



# Autumn/Winter 2023

## Program Book

Activities on offer in  
Launceston





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Right: Painting by Ricky Lovett



# Welcome

Welcome to the Autumn/Winter Day Program Book, a booklet to assist you in selecting activities from a variety of programs to match a wide range of needs.

On Pages 18 and 19 you will find “*Day Programs at a Glance*”. This is a colour coded list of programs. Follow the corresponding page number for a more detailed explanation including program details, outcomes, cost and time.

For example, if you wish to attend only on a Monday, view the green section of “*Day Programs*


*At A Glance*”, select your chosen program and follow the corresponding page number.

If the program, support or times are not on the day/s you attend please phone to discuss this and we will endeavour to support your wishes.


When you have chosen your program/s, contact the relevant person to apply for your activity or fill out and return the Program Choices form on Page 33.




## Newstead Campus

 22 Hoblers Bridge Road  
Newstead


Emma Pearce  
Operations Manager - Day Programs

 03 6331 7651


 emma.pearce@stmichaels.asn.au



## City Campus

 1-3 Chant Street  
East Launceston

Amanda Mallett  
Senior Support Worker

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## Key



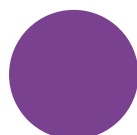
Monday



Tuesday



Wednesday



Thursday

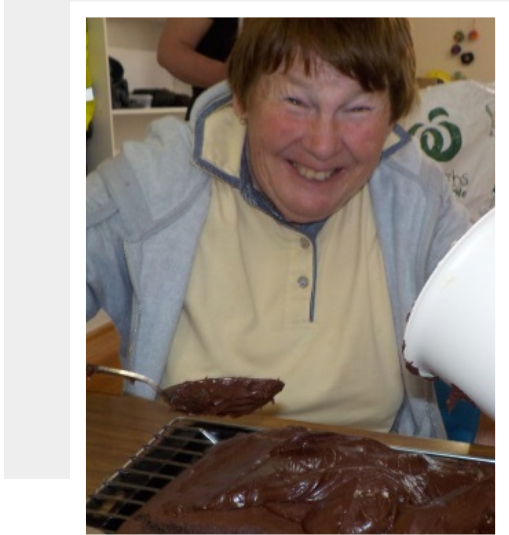


Friday



# Day Program outcomes

St Michael's offers specific outcomes for each program to help you achieve your goals identified in your Person Centred Plan. The symbols outlined below are used throughout the book to assist you to choose your programs to achieve your life goals.



## Independent Living Skills

St Michael's believes that all people have the right to make their own decisions to direct their own lives. Our programs aim to develop your skills so that you can do what you think is important.



## Exercise, Health & Wellbeing

Programs offered include many opportunities to exercise, increase fitness and nurture physical and mental health and wellbeing in a social atmosphere.



## Education & Training

St Michael's programs include daily living skills, training, literacy and budgeting. We also offer accredited courses through our Registered Training Organisation.



## Community Participation & Inclusion

Programs aim to promote community participation and inclusion at all levels, resulting in friendships being formed and the formation of important life skills.



## Arts

Our art and music programs allow participants to discover their artistic flair and are tailored to suit individual needs.



## Sensory

We offer sensory specific programs designed to suit individual needs including a sensory room and relaxation program. The majority of programs also have a sensory component.



## Recreation & Leisure

A variety of recreation and leisure programs are offered in the local community. Programs are designed to be fun and interactive.



## Communication

Our programs aim to improve communication skills in a fun, participative environment.





## "I love the cooking program..."

"Hi my name is Jo; I live in a unit at St Michael's.

I enjoy the day programs because I get to catch up with my friends.

I love the cooking program; my skills and confidence in the kitchen have grown a lot over the years."

## Program choices

The Day Program is designed to offer participants choice, with an extensive range of programs available ranging from sports, cooking and relaxation to dancing, gardening, art and music.

Please note:

- It is not guaranteed that a program will operate and St Michael's reserves the right to cancel any program.
- Transport costs are subject to the transport operator fees.
- St Michael's will try to accommodate everybody's first or second choice, though if this is not possible you will be notified.
- All programs are designed to be consistent with the principles of the National Disability Insurance Scheme (NDIS).
- Individual support programming available: Program participation can be modified to suit individual needs and NDIS funding.

## Achieve the life you want!



## Important dates

### Public holidays

Monday 13 March 2023 **Eight Hours' Day**

Friday 7 April 2023 **Good Friday**

Monday 10 April 2023 **Easter Monday**

Tuesday 25 April 2023 **Anzac Day**

Monday 12 June 2023 **King's Birthday**

Programs and costs are subject to change. Please read newsletters for notification of any date changes throughout the year. Any queries to Operations Manager-Day Programs on 03 6331 7651.





## Drumming @ Newstead

An interactive drumming session of rhythm and learning to keep a beat.



### Outcomes

- Can reduce stress.
- Can improve mood
- Play as part of a group.
- Learn to follow the beat.

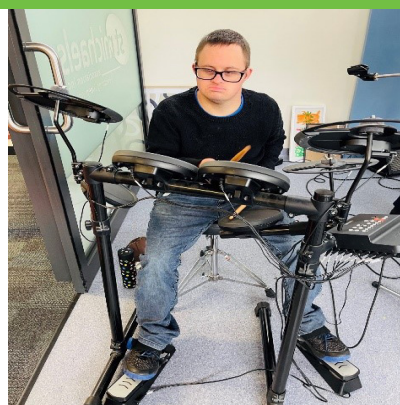
### Cost:

\$2.00 per person  
(Fee includes upgrading of instruments)

### Location:

22 Hoblers Bridge Rd,  
Newstead

**Time:** 9.00 am - 12.00 pm



**Participants will be guided to learn how to play as part of a group and also develop skills in being able to follow the beat. It is also an activity which can improve mood and reduce stress.**

## Grooming @ City

Have an all over grooming session by learning the full process.



### Outcomes:

Learning the steps - cleansing, moisturising, apply foundation and facial makeup products and nail polish.

- Follow a step-by-step pictorial guide.
- Style your hair - brush/comb, crimp, curl, braid etc for a finished look.

### Cost:

\$5.00 per person

### Location:

1-3 Chant St,  
East Launceston

**Time:** 9.00 am - 12.00 pm



**Sensory experience which develops an understanding of skin care techniques, helps identify a personal style through experimentation in a supported environment, builds friendships and improves confidence.**

## Swimming @ Newstead

A structured program featuring warm up exercises, games and a relaxing float.



### Outcomes:

Improve general health and fitness through water-based activities.

