

Bundaberg Learning & Lifestyle Weekly Program



January 2025

Price guide for Learning and Lifestyle activities – NDIS funding

Based on group activities in a centre, community, week nights and weekends.

- Group base week days 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.

Katrina in Kitchen Skills








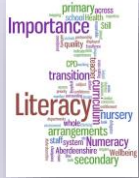

Monday

Morning walk or exercise activity offered for first 20 minutes

<p>Morning 9.00am- 12.00pm</p> <p>Session 1</p>	<p>Card making and letter writing</p>  <p>\$3.00 p/w Support ratio 1:3</p>	<p>Meals on Wheels Meal Delivery</p>  <p>Support ratio 1:3</p>	<p>Lunch Preparation Lunch Included</p>  <p>\$6.00 p/w Support ratio 1:3</p>	<p>VR, Communication and Computer</p>  <p>Support ratio 1:3</p>	<p>Community Access and Travel Training</p>  <p>\$3.00 p/w Support ratio 1:3</p>	<p>Barista training and coffee shop</p>  <p>Support ratio 1:1</p>	<p>Sport and fitness outing Bundaberg</p>  <p>Support ratio 1:3</p>
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Lunch Break 12.00pm-12.30pm

Post lunch break activities 12.30pm-1.00pm

<p>Afternoon 1.00pm- 3.30pm</p> <p>Session 2</p>	<p>Creative Craft</p>  <p>\$3.00 p/w Support ratio 1:3</p>	<p>VR, Communication and Computer</p>  <p>Support ratio 1:3</p>	<p>Out and About Bundaberg</p>  <p>Support ratio 1:3</p>	<p>Acoustic Beats Guitar basics</p>  <p>Support ratio 1:3</p>	<p>Ladies Social group and Life Skills</p>  <p>\$3.00 p/w Support ratio 1:3</p>	<p>Numeracy and Literacy</p>  <p>Support ratio 1:3</p>	<p>Macreme and micro business group</p>  <p>Support 1:3</p>
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Tuesday

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	<p>Creative Craft</p>  <p>\$3.00 p/w Support ratio 1:3</p>	<p>Woodwork basics</p>  <p>\$5.00 p/w Support ratio 1:3</p>	<p>Lunch Preparation</p> <p>Lunch Included</p>  <p>\$6.00 p/w Support ratio 1:3</p>	<p>Endeavour Wolf Pack Fitness</p>  <p>Support ratio 1:3</p>	<p>Community Access and Travel Training</p>  <p>\$3.00 p/w Support ratio 1:3</p>	<p>Out and About Bundaberg</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-3.30pm</p> <p>Session 2</p>	<p>Bingo</p>  <p>\$3.00 p/w Support ratio 1:3</p>	<p>VR, Communication and Computer</p>  <p>Support ratio 1:3</p>	<p>Woodwork basics</p>  <p>\$5.00 p/w Support ratio 1:3</p>	<p>Men's BBQ And social group</p>  <p>\$6.00p/w Support ratio 1:3</p>	<p>Ladies Social group and Life Skills</p>  <p>\$3.00 p/w Support ratio 1:3</p>	<p>Numeracy and Literacy</p>  <p>Support ratio 1:3</p>	<p>Any 1:1 support can be catered for also</p>
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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>Drumming and music appreciation</p>  <p>Support ratio 1:3</p>	<p>Videography And 3D printing and design</p>  <p>Support ratio 1:3</p>	<p>Lunch Preparation</p> <p>Lunch Included</p>  <p>\$6.00 p/w Support ratio 1:3</p>	<p>VR, Communication and Computer</p>  <p>Support ratio 1:3</p>	<p>Community Access and Travel Training</p>  <p>\$3.00 p/w Support ratio 1:3</p>	<p>Barista training and coffee shop</p>  <p>Support ratio 1:3</p>	<p>Community Choir</p>  <p>Support ratio 1:3</p>
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Lunch Break 12.00pm-12.30pm

Post lunch break activities 12.30pm-1.00pm

<p>Afternoon 1.00pm-3.30pm</p> <p>Session 2</p>	<p>Creative Craft</p>  <p>\$3.00 p/w Support ratio 1:3</p>	<p>VR, Communication and Computer</p>  <p>Support ratio 1:3</p>	<p>Footy tipping club</p>  <p>Support ratio 1:3</p>	<p>Community Access and Travel Training</p>  <p>\$3.00 p/w Support ratio 1:3</p>	<p>Meal Preparation Take home meal included</p>  <p>\$6.00 p/w Support ratio 1:3</p>	<p>Numeracy and Literacy</p>  <p>Support ratio 1:3</p>	<p>Events And volunteer club</p>  <p>Support ratio 1:3</p>
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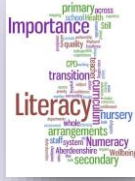

