

Warwick Learning and Lifestyle hub

Operating Hours

Monday – Friday

09:00am – 03:00pm

Contact Us for More Information

Phone: 1800 112 112

Email: hello@endeavour.com.au



Warwick Learning and Lifestyle hub

Program dates: January 2026– July 2026

What's on!

Monday - Morning

Morning News and Weather

9:00am - 9:30am

After everyone arrives and does their morning routine, we have a chat about the day ahead and share any news, we then write out the day of the week, date, month, season and make a prediction about the days weather using the interactive white board.



VR/ Technology/Games

9:30am - 10:00am

During this program participants can choose to engage in using Virtual Reality (VR), computer, Ipads or the Interactive White Board to play games, listen to music, watch videos, and engage in a range of different virtual reality games and activities.



Shopping List and Budgeting

10:30am - 11:00am

Participants gain life skills by planning, following a recipe , writing out and preparing the shopping list for the cooking lunch program, the budget is discussed and written down, the list and budget are then followed while at the shop when purchasing the groceries required to make lunch.



Simple Healthy Lunch (Cooking Program) - \$10

11:00am - 12:00pm

The cooking program is a hands-on, supportive program designed to build everyday cooking and life skills in a safe and encouraging environment. Participants work together to prepare and enjoy simple nutritious lunches while learning practical skills.




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What's on!

Monday - Afternoon

<div><div>Healthy Habits 12:30pm - 1:30pm</div><div><p>The Healthy Habits Program is designed to support people with disability to build and maintain positive lifestyle habits that promote physical health, mental wellbeing, and independence. The program takes a person-centred, strengths-based approach and is tailored to each individual's goals, abilities, and support needs.</p><div><div>Healthy</div><div>Life skills</div></div></div></div> <div></div>	<div><div>Healthy Relationships 1:30pm - 2:30pm</div><div><p>Through accessible, inclusive, and person-centred learning, participants explore topics such as friendship, family relationships, romantic relationships, boundaries, consent, emotional wellbeing, and personal safety. The program recognises the diversity of relationships and identities and respects each participant's values, culture, and lived experience.</p><div><div>Healthy</div><div>Life skills</div></div></div></div> <div></div>	<div><div>Tidy up and Prepare for pick up 2:30pm - 3:00pm</div><div><p>The program emphasises safety, choice, and dignity, empowering participants. Skills are taught in real-life settings to ensure relevance and practical application, with progress reviewed regularly. By strengthening domestic capabilities, the program aims to enhance daily functioning, reduce reliance on supports over time where appropriate, and improve overall quality of life.</p><div><div>Life skills</div></div></div></div> <div></div>	
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What's on!

Tuesday - Morning

<div>Morning News and Weather 9:00am - 9:30am</div> <div>After everyone arrives and does their morning routine, we have a chat about the day ahead and share any news, we then write out the day of the week, date, month, season and make a prediction about the days weather using the interactive white board.</div> <div></div>	<div>Arts and Crafts 9:30am - 10:00am</div> <div>Our Arts and Crafts Program fosters creativity, self-expression, providing a meaningful and enjoyable experience where every participant's contribution is valued and celebrated. Participants engage in a wide range of hands-on activities such as painting, drawing, collage, pottery, textile crafts, and seasonal or themed projects. Activities are adapted to meet individual needs, preferences and abilities.</div> <div></div>	<div>Pen Pals 10:30am - 11:00am</div> <div>Our Pen Pals Program is a meaningful social connection initiative designed to reduce isolation and build friendships for people with disabilities. The program connects participants with carefully matched pen pals who exchange letters or cards on a regular basis, based on shared interests, communication preferences, and support needs. The program encourages self-expression, literacy, confidence, and emotional wellbeing in a safe and supported way.</div> <div></div>	<div>Tuesday Trivia/Games 11:00am - 12:00pm</div> <div>Tuesday Trivia & Games is a fun, inclusive social program designed to promote connection, enjoyment, and skill development in a supportive environment. Participants take part in a variety of engaging activities such as trivia quizzes, board games, card games, word games, and group challenges, all tailored to suit different abilities, interests, and support needs.</div> <div></div>
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What's on!

