

Maryborough Learning & Lifestyle Weekly Program



July 2024

NDVR
Endeavour
Foundation

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 – ratio 1:1
- Group base Saturday's – ratio 1:3
- One on one Saturday's – 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.

Lionel and Sonya - Karaoke



Monday

Morning Activities – Wii set up with bowling prior to 9am
Morning Stretch 9am-9:15am

9.15am
to
12.00pm

Music in the Park
ANZAC Park
(May be in center
weather depending)



Support ratio 1:3

Mens Shed
Week 1



\$40 yearly insurance/ \$2
p/w
Support ratio 1:3

Volunteering

The **FOODBASKET**

Support ratio 1:3

Lunch Break 12.00pm-12.30pm

Post lunch break activities 12.30pm-1.00pm

1:00pm
to
3:00pm

Ball Sports/ Gym



\$7.00 p/w
Support ratio 1:3

Mosaic



Support ratio 1:3

Cooking: Making
Dinner



\$10 p/w
Support ratio 1:3

Tuesday

Morning Activities – Wii set up with bowling prior to 9am
Morning Stretch 9am-9:15am

9.15am
to
12.00pm

Sewing



Support ratio 1:3

Craft: Learn to Paint



Support ratio 1:3

8 Ball at the Lamington



Support ratio 1:3
(Customer pays for any drinks)

Any 1:1 support can be catered for also

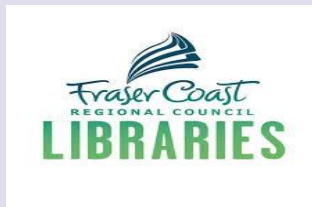


Lunch Break 12.00pm-12.30pm

Post lunch break activities 12.30pm-1.00pm

1.00pm
to
3.00pm

Library Visit



Support Ratio 1:3

Make a Music Video



Support ratio 1:3

Waste to Art Competition



Any 1:1 support can be catered for also



Wednesday

Morning Activities – Wii set up with bowling prior to 9am
Morning Stretch 9am-9:15am

9.15am
to
12.00pm

Baking



\$5.00 p/w
Support ratio 1:3

Bowling



\$10.00 p/w
Support ratio 1:3

Boogie Bounce in Hervey Bay



\$12.00 p/w
Support ratio 1:3

In Centre
Activities:
Customer
Choice

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Lunch Break 12.00pm-12.30pm

Post lunch break activities 12.30pm-1.00pm

1.00pm
to
3.00pm

Group Karaoke



Support ratio 1:3

Any 1:1 support can be catered for
also

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Thursday

Morning Activities – Wii set up with bowling prior to 9am
Morning Stretch 9am-9:15am

9.15am to
12.00pm

Womens Shed



\$40 yearly insurance/
\$10 p/w
Support ratio 1:3

Thrive: Healthy Relationships



Support ratio 1:3

Lunch Preparation: Cooking Lunch Included



\$10.00 p/w
Support ratio 1:3

Chatterbox 9:30am-10:30am



Gold Coin p/w
Support ratio 1:3

Lunch Break 12.00pm-12.30pm

Post lunch break activities 12.30pm-1.00pm

1.00pm
to
3.00pm

Ladies Social Club



Support ratio 1:3

Men's Social Club



Support ratio 1:3
(Customer pays for any
drinks)

In Centre Activities: Customer Choice



Support ratio 1:3

Friday

Morning Activities – Wii set up with bowling prior to 9am and Morning Stretch

9.15am to
12.00pm

Bandtastic



Support ratio 1:3

Boogie Bounce in Granville



\$12.00 p/w
Support ratio 1:3

Any 1:1 support can be
catered for also



Lunch Break 12.00pm-12.30pm

Post lunch break activities 12.30pm-1.00pm

1.00pm
to
3.00pm

Movies and Popcorn in center



Support ratio 1:3

Monthly Friday Day Trips

As organized by events
committee



\$TBC
Support ratio 1:3

Any 1:1 support can be
catered for also



Planned Day Trips Weather permitting and pending approvals

- April –

Sea Life \$34 entry, BYO lunch/ spending money

- May –

Fraser Coast Show \$20 entry, personal spending required.