Thursday

Morning walk or exercise activity offered for first 20 minutes

<p>Morning 9.00am- 12.00pm Session 1</p> <p>Meals on Wheels Ratio 1:3</p> 	<p>Card making and letter writing and sewing</p>  <p>\$3.00 p/w Support ratio 1:3</p>	<p>Woodwork basics</p>  <p>\$5.00 p/w Support ratio 1:3</p>	<p>Lunch Preparation</p> <p>Lunch Included</p>  <p>\$6.00 p/w Support ratio 1:3</p>	<p>Numeracy and Literacy and computer</p>  <p>Support ratio 1:3</p>	<p>Community Access and Travel Training</p>  <p>\$3.00 p/w Support ratio 1:3</p>	<p>Barista training and coffee shop</p>  <p>Support ratio 1:3</p>	<p>Out and About community access</p>  <p>\$2.00 p/w Support ratio 1:3 \$10 per year</p>
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Lunch Break 12.00pm-12.30pm

Post lunch break activities 12.30pm-1.00pm

<p>Afternoon 1.00pm- 3.30pm</p> <p>Session 2</p>	<p>Darts Young Aussie Hotel</p>  <p>Drink Money Support ratio 1:3</p>	<p>VR, Communication and Computer</p>  <p>Support ratio 1:3</p>	<p>Ten Pin Bowling Bundy Bowl and Leisure</p>  <p>\$7.00 p/w Support ratio 1:3</p>	<p>Creative Thoughts</p>  <p>Support ratio 1:3</p>	<p>Thermomix Creations</p>  <p>\$3.00 p/w Support ratio 1:3</p>	<p>Numeracy and Literacy</p>  <p>Support ratio 1:3</p>	<p>Acoustic Beats Guitar basics</p>  <p>Support ratio 1:3</p>
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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>Beading and sewing</p>  <p>\$3.00 p/w Support ratio 1:3</p>	<p>Out and About in the community</p>  <p>Support ratio 1:3</p>	<p>Lunch Preparation</p> <p>Lunch Included</p>  <p>\$6.00 p/w Support ratio 1:3</p>	<p>Chair Yoga U3A group</p>  <p>\$1.00 p/w Support ratio 1:3 \$30 year membership</p>	<p>VR, Communication and Computer</p>  <p>Support ratio 1:3</p>	<p>Barista training and coffee shop</p>  <p>Support ratio 1:1</p>	<p>L&L Theatre and Dramatic Arts Group</p>  <p>1:3 support ratio</p>
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Lunch Break 12.00pm-12.30pm

Post lunch break activities 12.30pm-1.00pm

<p>Afternoon 1.00pm-3.30pm</p> <p>Session 2</p>	<p>Darts Young Aussie Hotel</p>  <p>Drink Money Support ratio 1:3</p>	<p>VR, Communication and Computer</p>  <p>Support ratio 1:3</p>	<p>Baking</p>  <p>\$3.00 p/w Support ratio 1:3</p>	<p>Swimming and water therapy</p>  <p>\$6.00p/w Support ratio 1:3 Qualified swim instructor</p>	<p>Acoustic Beats Guitar basics</p>  <p>Support ratio 1:3</p>	<p>Recycle program with Bundaberg Brewed Drinks</p>  <p>Support ratio 1:3 or 1:1</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. 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></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. <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
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. Levels increase as you learn. <i>Workbook available.</i></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. Students will explore and participate in all the steps required to become a successful Barista. Working also in an operating coffee shop. <i>Workbook available.</i></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 April 2024



- 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 Bundaberg Learning and Lifestyle are introducing a new activity

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.



Endeavour Foundation Bundaberg Learning and Lifestyle are introducing a new activity

Videography



What is videography

- Learning to operate a video camera
- Learning the aspects and parts of a video camera
 - Camera operation
 - Cinematic techniques
- Digital cinema – putting work on to the computer
 - Digital editing
 - Short film making
 - Video production
 - Story boarding
 - Scripting

WE WILL ALSO MAKE IT A LOT OF FUN



Benefits of Videography

New activity to explore, fine motor skills, enhance communication, learn new computer skills with new software, have fun and meet people with the same interest, make short film to keep, display work to others, promote ideas



About our support

Endeavour Foundation Bundaberg

L&L Theatre and Dramatic Arts group

From popular request – we are putting together a new activity. The L&L Théâtre and Dramatic Arts group.