Tuesday - Afternoon

Afternoon Tea & Coffee Community Outing - \$10 12:30pm – 2:30pm

Our Tuesday Afternoon Tea & Coffee Community Outing is a relaxed and inclusive social program designed to support participants to connect with others, build confidence, and enjoy meaningful time in the community. Participants are supported to visit local cafés or community venues where they can enjoy afternoon tea or coffee in a welcoming and accessible environment.



Once a month-Bunnings Workshop 12:30pm - 2:30pm

Our Bunnings Workshop program provides participants with an inclusive, hands-on community experience focused on skill development, confidence building, and social engagement. Participants attend structured workshops at Bunnings, where they take part in guided DIY and craft activities such as gardening projects, and creative builds.



Once a month – Senior Citizens Morning Tea/ Afternoon Tea - \$5 12:00pm - 2:30pm

We attend a morning Tea Once a month at the senior citizens this is a relaxed and inclusive social program designed to support participants to connect with others, build confidence, and enjoy meaningful time in the community.



Tidy up and Prepare for pick up 2:30pm - 3:00pm

The program emphasises safety, choice, and dignity, empowering participants. Skills are taught in real-life settings to ensure relevance and practical application, with progress reviewed regularly. By strengthening domestic capabilities, the program aims to enhance daily functioning, reduce reliance on supports over time where appropriate, and improve overall quality of life.



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What's on!

Wednesday - Morning

Morning News and Weather 9:00am - 9:30am

After everyone arrives and does their morning routine, we have a chat about the day ahead and share any news, we then write out the day of the week, date, month, season and make a prediction about the days weather using the interactive white board.



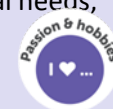
Music, Games & Technology 9:30am-10:30am

This program celebrates creativity and accessibility, ensuring that everyone, regardless of ability, can experience the joy and learning potential of music, games, and technology. Through hands-on activities, adaptive tools, and supportive guidance, the program encourages self-expression, skill-building, and social connection.



Arts/Crafts 10:30am-11:30am

Our Arts and Crafts Program fosters creativity, self-expression, providing a meaningful and enjoyable experience where every participant's contribution is valued and celebrated. Participants engage in a wide range of hands-on activities such as painting, drawing, collage, pottery, textile crafts, and seasonal or themed projects. Activities are adapted to meet individual needs, preferences and abilities.



Reading & Writing Skills 11:30am-12:00pm

This program focuses on reading and writing skills that support everyday communication and participation. Reading abilities including recognising common words, signs, and basic written information relevant to daily activities..



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What's on!

Wednesday - Afternoon

<div><div>Recreation - \$5.50 12:30pm-2:30pm</div><div><p>Our Inclusive Recreation Program is designed to provide meaningful, engaging, and accessible recreational opportunities for individuals with disabilities. Through a variety of adaptive activities—including sports activities and swimming—participants can build physical skills and boost confidence</p><div><div>Healthy</div><div>Recreation</div></div></div></div>	<div><div>Arts/Crafts 12:30pm-2:30pm</div><div><p>Our Arts and Crafts Program fosters creativity, self-expression, providing a meaningful and enjoyable experience where every participant's contribution is valued and celebrated. Participants engage in a wide range of hands-on activities such as painting, drawing, collage, pottery, textile crafts, and seasonal or themed projects. Activities are adapted to meet individual needs, preferences and abilities.</p><div><div>Passion & hobbies</div></div></div></div>	<div><div>Tidy up and Prepare for pick up 2:30pm - 3:00pm</div><div><p>The program emphasises safety, choice, and dignity, empowering participants. Skills are taught in real-life settings to ensure relevance and practical application, with progress reviewed regularly. By strengthening domestic capabilities, the program aims to enhance daily functioning, reduce reliance on supports over time where appropriate, and improve overall quality of life.</p><div><div>Life skills</div></div></div></div>	
			

Warwick Learning and Lifestyle hub

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What's on!

