

Gladstone Learning & Lifestyle Weekly Program



July 2024– September 2024



Price guide for Learning and Lifestyle activities – NDIS funding



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

Gladstone Learning and Lifestyle

- Centre based group– ratio 1:3
- Centre based group– ratio 1:1
- Centre based group Saturday's – ratio 1:3
- Centre based group Saturday's – ratio 1:1
- Centre based group Evenings – ratio 1:3
- Centre based group Evenings - ratio 1:1

Note: All funding under CORE or Capacity building. Prices governed by the NDIA Price guide.



Monday

#team
possible

8.30am

Morning Cuppa and Catch up for 30mins

Week 1 – Morning tea out

Morning

9.00am-
12.00pm

Session
1

Workshop

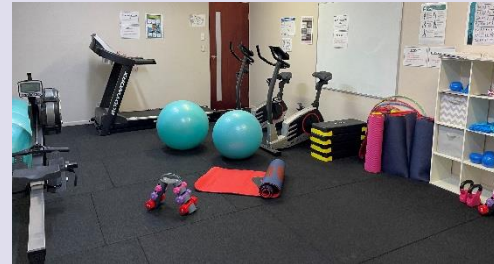
Woodwork Projects/Basic Woodwork Skills



\$2.00 p/w
Support ratio 1:3

Gym

Come and have fun getting fit in our
Gym



Support ratio 1:3

1:1 Supports
can also be
provided

Lunch Break 12.00pm-12.45pm

Post lunch break activities 12.45pm-1.15pm

Afternoon

1.15pm-
2.45pm

Session
2

Photography - Ipad Technology



Support ratio 1:3

Gardening

Let's get the garden looking great!



Support ratio 1:3

1:1 Supports
can also be
provided

Morning Cuppa and Catch up for 30mins

Morning
9.00am-
12.00pm

Session
1

Gpaws
Collections and Deliveries



Support ratio 1:3

Café Baking

Bake some treats for the Café and take some home to share



Support ratio 1:3

Any 1:1 support can be catered for also

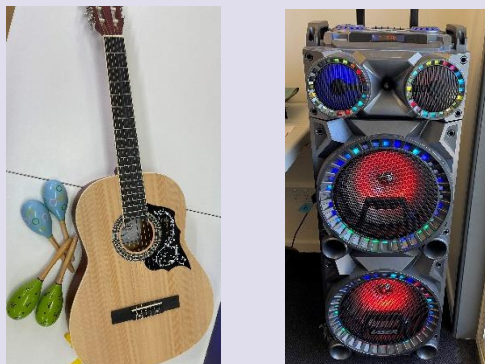
Lunch Break 12.00pm-12.45pm

Post lunch break activities 12.45pm-1.15pm

Afternoon
1.15pm-
2.45pm

Session
2

Music Appreciation
Learn about Music/Sing some songs/Musical bingo



Support ratio 1:3

Literacy

Join our Pen pal program and make new friends!



Support ratio 1:3

Any 1:1 support can be catered for also

Wednesday

Morning Cuppa and Catch up for 30mins

Morning
9.00am-
12.00pm

Session
1

Barista

Come and learn how to make perfect coffee!



\$2

Support ratio 1:3

Craft

We have some great projects to make



\$2

Support ratio 1:3

Any 1:1
support
can be
catered
for also

Lunch Break 12.00pm-12.45pm

Post lunch break activities 12.45pm-1.15pm

Afternoon
1.15pm-
2.45pm

Session
2

Dancing/Fitness

Have fun and get fit!



Support ratio 1:3

Gardening

Develop skills to keep your garden happy.



Support ratio 1:3

Bowling

Fun with Friends



Support ratio 1:3

Thursday

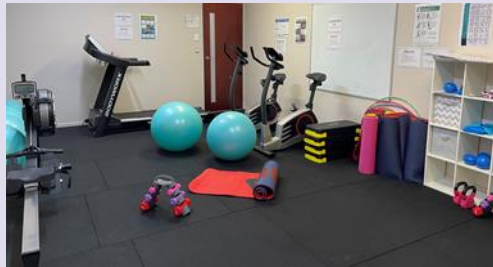
Morning Cuppa and Catch up for 30mins

Morning
9.00am-
12.00pm

Session
1

Gym

Come have fun getting fit in our Gym!



Support ratio 1:3

Cuisines of the World

Different country each week.



\$5

Support ratio 1:3

Any 1:1
support
can be
catered
for also

Lunch Break 12.00pm-12.45pm

Post lunch break activities 12.45pm-1.15pm

Afternoon
1.15pm-
2.45pm

Session
2

Workshop

Woodwork Projects/Basic Woodwork
Skills



Support ratio 1:3

Centre Activities

Craft/games/sports/gardening



Support Ratio 1:3

Funday Friday

Morning Cuppa and Catch up for 30mins

Morning
9.00am-
10.30am

Session
1

Communication Skills/ Customer Meeting



Support ratio 1:3

Shopping Outing
BBQ/Pub / Op Shopping



Support ratio 1:3

Any 1:1
support
can be
catered
for also

Week 1

Out for BBQ Lunch - \$6



Week 2

Lunch out at Restaurant / Pub - \$25



Afternoon
1.30pm-
2.45pm

Session
2

Driving Range
\$12



Support ratio 1:3

Centre Activities
Craft/games/sports/gardening



Support Ratio 1:3

Evening Cooking

Many people work and have other commitments and cannot attend cooking during the day – so we offer 2 sessions a week 3.30pm-6.30pm, you can come and cook a meal to take home to share with family or do some meal preps for the week.

Cost \$10



Additional Supports



Attending concerts at the Gladstone Entertainment Centre quarterly – for some awesome entertainment and a delicious morning tea.



Market Project

Work on customer service skills and money handling – selling items that have been made at the L&L.



Additional Supports

Do you have a specific goal that would be better achieved in a 1:1 setting?

We can Personalise your support and be more flexible in the delivery times of the support required – Evenings, Weekends.



Other programs that can be on offer are:



- Robotics
- Personal Care
- Travel training
- Money skills
- Internet skills
- Social media safety
- Computer Skills
- Road safety
- food safety
- Kitchen skills

We will work with you to tailor your supports.



- Community participation
- Work experience
- Volunteer work
- Water aerobics
- Bike riding
- Fitness
- Assisted study for Driver licence or forklift licence or similar.

Program Outlines

Activity	Description	Outcome
Kitchen Skills	<p>Customers will participate in a range of practical activities to prepare simple lunch meals. Examples 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. • Money Handling 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

#team
possible

Social Club

Social club meets once a month to catch up and have a fun day.

We have:

- Been to the Crocodile farm
- Went to the Movies
- Day trip 1770
- Pop Con
- Bowling
- Lots more to come.....



Hope this has assisted you!
Please call Katie Jones - Cantlay- 0459 869 959
or email katie.cantlay@endeavour.com.au
for any inquiries.
Look forward to hearing from you to
discuss support options