- Improve mobility and strength.
- Build water confidence and safety using flotation devices.
- Improving swimming techniques on an individual basis.

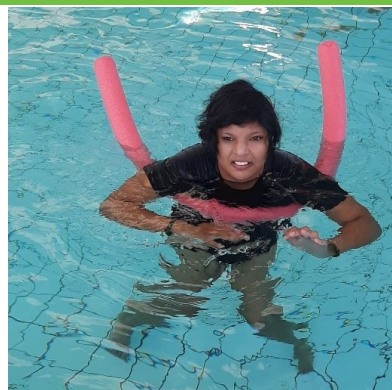
### Cost:

\$10.80 per person  
(Fee includes facility entry)

### Location:

22 Hoblers Bridge Rd,  
Newstead

**Time:** 9.00 am - 12.00 pm



**Develops safety skills, improves confidence, eye/hand coordination, increases fine/gross motor skills, increases/maintains mobility, improves balance, increases overall fitness and independent living skills (drying/changing).**



## Relaxation @ City

A program designed to introduce relaxation and coping techniques.



### Outcomes:

Learn techniques to relax.

- Creating a relaxing environment.
- Develop relaxation through music, massage and aromatherapy for a feeling of wellbeing.

### Cost:

\$5.00 per person  
(Fee includes all consumables)

### Location:

1-3 Chant St,  
East Launceston

**Time:** 9.00 am - 12.00 pm



**A program which promotes good health and is aimed at improving mood and lessening stress in a social setting.**

## Jewellery Making @ Newstead

Explore your artistic flair by creating jewellery items to keep or give to friends and family.

### Outcomes:

- Explore your creativity.
- Enhance your artistic flair.
- Keep finished jewellery.
- Explore shapes and colours.
- Encourages creative thinking.

### Cost:

\$5.00 per person  
(Fee includes all consumables).

### Location:

22 Hoblers Bridge Rd,  
Newstead

**Time:** 12.00 pm - 3.00 pm



**Participants will be actively supported to make individual pieces of jewellery which will encourage creative thinking and individual style and choice. The program will also improve fine motor skills and eye/hand coordination.**

## Photography @ City

The creative use and operation of cameras and mobile devices to take photographs.



### Outcomes:

- Improved eye/hand coordination.
- Social interaction and communication skills.
- Improved computer skills including downloading and printing images.
- Development of planning skills.

### Cost:

\$2.00 per person  
(Fee includes all consumables)

### Location:

1-3 Chant St,  
East Launceston

**Time:** 12.00 pm - 3.00 pm



**A community-based activity offering skill development in several important areas such as literacy, numeracy, computer, communication, negotiation and fine motor skills.**



## Swimming @ City

A structured program featuring warm up exercises, games and a relaxing float.



### Outcomes:

Improve general health and fitness through water-based activities.

- Improve mobility and strength.
- Build water confidence and safety using flotation devices.
- Improving swimming techniques on an individual basis.

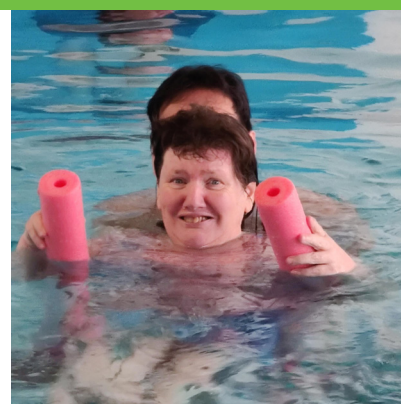
### Cost:

\$10.00 per person  
(Fee includes facility entry)

### Location:

1-3 Chant St, East  
Launceston

**Time:** 9.00 am - 12.00 pm



**Develops safety skills, improves confidence, eye/hand coordination, increases fine/gross motor skills, increases/maintains mobility, improves balance, increases overall fitness and independent living skills (drying/changing).**

## Craft @ City

Make exciting presents and cards for special occasions that showcase your artistic flair.



### Outcomes:

- Decision making - select colours and materials.
- Increases textile awareness,
- Develop your gross and fine motor skills.
- Expand your artistic flair and confidence.

### Cost:

\$5.00 per person  
(Fee includes all consumables)

### Location:

1-3 Chant St,  
East Launceston

**Time:** 12.00 pm - 3.00 pm



**This program is designed to encourage choice and individual design. It encourages personal decision making and provides opportunities to independently create gifts for family and friends.**

## Computer @ Newstead & City

Computer for beginners, an opportunity to get up to speed with technology.



### Outcomes:

- Learn to turn the computer on and shutdown.
- Navigate programs and games.
- Develop hand/eye coordination through mouse and cursor control.
- Increase your intellectual stimulation through strategising/problem solving.

### Cost:

\$3.00 per person per hour  
\$1.50 per person per 1/2  
hour  
(Fee covers consumables/  
internet access)

### Location:

22 Hobblers Bridge Rd,  
Newstead and 1-3 Chant St,  
East Launceston

**Time:** All day



**This activity offers opportunities for learning and gaining new knowledge by navigating a variety of sites. Assists in the development of eye/hand coordination through mouse and cursor control.**



## Gardening @ Newstead

Plant, grow, care for and harvest plants - vegetables, herbs and flowers.



### Outcomes:

- Growing own vegetables for use in cooking will contribute to a healthy diet.
- Learn to identify the difference between weeds and plants.
- Plant and maintain a garden and harvest what you grow.

### Cost:

\$5.00 per person

### Location:

22 Hoblers Bridge Rd,  
Newstead

**Time:** 12.00 pm - 3.00 pm



**This activity allows participants to plant, care for and harvest plants, vegetables, herbs and flowers. This will provide them with a sense of achievement and pride in their efforts. They will also learn how to care for their equipment.**

## Launceston Entertainment Complex

Lots of fun activities to choose from including Airtime 360 and Laserforce.



### Outcomes:

- Improves overall fitness levels.
- Great for balance and agility.
- Offers mental simulation.

### Cost (per session):

Airtime 360: \$20.00\*

Adventure Planet: \$15.00\*

Laserforce (3 missions):

\$20.00\*

(\* Please note all prices are subject to change)

### Location:

22 Hoblers Bridge Rd,  
Newstead

**Time:** 12.00 pm - 3.00 pm



**Participants can choose from a wide variety of activities including trampolining, the launch pad and the big air bag. It is great for socialising and interacting with others while staying fit.**

## Eight Ball @ Newstead

A social activity at Newstead for all weather conditions.