- June –

Mini Golf Hervey Bay \$15

- July –

Snakes Down Under \$22 entry

- August –

Bundy Bowl and Leisure \$50

- September –

Aussie World \$40, participant can purchase lunch at own cost

- October –

Splitters Farm \$27

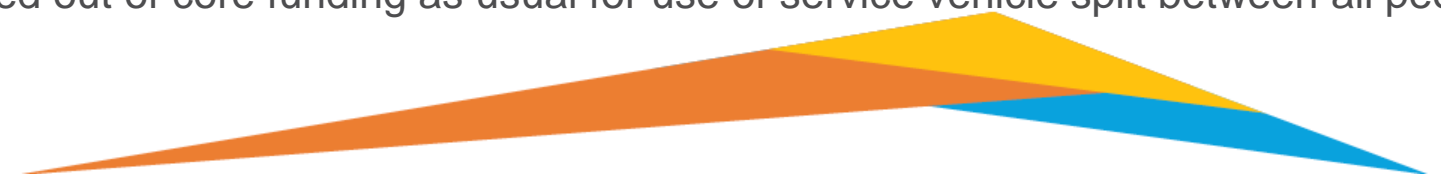
- November –

K'gari Day Trip lunch included along with barge \$99

- December

Christmas Party

Expression of interest forms will be sent out once more details are available. Mileage will be charged out of core funding as usual for use of service vehicle split between all people travelling.



Program Outlines

Activity	Description	Outcome
Kitchen Skills	<p>Customers will participate in a range of practical activities to prepare simple lunch meals.</p> <p>Meals Include; Ham & Pineapple Muffin Pizza, Buffalo cheese salad, BLT sandwich, Ham & Egg salad, Cheese dog, Hummus & Vegetable sandwich, Egg salad sandwich and many more.</p> <p>Recipes vary from Lunch meal prep to Dinner meal prep</p> <p><i>Workbook available</i></p>	<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.
Pottery and Mosaic	<p>Learn a variety of techniques that are required for the completion of pottery and mosaics.</p> <p><i>Workbook available</i></p>	<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
Healthy Relationships	<p>Healthy relationships are built upon trust, respect, equality, consent, shared interests, open communication and setting boundaries. It's also about knowing who you are as a person and who you can talk to or where you can find out information if you need further support in your relationship.</p>	<p>Recognise and describe types of values and actions that demonstrate a healthy relationship; for example, trust, respect, consent, equality, honesty, humor, feeling safe, conflict resolution, boundary setting.</p> <ul style="list-style-type: none"> • Recognise values and actions that demonstrate unhealthy relationships. • Identify forms of open communication. • Identify appropriate responses to conflict. • Determine suitable types of relationship supports if required – family, friends, websites, phone numbers/hotlines.
Looking After Myself	<p>Customers will participate in a range of practical activities that focus on the importance of keeping a healthy mind and body. We cover the basics in this program – from personal care, food safety, importance of sleep, healthy food choices, being mindful and goal setting.</p>	<ul style="list-style-type: none"> • Define mindfulness • Outline steps to practicing mindfulness • Reflect on how to practice mindfulness compared to one's own daily activities • Define hobbies • Compare hobbies to that of work or other activities • List 4-6 everyday hobbies • Choose 2-3 hobbies you could do as part of what you do • Understand what personal hygiene is

Modules – categorised under key learning areas



- Meal prep breakfast
- Meal prep lunch
- First aid basics
- Banking ATM
- Pedestrian safety
- Bus safety
- Dental hygiene
- Relationships
- Domestic Skills – house keeping
- Domestic Skills – folding clothes
- Money & Budgeting 1-3
- Goal Setting 1,2
- Behind the news
- Weather 1,2
- Personal Relationships
- Waste Management



- Orientation & Safety
- Supported Employee Induction
- Deliver a Service to a Customer
- Work Readiness1
- Safe Food Practices
- Barista Training



- Woodwork 1



- Baking – Pastry
- Baking – Cakes
- Craft
- Art



- Health Choices
- Healthy Mind



- Photography iPad
- Produce simple word processing documents
- Robotics
- 3D Printing
- iPad Basics



- Comprehension 1-7
- Writing 1-6
- Talking & Listening 1-8
- Spelling 1-4
- Numeracy Basics 1
- Numeracy 0.1 – 0.3
- Numeracy 1.1 – 1.3
- Numeracy 2.1 – 2.4
- Numeracy 3.1 – 3.4



- Gardening
- Science Experiments 1,2

Hope this has assisted you!
Please call Rachelle Moore on 0456 892 431
or email Rachelle.Moore@endeavour.com.au
for any inquiries.

**Look forward to hearing from you to discuss
support options**

