

Maryborough Learning & Lifestyle Weekly Program



January 2023 – March 2023

Price guide for Learning and Lifestyle activities – NDIS funding

Based on group activities in a centre, community.

- Group base week days in a centre – ratio 1:3
- One on one funding - ratio 1:1

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.

Hospitality Skills



Monday

Morning walk or exercise activity offered for first 20 minutes

**Morning
9.00am-
12.00pm**

**Session
1**

**Card making and
letter writing**



\$3.00
Support ratio 1:3

Fitness Class



\$7.00
Support ratio 1:3

**Community
Access and
Travel
Training**



\$3.00
Support ratio 1:3

Men's Shed



\$2.00 p/w
**\$40.00 Annual
Membership**
**\$5 per completed
project**
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

**Afternoon
1.00pm-
3.00pm**

**Session
2**

Creative Craft



\$3.00 p/w
Support ratio 1:3

**Communication
and Computer**



Support ratio 1:3

**Acoustic Beats
Guitar basics**



Support ratio 1:3

Drama Class



Support ratio 1:3

**Any 1:1
support can
be catered for
also**





Tuesday

Morning walk or exercise activity offered for first 20 minutes

Morning 9.00am-12.00pm Session 1	Dancing Class  \$7.00 Support ratio 1:3	Drumming & Music Appreciation  Support ratio 1:3	Creative Art  \$3.00 Support ratio 1:3	Bingo  \$1.00 Support ratio 1:3	Any 1:1 support can be catered for also
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Lunch Break 12.00pm-12.30pm

Post lunch break activities 12.30pm-1.00pm

Afternoon 1.00pm-3.00pm Session 2	Beading  \$3.00 Support ratio 1:3	IPAD Technology  Support ratio 1:3	8-Ball  \$2.00 Support ratio 1:3	Literacy and Numeracy  Support ratio 1:3	Any 1:1 support can be catered for also
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Wednesday

Morning walk or exercise activity offered for first 20 minutes

<p>Morning 9.00am-12.00pm</p> <p>Session 1</p>	<p>10 Pin Bowling</p>  <p>\$9.00 Support ratio 1:3</p>	<p>High Tea Baking</p>  <p>Support ratio 1:3</p>	<p>Budget Skills</p>  <p>Support ratio 1:3</p>	<p>Yoga</p>  <p>Support ratio 1:3</p>	<p>Any 1:1 support can be catered for also</p>
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Lunch Break 12.00pm-12.30pm

Post lunch break activities 12.30pm-1.00pm

<p>Afternoon 1.00pm-3.00pm</p> <p>Session 2</p>	<p>Karaoke</p>  <p>Support ratio 1:3</p>	<p>3D Printing Skills</p>  <p>\$3.00 Support ratio 1:3</p>	<p>Community Gardens</p>  <p>Support ratio 1:3</p>	<p>History Walk</p>  <p>Support ratio 1:3</p>	<p>Any 1:1 support can be catered for also</p>
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Thursday

Morning walk or exercise activity offered for first 20 minutes

Morning 9.00am-12.00pm Session 1	Market Day  \$3.00 Support ratio 1:3	Boccia  Support ratio 1:3	International Cuisine  \$10.00 includes morning tea Support ratio 1:3	Barista Training and coffee shop  Support ratio 1:3	Any 1:1 support can be catered for also
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Lunch Break 12.00pm-12.30pm

Post lunch break activities 12.30pm-1.00pm

Afternoon 1.00pm-3.00pm Session 2	Design your own cookbook  Support ratio 1:3	Cinema Movie  Support ratio 1:3	Sports in the park  Support ratio 1:3	Get Creative  \$3.00 Support ratio 1:3	Any 1:1 support can be catered for also
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Friday

Morning walk or exercise activity offered for first 20 minutes

<p>Morning 9.00am- 12.00pm</p> <p>Session 1</p>	<p>Swimming</p>  <p>\$4.00 Support ratio 1:3</p>	<p>Fitness Class</p>  <p>\$7.00 Support ratio 1:3</p>	<p>Woodworking Skills</p>  <p>\$3.00 Support ratio 1:3</p>	<p>Auslan</p>  <p>Support ratio 1:3</p>	<p>Any 1:1 support can be catered for also</p>
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Lunch Break 12.00pm-12.30pm

Post lunch break activities 12.30pm-1.00pm

<p>Afternoon 1.00pm- 3.00pm</p> <p>Session 2</p>	<p>Fishing</p>  <p>\$2.00 Support ratio 1:3</p>	<p>Natural Science</p>  <p>\$3.00 Support ratio 1:3</p>	<p>Out and about in the community</p>  <p>Support ratio 1:3</p>	<p>Social BBQ</p>  <p>\$3.00 Support ratio 1:3</p>	<p>Any 1:1 support can be catered for also</p>
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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.
Card Making and Letter Writing	<p>Learn a variety of techniques that are required for the completion of making cards for all occasions.</p> <p>Workbook available</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
Computer Skills	<p>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.</p> <p>Levels increase as you learn.</p> <p>Workbook available.</p>	<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.
Barista Training and coffee Shop	<p>In this module customers will look at the origins of coffee beans and the popularity of coffee all over the world.</p> <p>Students will explore and participate in all the steps required to become a successful Barista. Working also in an operating coffee shop.</p> <p>Workbook available.</p>	<ul style="list-style-type: none"> • Discuss the roles of a Barista • Explore the origin of coffee and the difference between Arabica and Robusta beans • Investigate the bean harvesting and processing methods • Discuss work-area hazards and work hygiene practices • Explore and demonstrate the coffee making process including; grinding, packing, tamping and extracting. And work in the coffee shop. • Analyse and discuss the difference between good & bad coffee • Discuss and demonstrate milk tamping and the various milk options currently available

Current Modules – categorised under key learning areas as at January 2023



- 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

About our support

Endeavour Foundation Maryborough
Learning and Lifestyle

3D Printing and artistic development



What is 3D Printing and artistic development

- 3D printing is a process in which a digital model is turned into a three-dimensional object, usually by laying down many successive, thin layers of a material.
- Learn to use a printer, the components of a printer and the software.
- Learn to develop your own ideas into a digital model that you can then print
- Paint your model to use as a personal display



Benefits of this program

Learn new computer skills, learn new processes, fine motor skills, strategy and thinking skills, creativity, hand eye coordination, numeracy and literacy skills, communication skills and work on projects that provide interest to you.

NDVR
Endeavour
Foundation

Men's Shed

What is Men's Shed

- Woodworking Skills
- Creating and developing Learning different skills with different tools
- Choosing different types of materials
- Eye and Hand coordination



Additional support

Monthly Day trips and event days

Once per month as announce
Support ratio 1:3

Day trip to planned destination. This can include Bundaberg, Gympie, Hervey bay and everything in between.

A flyer is sent out monthly to announce the next planned trip

All additional support for any 1:1 can be catered for on a personalized basis. Hours and activities are flexible and at the request of the customer.

Other programs that can be on offer are

- Robotics
- Personal Care
- travel training
- Money skills
- internet skills
- Social media safety
- Computer learning modules
- Road safety
- food safety
- Kitchen skills

- Community participation
- Work experience
- Volunteer work
- Water aerobics
- bike riding
- Fitness
- Assisted study for Driver licence or fork lift licence or similar.

We will work with you to tailor your support.

[illegible]

Hope this has assisted you!
Please call Kristy Eldridge on 0456 892 431
or email Kristy.Eldridge@endeavour.com.au
for any inquiries.
Look forward to hearing from you to
discuss support options