Music Théâtre and drama is theatrical performance that combines song, spoken words, acting and dance.

We will look at

- Drama and games
- Role plays
- Masked drama
- Puppet plays
- Reading and Poetry theatre
- Mime
- Improvisation

Lots of music, lots of fun, lots of movement.

Drama is a great activity for creative thought, enhancing communication, fine motor skills, improving vocabulary, promoting confidence and movement.

When: Every Friday 9.00am-12.00pm

Where: 9 Nixon Street
Bundaberg Learning L&L

contact Nicole.Novak@endeavour.com.au or 0438743324



NDVR
Endeavour
Foundation

Additional support

Evening Kitchen Skills and Food Safety

Every Tuesday 5pm-8.30pm
Meal Included
\$8.00 p/w
Support ratio 1:3



Learn how to prepare a full meal, cook with friends, learn food hygiene and kitchen safety and share a evening meal together as a group

Dungeons and Dragons group
Monthly Tuesday evening
5.00pm-8.00pm ratio 1:3
\$12.00 per session
Includes evening meal



Social group and skill building, problem solving, working as a team, Creation and imagination, Interactive communication, Using a dice and adding each throw (numeracy), Keeping notes of your adventure (literacy), Role playing.

Ladies Frock up for Friday Group

Monthly Friday 5.30pm-9.30pm
Accessing the community with groups choice of activity
Support ratio 1:3
Cost Pending activity



Fun and social outing as organized by the participants. Can include dinners, dancing Karaoke, beach BBQ and so much more.

- Fine Motor skills
- Communications
- Budgeting
- Shopping skills
- Kitchen safety
- Food safety
- Numeracy
- Literacy



About Dungeons and Dragons

The game of **Dungeons & Dragons** is a place of magic and monsters, of brave warriors and spectacular adventures. They begin with a foundation of medieval fantasy and then add the creatures, places, and magic that make these worlds unique. This is a game of imagination, communication and team work and is also highly focused on using numeracy and literacy skills as well as being a great social group to be apart of.



Benefits Ladies Frock up Friday

- Make new friends
- Communication skills
- Visit different places in the community
- Community engagement
 - Transport training
- Working as a group to come up with ideas
 - Have Fun

Additional support

Gentleman's Social Friday Group

Monthly Friday 5.30pm-9.30pm

Monthly Friday 5.30pm-9.30pm

Accessing the community with groups
choice of activity

Support ratio 1:3

Cost Pending activity



Fun and social outing as organized by the participants. Can include dinners, pool and darts, Karaoke, beach BBQ and so much more



Ladies Social Saturday

Monthly Saturday 10.00am-2.00pm

subject to change pending activity

Accessing the community with
groups choice of activity

Support ratio 1:3

Cost Pending activity



Fun and social outing as organized by the participants. Beach BBQ, picnics, lunch outing, cent sale, day trips to Maryborough or Hervey Bay ect.

Benefits

Social Gentleman's group

- Make new friends
- Communication skills
- Visit different places in the community
- Community engagement
 - Transport training
- Working as a group to come up with ideas
 - Have Fun



Benefits

Ladies social group

- Make new friends
- Communication skills
- Visit different places in the community
- Community engagement
 - Transport training
- Working as a group to come up with ideas
 - Have Fun

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 1770, Sunshine Coast, Sea life, Australia Zoo, Hervey bay ect.

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 ski
- 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.