### Outcomes:

- Improves critical thinking.
- Improves stretching, balance and agility.
- Helps participants develop social skills by engaging with like-minded people.

### Cost:

\$2.00 per person

### Location:

22 Hoblers Bridge Rd,  
Newstead

**Time:** All day



**Participants will see an improvement in their eye/hand coordination and colour recognition. They will learn to become a team player as well as improving their agility and having fun.**

## Golf @ City

Develop your golf technique at the driving range and sink the ball on the green.



### Outcomes:

- How to hold the club.
- How to stand and swing through.
- How to hit the ball on the driving range.
- Work on your putting skills and practice sinking the ball on the putting green.

### Cost:

\$4.00 per person  
(Fee includes ball hire)

### Location:

1-3 Chant Street,  
East Launceston

**Time:** 9.00 am - 12.00 pm



**This activity allows for significant social interaction as well as assisting participants master the skills associated with the game. It also helps improve their eye/hand coordination and fitness.**

## Computer @ City

Computer for beginners, an opportunity to get up to speed with technology.



### Outcomes:

- Learn to turn the computers on and shutdown.
- Navigate programs and games.
- Develop hand/eye coordination through mouse and cursor control.
- Increase your intellectual stimulation through strategising/problem solving.

### Cost:

\$3.00 per person per hour  
\$1.50 per person per 1/2 hour  
(Fee covers consumables/internet access).

### Location:

1-3 Chant Street,  
East Launceston

**Time:** All day



**This activity offers opportunities for learning and gaining new knowledge by navigating a variety of sites and playing games. Assists in the development of eye/hand coordination through mouse and cursor control.**

## Eight Ball @ Newstead

A social activity at Newstead for all weather conditions.



### Outcomes:

- Improves critical thinking.
- Improves stretching, balance. and agility.
- Helps participants develop social skills by engaging with like-minded people.

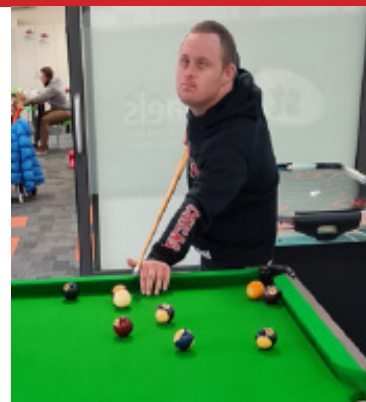
### Cost:

\$2.00 per person

### Location:

22 Hoblers Bridge Rd,  
Newstead

**Time:** All day



**Participants will see an improvement in their eye/hand coordination and colour recognition. They will learn to become a team player as well as improving their agility and having fun.**



# Shopping/Bus Travel

Use public Metro bus transport to different locations for morning tea and shopping.



## Outcomes:

- Develop road skills
- Read and follow the bus timetable
- Learn the correct bus to catch to get to your destination.
- Money handling skills
- Selecting from a menu

## Cost:

Metro Greencard fare  
(Provide own spending money)

## Location:

22 Hoblers Bridge Rd,  
Newstead

**Time:** 9.00 am - 12.00 pm



*This activity creates awareness of new surroundings and an understanding of the public transport system, develops money handling skills, assists with participants' ability to follow directions and make choices.*

# Literacy @ City

Learn and develop reading and writing skills.



## Outcomes:

- Hold a pen and form written letters to make words.
- To be able to read words and books.
- Identify letters, sign and terms.

## Cost:

\$2.00 per person

## Location:

1-3 Chant St,  
East Launceston

**Time:** 9.00 am - 12.00 pm



*Develops basic literacy skills across writing, reading and spelling. Participants also get a sense of achievement by mastering literacy elements.*



## Woodwork @ Newstead

Learn to use tools and make projects from start to finish.



### Outcomes:

- Development of new skills in most areas of woodwork.
- Improve creativity while customising or upcycling your own furniture.
- Increased awareness and safety while working in a workshop and building the skills to identify any potential risks.

### Cost:

\$5.00 per person  
(Fee includes all consumables)

### Location:

22 Hoblers Bridge Rd,  
Newstead

**Time:** 9.00 am - 12.00 pm



**Assists participants to design projects which could potentially lead to future employment opportunities. Improves participants' numeracy skills through measurements and basic calculations in the design of individual projects.**

## Brain Waves @ City

Intellectually challenging activities, puzzles, board games and Nintendo Wii.



Designed for all skill levels.

### Outcomes:

- Problem solve how to fit pieces in a puzzle.
- Intellectual stimulation with Scrabble or Up Words.
- Timing and aim on the Nintendo Wii with bowling, tennis or baseball.

### Cost:

\$2.00 per person  
(Fee includes all consumables)

### Location:

1-3 Chant St,  
East Launceston

**Time:** 9.00 am - 12.00 pm



**This program assists participants to keep an active mind, maintain memory and fine motor skills in a social setting.**

## Gardening @ City

Plant, grow, care for and harvest plants - vegetables, herbs and flowers.



### Outcomes:

- Identify gardening tools and how to use them.
- Learn to identify the difference between weeds and plants.
- Growing, maintaining and harvesting edible crops.
- Maintaining lawns including the safe use of a lawnmower and whipper snipper.

### Cost:

\$2.00 per person  
(Fee includes all consumables)

### Location:

1-3 Chant St,  
East Launceston

**Time:** 9.00 am - 12.00 pm



**This activity allows participants to plant, care for and harvest plants, vegetables, herbs and flowers. This will provide them with a sense of achievement and pride in their efforts. They will also learn how to care for their equipment.**



# Carpet Bowls @ Newstead

A social activity at Newstead for all weather conditions.



## Outcomes:

- Social interaction, turn taking and communication skills.
- Counting the bowls and keeping score.
- Improving bowling skills.

## Cost:

\$2.00 per person

## Location:

22 Hoblers Bridge Rd, Newstead

**Time:** 12.00 pm - 3.00 pm



**This activity increases eye/hand coordination, builds confidence, increases intentional communication and improves fitness. Physical exercise has also been shown to improve mental health.**

# Craft @ City

Make exciting presents and cards for special occasions that showcase your artistic flair.



## Outcomes:

- Decision making - select colours and materials.
- Develop your fine motor and scissor skills.
- Expand your artistic flair and confidence.

