

Maryborough Learning & Lifestyle Weekly Program



February 2025

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.

JP and Bruce enjoying a beach day



Monday

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

9.15am
to
12.00pm

Volunteering at Animal
shelter



Support ratio 1:3

Men's Shed
Week 1



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

Music week 2



Support ratio 1:3

Lunch Break 12.00pm-12.30pm

Post lunch break activities 12.30pm-1.00pm

1:00pm
to
3:00pm

Swimming



Support ratio 1:3

Cooking: Making Dinner



\$10 p/w
Support ratio 1:3

Any 1:1 support can be
catered for also

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Tuesday

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

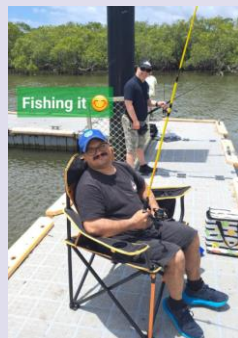
9.15am
to
12.00pm

Baking



\$5.00 p/w
Support Ratio 1:3

Fishing



Support ratio 1:3

Sewing



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

Ladies Social Club



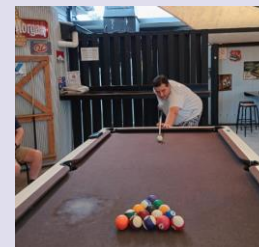
\$5.00 p/w
Support Ratio 1:3

Craft!



Support ratio 1:3

8 Ball pool



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

Any 1:1 support
can be catered
for also



Wednesday

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

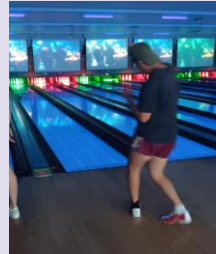
9.15am
to
12.00pm

Library



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



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

Reading and writing



Support ratio 1:3

Thursday

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

9.15am to
12.00pm

Women's Shed



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

Lunch Preparation: Cooking Lunch Included



\$10.00 p/w
Support ratio 1:3

Chatterbox



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

Swimming



\$10 p/w
Support ratio 1:3

Reading and writing



Support ratio 1:3

In Centre Activities: Customer Choice

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Support ratio 1:3

Friday

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

9.15am to
12.00pm

Bandtastic



Support ratio 1:3

Reading and writing



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

1.00pm
to
3.00pm

Movies and Popcorn in center



Support ratio 1:3

Bowling



\$10 P/W
Support ratio 1:3

Monthly Friday Day
Trips
As organized by
events committee

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\$TBC
Support ratio 1:3

Planned Day Trips Weather permitting and pending approvals

- Feb

WetSide Water park, bring money for Lunch

- march

Day trip to Bundaberg L&L

- April

Reef world, Cost TBC

- May –

Fraser Coast Show

- June –

Mini Golf Hervey Bay

- July –

Snakes Down Under

- August –

Whale Watching

- September –

Splitlers Farm

- October –

Mail sorting center

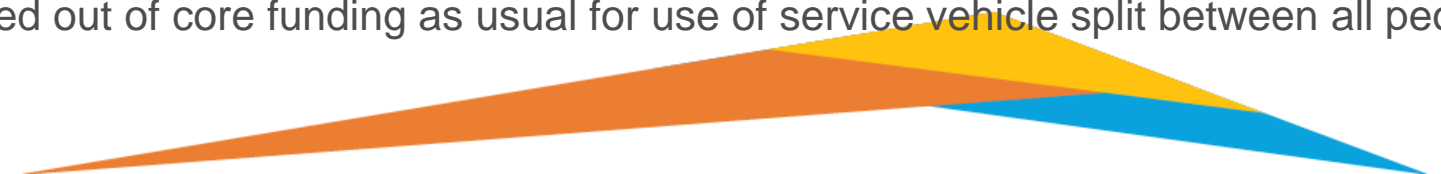
- November –

Bowling competition

- 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 Readiness 1
- 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 Matt Ward on 0456 892 431
or email matthew.ward@endeavour.com.au
for any inquiries.**

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

