prep for the week.

Learn about food preparation and food safety.

\$10



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## What's on!

## Wednesday

**Welcome**  
8:30am – 8.45am

**Put things away and get ready for Café.**



**Cafe**  
8.45am – 10.30am

Learn employability skills in our Open-Door Café – Setting up tables, money handling, barista skills, Safe work practices.  
\$2



**Craft**  
10.30am – 12.00pm

Spend time with friends working on a craft project to take home and show off.  
\$2



## Supports Available at Endeavour Foundation

- **Learning & Lifestyle Hubs**
- **Supported Independent Living**
- **Supported Employment**
- **Community Access**
- **In home Supports**

**Support ratios are tailored to your needs – making possibilities a reality.**

**Lunch**  
12.00pm -12.45pm

Take a break, relax and enjoy a delicious lunch while developing social connections.  
Work on your daily living skills keeping your kitchen and dining space clean.



**Bowling/Darts**  
1.00pm – 3.00pm

Head to the Central Lane Hotel to do bowling or have a game of electronic darts. Alternate weeks between Darts & Bowling. Engage with friends for some friendly competition.



**Woodwork**  
3:30pm - 6:00pm

Join our workshop program and learn about WHS while you create something special to take home.  
\$2



## Cuisines of the world –Term 3 Recipes

- Gambia- Domoda
- Japan – Okonomiyaki
- USA – Gumbo
- Russia – Stroganoff
- Brazil – Escondidinho
- Mexico – Enchiladas
- France – Sausage Cassoulet
- Chicken Long Rice
- Mish Mash
- Aust. – Pub style Spag Bog
- Egypt – Macaroni Bechamel
- China- Lo Mein

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## What's on!

## Thursday

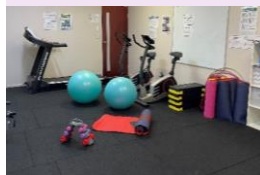
### Welcome 8:30am – 8.45am

Have a cuppa while welcoming all our friends – pick your activities for the day.



### Gym 8:45am - 9:45am

Time to work up a sweat and work on health and fitness.  
Work out in the Gym, learn to use the equipment safely while improving your fitness levels.



### Morning tea 9.45am – 10.15am

Time to take a break and recharge ready for the next activity.



### Lunch Cooking – Cuisines of the World 10:15am - 12:00pm

Prepare and cook a meal to share eat at the Centre for lunch.  
Learn to stick to a budget, all about food & kitchen safety. Explore foods from around the world.

\$5



### Lunch 12:00pm - 12:45pm

Enjoy the delicious meal you have prepared!



### Woodwork 12:45pm - 3:00pm

Join our workshop program and learn about WHS while you create something special to take home.  
\$2



### In Centre Activities 12:45pm - 3:00pm

What do you feel like doing?

- Games/Puzzles
- Movies
- Colouring
- Craft
- Fitness games



### Cooking Cuisines of the World 3:30pm - 6:30pm

Make a meal to take home and share with your family/house mates or use this as an opportunity to meal prep for the week.

Learn about food preparation and food safety.

\$10





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## What's on!

## Friday

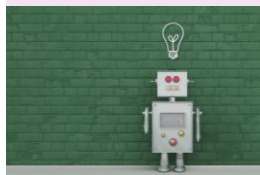
### Welcome 8:30am – 8.45am

Have a cuppa while welcoming all our friends – pick your activities for the day.



### Technology/Client Meeting 8:45am - 10:00am

Learn about different aspects of technology - How to use it safely and have fun!  
Have a meeting to decide on lunch options and decisions regarding the Centre.



### Week 1 BBQ Shopping 10:00am – 11.30am

Now that you have decided what is for lunch it is time to learn budgeting while purchasing ingredients for your BBQ lunch.  
\$5



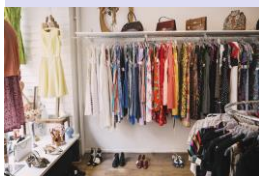
### Week 1 BBQ Lunch 11:30am - 1:30pm

At one of the fabulous local BBQ areas, learn all about food safety while cooking up a feed to share with friends.



### Week 2 Op Shopping 10:00am – 11:45am

See who can find a bargain! Great opportunity to socialise and develop budgeting and communication skills.  
Set your own budget for the outing – can you stick to it?



### Week 2 Pub lunch 11:45am – 1:30pm

Head out with friends to one of our local eateries to have a meal and socialise – while building your daily living skills around money handling and social inclusion.  
\$30



### In Centre Activities 1:30pm - 3:00pm

What do you feel like doing?

- Games/Puzzles
- Movies
- Colouring
- Craft
- Fitness games



### Gardening 1:30pm - 3:00pm

Learn about gardening - plant care, composting, worm farming in our great outdoor space.



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## What's on!

## Saturday once a Month Social Group

### This Term

If you are interested in any of our services, contact our Client Support Team 1800 112 112 or [clientsupport@endeavour.com.au](mailto:clientsupport@endeavour.com.au) to arrange a Site Tour.

19<sup>th</sup> July  
4pm-8pm

### Luminous & Dinner

Come for a magical journey through a light show in the Gladstone Botanical Gardens at night .  
\$5 - limited tickets



30<sup>th</sup> August  
8.30am-3.00pm

### CapriCon 2025

Check out the Cosplay and Gaming at the Rockhampton CapriCon Pop Culture Convention.  
Dress up as your favourite character or just enjoy the day.  
\$TBC + Mileage



13<sup>th</sup> September  
10am-2.30pm

### PopCon 2025

Check out the Cosplay and Gaming at the Gladstone PopCon Pop Culture Convention.  
Dress up as your favourite character or just enjoy the day.  
\$TBC



### Next Term



TBC October

### 1770 Larc Cruise



15<sup>th</sup> November

### Movies & Lunch



5<sup>th</sup> December

### Christmas Carols & Christmas Lights