## Cost:

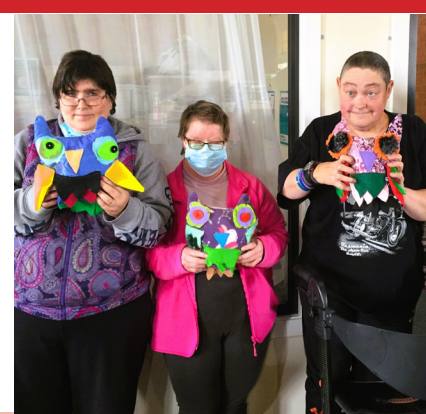
\$5.00 per person

(Fee includes all consumables)

## Location:

1-3 Chant St, East Launceston

**Time:** 12.00 pm - 3.00 pm



**Improves decision making and motor skills as well as increasing textile awareness. The program encourages personal choice and provides opportunities to independently choose and create gifts for family and friends.**

# Dancing @ Newstead & City

Have fun with a variety of new and old style dancing in a social setting.



## Outcomes:

- Developing balance, rhythm, timing and reflexes.
- Great social interaction.
- Fitness and exercise.

## Cost:

\$3.00 per person

(Fee includes all consumables)

## Location:

1-3 Chant St, East Launceston and 22 Hoblers Bridge Rd, Newstead

**Time:** 12.00 pm - 3.00 pm



**This activity provides the opportunity for physical exercise as well as social interactions.**

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## “My favourite activity...”

We asked St Michaels’ participants what they most enjoyed about their favourite activities.



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## “Lara loves dancing every Tuesday!”

“This is Lara who comes to the Newstead Day Program every day. She absolutely loves Tuesdays as it is dancing day! She also loves going out on the bus for morning tea. Another favourite is the music and drumming days.” - Margaret, Lara’s mother.

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## “I love sport!”

“I’m Kevin. I live in a group home. I love everything sport related. I especially like swimming, basketball and bike riding. These activities keep me fit and healthy.”







## **"The cooking program is my favourite!"**

"My name is Karen. I like to come to Independent Services to see all my friends and participate in the cooking program, which is my favourite."

## **"St Michael's is so much fun!"**

"My name is Alice, I love everything I do at St Michael's, but I especially love the sports and going to the library."



## **"My favourite activity is art!"**

"My name is Linda and I like to play games, attend the cooking program and my favourite activity is art."

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## Celebratory and festive activities

Each campus celebrates significant cultural and festive days throughout the year. Many events incorporate a theme day such as Australia Day, Easter, St. Patrick's Day, International Day of People with a Disability, Halloween and Christmas.

Monthly activities are also a part of our program and focus on social engagement and community access.



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### International Day of People with a Disability BBQ

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### Easter is always eggciting!







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**Bingo**  
**Always draws a**  
**crowd**

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**Celebrating**  
**Halloween in style**



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**It's Christmas! Time**  
**to celebrate!**



# Weekly program guide

## Day Programs At a glance

‘At a glance’ view all of our programs operating at St Michael’s Newstead Day Program and Independent Services City Campus.

Please note, both options are available for morning and afternoon sessions five days a week.

Note: Lunch is taken at the commencement of the afternoon session.

You’ll find information about each day in this section. Please note the programs and which campus your chosen activity is located.

If you wish to attend both campuses in the one day you may need to arrange transport and allow for travel time to attend your activities on time.

Any queries may be directed to our Program Coordinator-Day Services on 03 6331 7651.

### Morning Session 9.00am - 12.00pm

Monday	Tuesday
Drumming Newstead6	Shopping/Bus Travel Newstead11
Grooming City6	Literacy City11
Swimming Newstead6	Golf City11
Relaxation City7	Woodwork Newstead12
Swimming City8	Brain Waves City12
	Gardening City12

### Afternoon Session 12.00pm - 3.00pm

Monday	Tuesday
Jewellery Making Newstead7	Carpet Bowls Newstead13
Photography City7	Craft City13
Fishing City/Newstead8	Dancing Newstead/City13
Craft City8	
Gardening Newstead9	
LEX Newstead9	

### All day activities 9.00am - 3.00pm

Monday	Tuesday
Computer Newstead/City8	Computer City10
Eight Ball Newstead9	Eight Ball Newstead10



Wednesday	Thursday	Friday
Music Newstead 20	Dancing Newstead 24	Cooking City 28
Cooking City 20	Literacy Newstead 24	Walking Program Newstead 28
Library Newstead 20	Shopping/Outing Newstead 25	Cooking Newstead 28
Cooking Newstead 21	Budgeting City 25	Swimming Newstead 29
Flying City 21	Gardening City 25	CBD Outing Newstead 29
	Art City 26	Art Newstead 30

Wednesday	Thursday	Friday
Games City 21	Sewing City 26	Ten Pin Bowling Newstead/City 29
Sensory Room Newstead 22	Craft Newstead 26	Craft Newstead 30
Computer Newstead 22	Carpet Bowls City 27	Fun Filled Friday City 31
Art Newstead 22	Mixed Bag Sports Day 24	Pottery Newstead 31
Sports Newstead/City 23		QVMAG Newstead/City 32
Craft Newstead 23		

Wednesday	Thursday	Friday
Computer City 23	Computer City/Newstead 27	Computer Newstead/City 31
	Eight Ball Newstead 27	Sensory Room Newstead 32

## Music @ Newstead

A group singalong of old and new songs. Pick an instrument and play along.



### Outcomes:

- Follow directions on when to play.
- Listen to the beat and rhythm.
- Take turns with the microphones, leading the rest of the group.
- Socialise in a group activity.

### Cost:

\$4.00 per person  
(Fee includes all consumables)

### Location:

22 Hoblers Bridge Rd,  
Newstead

**Time:** 9.00 am - 12.00 pm



**This activity creates capacity building, physical, cognitive and emotional communication, social skills, sensory integration and creative expression.**

## Cooking @ City

Learn health and safety in the kitchen and follow a recipe to cook a two course meal.



### Outcomes:

- Health and safety in the kitchen.
- Reading recipe, using cooking terms.
- Learning different techniques of cooking.
- Handle utensils and knives correctly and safely.
- Developing nutritional skills.

### Cost:

\$10.00 per person  
(Fee includes all consumables)

### Location:

1-3 Chant Street, East  
Launceston

**Time:** 9.00 am - 12.00 pm



**Improves health and wellbeing through education in food choices, develops independent living skills, provides choice and improves numeracy and literacy skills by following recipes and measuring ingredients.**

## Library @ Newstead

Catch the Metro bus to the city and make your way to the Library.



### Outcomes:

- Road safety and transport training.
- Join the Library to exchange books, DVDs or CDs.
- Use the library computer.