Thursday - Morning

Morning News and Weather

9:00am - 9:30am

After everyone arrives and does their morning routine, we have a chat about the day ahead and share any news, we then write out the day of the week, date, month, season and make a prediction about the days weather using the interactive white board.



VR/ Technology/Games

9:30am - 10:30am

During this program participants can choose to engage in using Virtual Reality (VR), computer, iPad or the Interactive White Board to play games, listen to music, watch videos, and engage in a range of different virtual reality games and activities.



Shopping List and Budgeting

10:30am - 11:00am

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Mindfulness & Relaxation Techniques

11:00am-11:30am

Through this program, attendees will learn to reduce stress, improve focus, enhance emotional resilience, and cultivate a greater sense of calm and self-awareness. Each session encourages a supportive and inclusive environment where participants can practice at their own pace, share experiences, and develop tools for lasting relaxation and mindfulness in daily life.



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Thursday - Afternoon

Cooking Afternoon Tea - \$5

12:30pm - 2:00pm

Participants will learn how to prepare classic treats such as sandwiches, scones, pastries, and teas, while building confidence, independence, and practical kitchen skills. Beyond cooking, the program fosters social connection, creativity, and a sense of accomplishment, culminating in a shared afternoon tea experience where participants can enjoy the fruits of their labour together.



Walk

2:00pm - 2:30pm

Our walking program is designed to promote physical activity, social connection, and overall well-being. This program helps to improve fitness while enjoying nature as a group. This program provides a safe and supportive environment for participants of all abilities.



Tidy up and Prepare for pick up

2:30pm - 3:00pm

The program emphasises safety, choice, and dignity, empowering participants. Skills are taught in real-life settings to ensure relevance and practical application, with progress reviewed regularly. By strengthening domestic capabilities, the program aims to enhance daily functioning, reduce reliance on supports over time where appropriate, and improve overall quality of life.





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What's on!



Friday - Morning

<div>Morning News and Weather 9:00am - 9:30am</div> <div>After everyone arrives and does their morning routine, we have a chat about the day ahead and share any news, we then write out the day of the week, date, month, season and make a prediction about the days weather using the interactive white board.</div> <div></div>	<div>Building Social Connections 9:30am - 10:00am</div> <div>Our Building Social Connections program is designed to foster meaningful relationships and develop lasting social networks. Through structured group activities, interactive workshops, and supportive community events, participants are encouraged to explore shared interests, practice communication skills, and build confidence in social settings. The program emphasizes inclusivity, empathy, and personal growth, offering a safe and welcoming environment where participants can form authentic connections.</div> <div></div>	<div>Friday Fun Day 10:00am – 2:30pm</div> <div>Our Friday Fun Day program is designed to provide individuals with an engaging and enjoyable way to end the week with social, recreational, and leisure activities. Each Friday, participants come together to enjoy a variety of fun-filled experiences that promote social interaction, physical activity, and overall well-being.</div> <div></div>	
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What's on!		Friday - Afternoon	
<p>Friday Fun Day - \$5- \$25 10:00am - 2:30pm</p> <p>Activities include: Bowling – Enjoy friendly competition and teamwork in a relaxed, supportive environment. Lunch Outings – Explore local restaurants and cafés while practicing social skills and enjoying great food. Special Monthly Activities – Additional options such as arts and crafts, movie days, karaoke and discos to keep each Friday exciting and fresh.</p> <div><div>Activity fee</div><div>Recreation</div></div>	<p>Tidy up and Prepare for pick up 2:30pm - 3:00pm</p> <p>The program emphasises safety, choice, and dignity, empowering participants. Skills are taught in real-life settings to ensure relevance and practical application, with progress reviewed regularly. By strengthening domestic capabilities, the program aims to enhance daily functioning, reduce reliance on supports over time where appropriate, and improve overall quality of life.</p> <div>Life skills</div>		
			

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