

Gympie Learning & Lifestyle Weekly Program



October 2025 – December 2025

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.

Monday

Morning walk or exercise activity offered for first 20 minutes

Morning 9.00am-12.00pm Session 1	All Abilities Golf  \$20.00 Support ratio 1:3	Bunnings DIY Arts and Crafts  \$10.00 for lunch Support ratio 1:3 Fortnightly	Meals on Wheels  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	All Abilities Golf  Support ratio 1:3	Cooking  Support ratio 1:3	Events Committee  	Any 1:1 support can be catered for also
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Tuesday

Morning walk or chat offered for first 20 minutes Morning tea @ 9.30am

Morning 9.40am-12.00pm Session 1	Hospitality 101 (includes cooked meal)  \$6.00 Support ratio 1:3	Inclusive Karate  \$5.00 Support ratio 1:3	Ladies Social Club  Support ratio 1:3	Trike riding  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	Recipe Book  Support ratio 1:3	Gardening  Support ratio 1:3	Bingo  \$1.00 Support ratio 1:3	Tech Time inc VR  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

Morning 9.00am- 12.00pm Session 1	Fun Fitness  Support ratio 1:3	Men's Shed  \$50 yearly registration Support ratio 1:3	Swimming  Support ratio 1:3 \$5.00	Morning walk & Puzzle Mania  Any 1:1 support can be catered for also Bunnings engagement DIY Once a Month
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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	Repair shack  \$5.00 Support ratio 1:3	Men's shed and Pub lunch with game of pool  \$15 for lunch and game Support ratio 1:3	Baking  \$5.00 Support ratio 1:3	Any 1:1 support can be catered for also
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Thursday

Morning walk or exercise activity offered for first 20 minutes

Morning 9.00am- 12.00pm Session 1	Honey Bee Creative  \$40.00 p/w Support ratio 1:3	Sewing Club  \$3.00 Support ratio 1:3	Woodworking Basics  \$5.00 p/w Support ratio 1:3	Any 1:1 support can be catered for also 3Rd Thursday of Month Morning Melodies at RSL \$20.00
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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	Nature and Gardening skills  Support ratio 1:3	Ten Pin Bowling  \$12.00 p/w Support ratio 1:3	Ten Pin Bowling  \$12.00 p/w 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

**Morning
9.00am-
12.00pm**

**Session
1**

**Out and About in
the community**



Support ratio 1:3

**Social BBQ @
L&L (One
Friday a month)**



\$5.00
Support ratio 1:3

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

Out and About
consists of
visiting a new
place each week in
the local area.
Places include
National Parks,
Waterfalls,
beaches & bush
walks

Lunch Break 12.00pm-12.30pm

Post lunch break activities 12.30pm-1.00pm

**Afternoon
1.00pm-
3.00pm**

**Session
2**

**Out and about in
the community**



Support ratio 1:3

**Social BBQ
& Games**

Support ratio 1:3

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

Activity	Description	Outcome
Kitchen Skills	Customers will participate in a range of practical activities to prepare simple lunch meals. 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. Recipes vary from Lunch meal prep to Dinner meal prep <i>Workbook available</i>	• 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.
Art & Photography	Learn a variety of techniques that are required for the completion of making items such as beading, modelling clay, mat making and much more for all occasions.	• 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	• Use safe work practices to ensure ergonomic and work organisation requirements are met • Explore the functions and features of a computer or tablet • 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.
All Abilities Workout	All Abilities Workout is a partnership with Sports Australia and Champion Life. It's all about moving, learning from mentors, and keeping track of progress.	• increases your heart rate without stressing your body • tones muscles • builds strength • builds endurance
Gardening	Gardening is the practice of growing and cultivating plants as part of horticulture. In gardens, ornamental plants are often grown for their flowers, foliage, or overall appearance; useful plants, such as root vegetables, leaf vegetables, fruits, and herbs, are grown for consumption, for use as dyes, or for medicinal or cosmetic use	Gardening is considered by many people to be a relaxing activity. There are also many studies about the positive effects on mental and physical health in relation to gardening. Specifically, gardening is thought to increase self-esteem and reduce stress
Woodworking	Use a variety of materials to create and develop wood pieces. Learn different skills with wood working tools . Assist in developing	• Woodworking Skills • Creating and developing

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

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, Sunshine Coast, Hervey bay. Events to Aussie World, Sea Life and Australia zoo 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 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.

Day trips and event days



Hope this has assisted you!

**Please call Elissa Biancucci on 0409 531 176
or email elissa.biancucci@endeavour.com.au
for any inquiries.**

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