### Cost:

Metro Greencard bus  
fare  
(Provide own money for a  
drink if you wish to have one)

### Location:

22 Hoblers Bridge Rd,  
Newstead

**Time:** 9.00 am - 12.00 pm



**This activity offers several learning objectives. Learning road sense, catching a bus and using Greencard for payment, following directions, appropriate library behaviour and improving literacy skills.**



## Cooking @ Newstead

Cooking class in a commercial kitchen, following a recipe to cook a two course meal.



### Outcomes:

- Learn to identify ingredients, utensils and appliances.
- Develop knowledge of healthy food adapted to a budget.
- Cooking terms; how to use them and different ways to cook.
- Use By, Best Before Dates and how to stack your fridge.
- Knife skills and safety in the kitchen.

### Cost:

\$7.50 per person  
(Fee includes all consumables).

### Location:

22 Hoblers Bridge Rd,  
Newstead

**Time:** 9.00 am - 12.00 pm



**Improves health and wellbeing through education in food choices, develops independent living skills, provides choice and improves numeracy and literacy skills by following recipes and measuring ingredients.**

## Flying @ City

To enjoy the outdoors, making flying apparatus from scratch.



### Outcomes:

- Follow instructions on how to glue, nail or staple objects.
- Learn how to measure with a tape measure.
- Develop confidence in operating flying machines.

### Cost:

\$3.00 per person  
(Fee includes all consumables)

### Location:

1-3 Chant St,  
East Launceston

**Time:** 9.00 am - 12.00 pm



**Helps develop hand/eye coordination as well as teaching participants the techniques required to fly different objects and providing the sense of achievement associated with making a flying object.**

## Games @ City

A fun games afternoon featuring card games and board games for all abilities.



Games include UNO, Skip Bo, Monopoly, Scrabble, Chess, Crib, Picture Bingo and Connect 4.

### Outcomes:

- Competition, challenges and sportsmanship.
- Work on fine motor skills and pincer grip.
- Literacy, numeracy and money skills.
- Matching and colour identification, problem solving and turn taking.

### Cost:

\$2.00 per person  
(Fee includes all consumables)

### Location:

1-3 Chant St,  
East Launceston

**Time:** 12.00 pm - 3.00 pm



**Assists with colour identification, problem solving and the development of fine motor skills. Literacy, numeracy and money skills are also enhanced as well as competitiveness and sportsmanship.**

## Sensory Room @ Newstead

Explore the sensory wall and increase tactile stimulation through a range of activities.

### Outcomes:

- Touch and feel different textures.
- Learn to find and match up objects in the pictures to those on the walls.
- Find the animal in the tub that matches the pictures.
- Select a texture book, listen to and feel the textures in the book.

### Cost:

\$2.00 per person

### Location:

22 Hoblers Bridge Rd,  
Newstead

**Time:** All day



**Allows a greater sensory experience with a range of different textures throughout encouraging tactile stimulation. Participants can explore and undertake activities at their own pace.**

## Computer @ Newstead

Computer for beginners, an opportunity to get up to speed with technology.



### Outcomes:

- Learn to turn the computers on and find the games you wish to play.
- Expand your hand/eye coordination to control the mouse and cursor.
- Develop confidence by challenging other players and the computer.
- Increase your intellectual stimulation through strategising/problem solving.

### Cost:

\$3.00 per person per hour

\$1.50 per person per 1/2

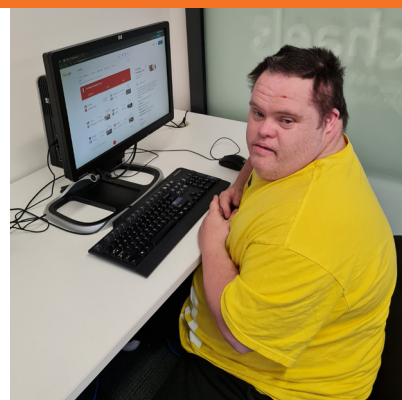
hour

(Fee covers consumables/inter-net access).

### Location:

22 Hoblers Bridge Rd,  
Newstead

**Time:** 12.00 pm - 3.00 pm



**Allows greater opportunity to search for information, interaction with others and aids the vision impaired. Participants can also take the opportunity to play games.**

## Art @ Newstead

Explore your artistic flair by using a variety of mediums to produce a masterpiece.



### Outcomes:

- Develop artistic skills using colour build up, shading and combining mediums.
- Increase your fine motor skills and build up your tactile skills with tools and materials.
- Be confident and pleased in your finished art works.

### Cost:

\$5.00 per person

(Fee includes all consumables)

### Location:

22 Hoblers Bridge Rd,  
Newstead

**Time:** 12.00 pm - 3.00 pm



**Encourages individual choice, skill development, increases fine motor skills as well as developing participants' artistic flair.**



## Computer @ City

Computer for beginners, an opportunity to get up to speed with technology.



### Outcomes:

- Learn to turn the computers on and find the games you wish to play.
- Expand your hand/eye coordination to control the mouse and cursor.
- Develop confidence by challenging other players and the computer.
- Increase your intellectual stimulation through strategising/problem solving.

### Cost:

\$3.00 per person per hour  
\$1.50 per person per 1/2 hour  
(Fee covers consumables/ internet access).

### Location:

22 Hoblers Bridge Rd,  
Newstead

**Time:** All day



**Allows greater opportunity to search for information, interaction with others and aids the vision impaired. Participants can also take the opportunity to play games.**

## Sports @ Newstead & City

Various indoor sports at Elphin Sports Centre.



Choose a sport for a 6-8 week block before changing to another. Sports are adaptable to all abilities and include soccer, basketball, T-ball and table tennis.

### Outcomes:

- Develop your knowledge and skills of how to play a variety of sports.
- Social interaction with a challenge and sportsmanship.
- Increased exercise in a fun activity.

### Cost:

\$5.00 per person  
(Fee includes facility access)

### Location:

22 Hoblers Bridge Rd,  
Newstead and  
1-3 Chant St,  
East Launceston

**Time:** 12.00 pm - 3.00 pm



**Improves health and well being through exercise. Develops skills and knowledge to play a variety of sports in a social group. Improves overall fitness, agility, co-ordination and team building skills. There is an opportunity for social inclusion**

## Craft @ Newstead

Make exciting presents and cards for special occasions that showcase your artistic flair.



### Outcomes:

- Decision making - select colours and materials.
- Develop your fine motor and scissor skills.
- Expand your artistic flair and confidence.