Groups and Clubs



Bundaberg L&L
Endeavour Foundation

Wolf Pack Fitness Club 2023



Gentleman's
Social Friday or
Saturday Club

Bundaberg L&L
Endeavour Foundation



Bundaberg L&L
Endeavour Foundation

Ladies Social Friday or Saturday Club



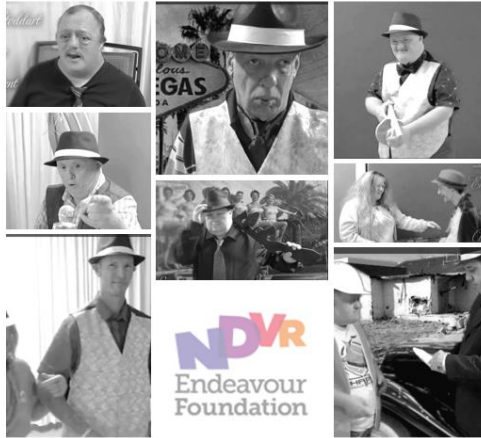
Friday
Theatre and
Movie Making
group

Bundaberg L&L
Endeavour Foundation



Day trips and event days

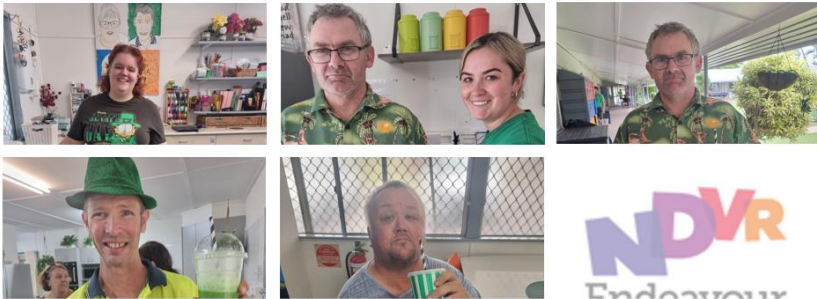
Movie
Premier
Gangster
Paradise



Mystery Trip
January 2024
Bundaberg



St Patrick's Day 2024



End of year Christmas Party

2023

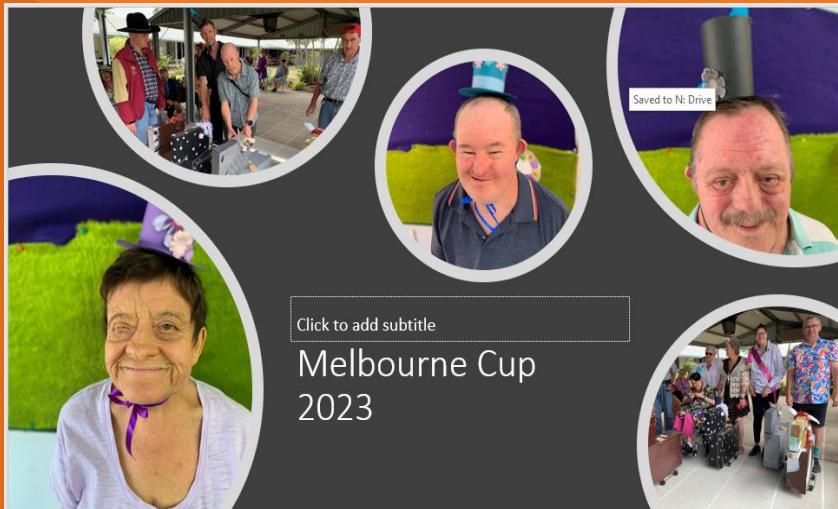
Day trips and event days

End of year
Footy Tipping
Trophy
presentation
2023



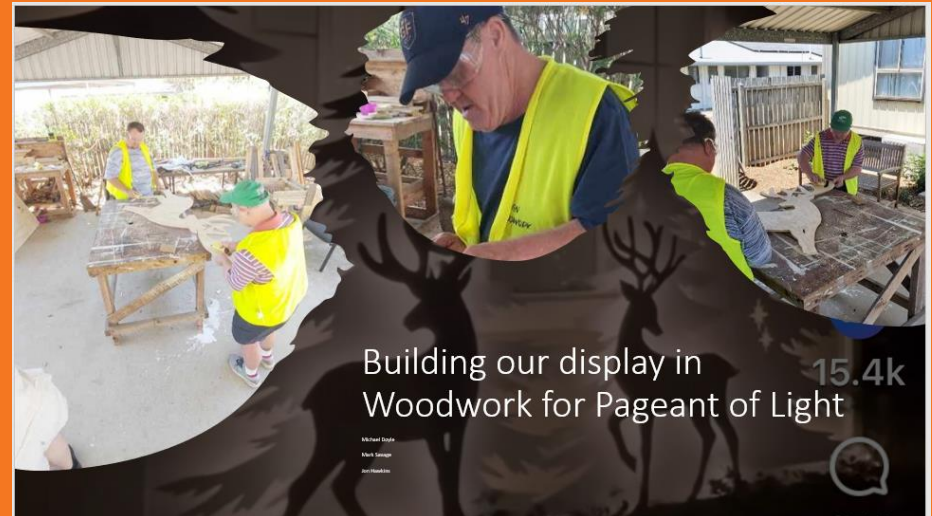
Halloween Haunted House 2023

Wednesday volunteer group did an amazing job pulling this together with 7 different rooms built full of Halloween displays.



Click to add subtitle

Melbourne Cup
2023



Building our display in
Woodwork for Pageant of Light

15.4k

Michael Stone
Mark Stanger
John Hadden



Hope this has assisted you!

**Please call Nicole Novak on 0438743324
or email Nicole.Novak@endeavour.com.au
for any inquiries.**

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