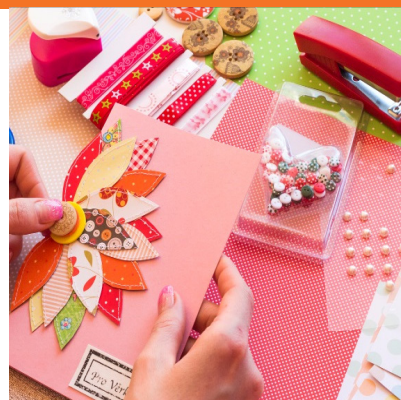
### Cost:

\$5.00 per person  
(Fee includes all consumables)

### Location:

22 Hoblers Bridge Rd,  
Newstead

**Time:** 12.00 pm - 3.00 pm



**Improves decision making and motor skills as well as increasing textile awareness. The program encourages personal choice and provides opportunities to independently choose and create gifts for family and friends.**

## Dancing @ Newstead

Have fun with a variety of new and old style dancing in a social setting.



### Outcomes:

- Developing balance, rhythm, timing and reflexes.
- Great social interaction.
- Fitness and exercise.

### Cost:

\$3.00 per person  
(Fee includes access to resources and instructors)

### Location:

22 Hoblers Bridge Rd,  
Newstead

**Time:** 9.00 - 12.00 pm



**This activity provides the opportunity for physical exercise as well as social interactions.**

## Literacy @ Newstead

Learning and develop reading and writing skills.



### Outcomes:

- Hold a pen and form written letters to make words.
- To be able to read words and books.
- Identify letters, signs and terms.
- Use the library computer.

### Cost:

\$3.00 per person

### Location:

22 Hoblers Bridge Rd,  
Newstead

**Time:** 9.00 am - 12.00 pm



**This activity offers several learning objectives. It is focussed on improving literacy skills by supporting participants enhance their reading and writing proficiency.**

## Mixed Bag Sports Day

Experience a variety of different sports.



### Outcomes:

- Experience a wide variety of sporting activities making individual choices.
- Increase your exercise level for your overall health and wellbeing.
- Develop a wider social circle with other members.

### Cost:

Free

### Location:

22 Hoblers Bridge Rd,  
Newstead and 1-3 Chant St,  
East Launceston

**Time:** 1.00 pm - 3.00 pm



**Improves overall physical fitness, stamina, co-ordination, increased social interaction, increased mobility and reduced risk of injury, benefits mental health.**



## Shopping/Outing @ Newstead

Shop for items needed for the craft activity in the afternoon as well as other items.



### Outcomes:

- Become familiar with the shops.
- Learn to locate items.
- Learn how to handle money in exchange for goods.

### Cost:

Metro Greencard bus fare  
(Provide own spending money)

### Location:

22 Hoblers Bridge Rd,  
Newstead

**Time:** 9.00 am - 12.00 pm



**Increases awareness of surroundings, making personal choices and locating items, budgeting. Metro bus travel, learning to follow bus timetables and use a Metro Greencard which encourages participants to use an additional form of transport.**

## Budgeting @ City

Basic maths in everyday situations.



### Outcomes:

- Develop your money and counting skills.
- Work on exchanging money for goods.
- Learn that income is saving and spending is subtraction.
- Set a personal budget related to your life.

### Cost:

\$2.00 per person  
(Fee includes all consumables)

### Location:

1-3 Chant St,  
East Launceston

**Time:** 9.00 am - 12.00 pm



**Assists participants to develop money and general maths skills to enhance independence and everyday living.**

## Gardening @ City

Gardening for intermediate to advanced gardeners.



- Identify gardening tools and how to use them.
- Learn to identify the difference between weeds and plants.
- Growing, maintaining and harvesting edible crops.
- Maintaining lawns including the safe use of a lawnmower and whipper snipper.

### Cost:

\$2.00 per person  
(Fee includes all consumables)

### Location:

1-3 Chant St,  
East Launceston

**Time:** 9.00 am - 12.00 pm



**This activity allows participants to plant, care for and harvest plants, vegetables, herbs and flowers. This will provide them with a sense of achievement and pride in their efforts. They will also learn how to care for their equipment.**

## Art @ City

Explore your artistic flair by using a variety of mediums.



### Outcomes:

- Develop artistic skills using colour build up, shading and combining mediums.
- Increase your fine motor skills and build up your tactile awareness with tools and materials.
- Be confident and pleased in your finished art works.

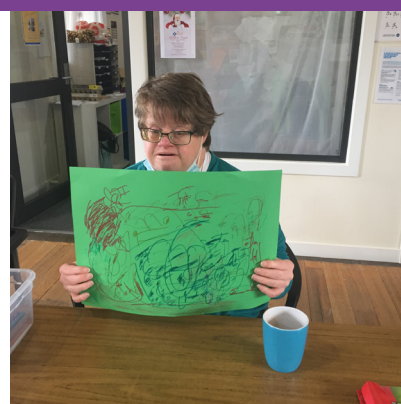
### Cost:

\$5.00 per person  
(Fee includes all consumables)

### Location:

1-3 Chant St,  
East Launceston

**Time:** 9.00 am - 12.00 pm



**Encourages individual choice, skill development, increases fine motor skills as well as developing participants' artistic flair.**

## Sewing @ City

Learn to choose a pattern and purchase your own materials to make your selected items.



### Outcomes:

- Make choices that reflect your personality and fashionable items.
- Match coloured cottons and bobbins to your material.
- Learn to thread the sewing machines and how to sew.
- Develop scissor skills for cutting, pinning and unpinning.

### Cost:

\$5.00 per person  
(Provide own money to purchase own materials)

### Location:

1-3 Chant Street,  
East Launceston

**Time:** 12.00 pm -3.00 pm



**Provides choice and skill development through the sewing process - planning, measuring, designing and using a sewing machine. The intricate nature of some of the work greatly assists in the development of fine motor skills.**

## Craft @ Newstead

Make exciting presents and cards for special occasions that showcase your artistic flair.



### Outcomes:

- Decision making - select colours and materials.
- Develop your fine motor and scissor skills.
- Expand your artistic flair and confidence.

### Cost:

\$5.00 per person  
(Fee includes all consumables)

### Location:

22 Hoblers Bridge Rd,  
Newstead

**Time:** 12.00 pm - 3.00 pm



**Improves decision making and motor skills as well as increasing textile awareness. The program encourages personal choice and provides opportunities to independently choose and create gifts for family and friends.**

## Computer @ City & Newstead

Computer for beginners, an opportunity to get up to speed with technology.



### Outcomes:

- Learn to turn the computers on and find the games you wish to play.
- Expand your hand/eye coordination to control the mouse and cursor.
- Develop confidence by challenging other players and the computer.
- Increase your intellectual stimulation through strategising/problem solving.

### Cost:

\$3.00 per person per hour  
\$1.50 per person per 1/2 hour  
(Fee covers consumables/ internet access).

### Location:

1-3 Chant St, East Launceston and 22 Hoblers Bridge Rd, Newstead

**Time:** All day



**Allows greater opportunity to search for information, interaction with others and aids the vision impaired. Participants can also take the opportunity to play games.**

## Carpet Bowls @ City

A social activity for all weather conditions.



### Outcomes:

- Social interaction, turn taking and communication skills.
- Counting the bowls and keeping score.
- Improving bowling skills.

### Cost:

\$2.00 per person

### Location:

1-3 Chant St, East Launceston

**Time:** 12.00 pm - 3.00 pm



**This activity increases eye/hand coordination, builds confidence, increases intentional communication and improves fitness. Physical exercise has also been shown to improve mental health.**

## Eight Ball @ Newstead

A social activity at Newstead for all weather conditions.



### Outcomes:

- Improves critical thinking.
- Improves stretching, balance. and agility.
- Helps participants develop social skills by engaging with like-minded people.

### Cost:

\$2.00 per person

### Location:

22 Hoblers Bridge Rd, Newstead

**Time:** All day



**Participants will see an improvement in their eye/hand coordination and colour recognition. They will learn to become a team player as well as improving their agility and having fun.**



## Cooking @ City

Learn health and safety in the kitchen and follow a recipe.



### Outcomes:

- Learn how to identify ingredients, utensils and appliances.
- Develop knowledge of healthy food adapted to a budget.
- Cooking terms; how to use them and different ways to cook.
- Use By, Best Before Dates and how to stack your fridge.
- Knife skills and safety in the kitchen.

### Cost:

\$10.00 per person  
(Fee includes all consumables)

### Location:

1-3 Chant Street,  
East Launceston

**Time:** 9.00 am - 12.00 pm



**Improves health and wellbeing through education in food choices, develops independent living skills, provides choice and improves numeracy and literacy skills by following recipes and measuring ingredients.**

## Walking Program @ Newstead

Enjoy a long walk in the local area, familiarise yourself with the community.



### Outcomes:

- Community inclusion.
- Road safety.
- Fresh air and exercise.
- Health and wellbeing.

### Cost:

Free

### Location:

22 Hoblers Bridge Rd,  
Newstead

**Time:** 9.00 am - 12.00 pm



**Physical exercise has also been shown to improve mental health. Provides opportunities for increased intentional communication as well as building community connections.**

## Cooking @ Newstead

Learn health and safety in the kitchen and follow a recipe.



### Outcomes:

- Learn how to identify ingredients, utensils and appliances.
- Develop knowledge of healthy food adapted to a budget.
- Cooking terms; how to use them and different ways to cook.
- Use By, Best Before Dates and how to stack your fridge.
- Knife skills and safety in the kitchen.

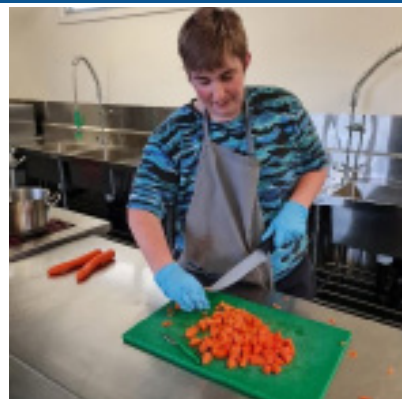
### Cost:

\$7.50 per person  
(Fee includes all consumables)

### Location:

22 Hoblers Bridge Rd,  
Newstead

**Time:** 9.00 am - 12.00 pm



**Improves health and wellbeing through education in food choices, develops independent living skills, provides choice and improves numeracy and literacy skills by following recipes and measuring ingredients.**

## Swimming @ Newstead

A structured program featuring warm up exercises, games and a relaxing float.

**Outcomes:**

Improve general health and fitness through water-based activities.

- Improve mobility and strength.
- Build water confidence and safety using flotation devices.
- Improving swimming techniques on an individual basis.

**Cost:**

\$10.80 per person  
(Fee includes facility entry).

**Location:**

22 Hoblers Bridge Rd,  
Newstead

**Time:**

9.00 am - 12.00 pm

*Develops safety skills, improves confidence, eye/hand coordination, increases fine/gross motor skills, increases/maintains mobility, improves balance, increases overall fitness and independent living skills (drying/changing).*

## CBD Outing @ Newstead

Become more familiar with the city and learn how to use the Metro.

**Outcomes:**

- Become familiar with the shops.
- Learn to locate items.
- Learn how to handle money in exchange for goods.

**Cost:**

Metro Greencard bus fare  
(Provide own spending money)

**Location:**

22 Hoblers Bridge Rd,  
Newstead

**Time:** 9.00 am - 12.00 pm

*Increases awareness of surroundings, making personal choices and locating items, budgeting. Metro bus travel, learning to follow bus timetables and use a Metro Greencard which encourages participants to use an additional form of transport.*

## Ten Pin Bowling @ Newstead & City

A social activity held at the Kings Meadows bowling alley.

**Outcomes:**

- Social interaction, turn taking and communication skills.
- Counting the pins and recognising their names and scores.
- Improving bowling skills.

**Cost:**

\$7.50 per person  
(Fee includes facility access)

**Location:**

22 Hoblers Bridge Rd,  
Newstead and  
1-3 Chant St,  
East Launceston

**Time:** 12.00 pm - 3.00 pm

*Allows opportunities for social interaction, displaying sportsmanship and increased fitness in a fun environment.*

## Craft @ Newstead

Make exciting presents and cards for special occasions that showcase your artistic flair.



### Outcomes:

- Decision making - select colours and materials.
- Develop your fine motor and scissor skills.
- Expand your artistic flair and confidence.

### Cost:

\$5.00 per person  
(Fee includes all consumables)

### Location:

22 Hoblers Bridge Rd,  
Newstead

**Time:** 12.00 pm - 3.00 pm



**Improves decision making and motor skills as well as increasing tactile awareness. The program encourages personal choice and provides opportunities to independently choose and create gifts for family and friends.**

## Walking Program @ Newstead

Enjoy a long walk in the local area, familiarise yourself with the community.



### Outcomes:

- Community inclusion.
- Road safety.
- Fresh air and exercise.
- Health and wellbeing.

### Cost:

Free

### Location:

22 Hoblers Bridge Rd,  
Newstead

**Time:** 12.00 pm - 3.00 pm



**Physical exercise has been shown to improve mental health. Provides opportunities for increased intentional communication as well as building community connections.**

## Art @ Newstead

Explore your artistic flair by using a variety of mediums to produce a masterpiece.



### Outcomes:

- Develop artistic skills using colour build up, shading and combining mediums.
- Increase your fine motor skills and build up your tactile awareness with tools and materials.
- Be confident and pleased in your finished art works.

### Cost:

\$5.00 per person  
(Fee includes all consumables)

### Location:

22 Hoblers Bridge Rd,  
Newstead

**Time:** 9.00 am - 12.00 pm



**Encourages individual choice, skill development, increases fine motor skills as well as developing participants' artistic flair.**



## Fun Filled Friday @ City

A social afternoon offering a range of activity options.

**Outcomes:**

- Social interaction, turn taking and communication skills.
- Skill development in many areas.
- Choice and decision making opportunities.

**Cost:**  
\$5.00 per person  
(Fee includes facility access)

**Location:**  
1-3 Chant St,  
East Launceston

**Time:** 12.00 pm - 3.00 pm

*An afternoon where attendees have the opportunity to participate in a variety of activities, have the chance to exercise choice and develop their social and communication skills.*

## Pottery @ Newstead

Create unique pieces of art and exercise choice and control regarding your projects.

**Outcomes:**

- Develops fine motor skills.
- Improves eye/hand coordination.
- Allows participants to exercise choice and control regarding their projects.
- Helps develop artistic talent and creativity.

**Cost:**  
\$7.50 per person  
(Fee includes all consumables)

**Location:**  
22 Hoblers Bridge Rd,  
Newstead

**Time:** 12.00 pm - 3.00 pm

*Promotes creativity, joint movement and dexterity as well as improving focus and reducing stress. Participants get a sense of accomplishment by being able to display their finished work.*

## Computer @ Newstead & City

Computer for beginners, an opportunity to get up to speed with technology.

**Outcomes:**

- Learn to turn the computers on and find the games you wish to play.
- Expand your hand/eye coordination to control the mouse and cursor.
- Develop confidence by challenging other players and the computer.
- Increase your intellectual stimulation through strategising/problem solving.

**Cost:**  
\$3.00 per person per hour  
\$1.50 per person per 1/2 hour  
(Fee covers consumables/ internet access).

**Location:**  
22 Hoblers Bridge Rd,  
Newstead and 1-3 Chant St,  
East Launceston

**Time:** All day

*Allows greater opportunity to search for information, interaction with others and aids the vision impaired. Participants can also take the opportunity to play games.*

# QVMAG Interactive & Science Centre

Learning through play.



## Outcomes:

- Improves eye/hand coordination.
- Opportunities for visual stimulation.
- Social interaction.

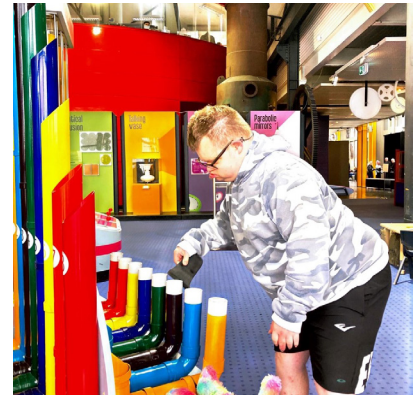
## Cost:

\$2.00 per person  
(Fee includes all consumables)

## Location:

22 Hoblers Bridge Rd,  
Newstead

**Time:** 12.00 pm - 3.00 pm



*Enables participants to enjoy hands-on experiences through play in the interactive science centre, increasing awareness, fun and overall agility.*

# Sensory Room @ Newstead

Explore the sensory wall and increase tactile stimulation through a range of activities.



## Outcomes:

- Touch and feel different textures.
- Learn to find and match up objects in the pictures to those on the walls.
- Find the animal in the tub that matches the pictures.
- Select a texture book, listen to and feel the textures in the book.

## Cost:

Free

## Location:

22 Hoblers Bridge Rd,  
Newstead

**Time:** All day



*Allows a greater sensory experience with a range of different textures throughout encouraging tactile stimulation. Participants can explore and undertake activities at their own pace.*



# Program choices

Please select your program choices and kindly return this form to St Michael's. Email [info@stmichaels.asn.au](mailto:info@stmichaels.asn.au) or mail to P.O. Box 306 Newstead.

Please make a note of costs next to your choices and select your 1st and 2nd choice for every day you wish to attend our services (both AM & PM).

		AM		PM	
EXAMPLE	1st choice	Literacy	\$ 5.00	Dancing	\$ 5.00
	2nd choice	Golf	\$ 5.00	Craft	\$ 5.00
Monday	1st choice		\$		\$
	2nd choice		\$		\$
Tuesday	1st choice		\$		\$
	2nd choice		\$		\$
Wednesday	1st choice		\$		\$
	2nd choice		\$		\$
Thursday	1st choice		\$		\$
	2nd choice		\$		\$
Friday	1st choice		\$		\$
	2nd choice		\$		\$
Total weekly cost of all programs			\$		\$

Signature of Participant/Guardian:

Date:



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We encourage you to record the activities that you would like to try here.

## Feedback

We welcome feedback so that we can improve our services. Whether it's a compliment, idea or complaint, please tell a Support Worker, Team Leader or Manager or write a note, email us at [info@stmichaels.asn.au](mailto:info@stmichaels.asn.au) or call us on 03 6331 7651.

- Do you enjoy your programs?
- Are you participating in activities you wish to or are there any programs you would like to see happen?
- Do you have any ideas on how we are able to improve our service?

## Incidents

NDIS providers are required to record and manage all incidents that happen in the delivery of NDIS supports and services, and notify the NDIS commission and other external bodies of all reportable incidents. St Michael's has a robust incident management system in place where all incidents are dealt with and reported in accordance with the NDIS Commission (Incident Management and Reportable Incidents) rules and guidelines.

To report an incident:

- Speak to someone who you can trust
- Or complete an FSER05 Incident and Concern Report. Ask a STMA employee for this report
- In the event of an emergency dial 000 (Police, Ambulance or Fire Brigade).

## Conflict of Interest

- NDIS participants accessing our services are fully informed and empowered, we will ensure that they receive transparent information about St Michaels
- STMA is aware of the potential for real or perceived conflict of interest when operating in multiple roles for a participant
- Identifying and remedying perceived or actual conflicts of interest in our service delivery is key to operating with integrity, honesty and transparency
- STMA ensures that when providing supports to NDIS participants, including when offering plan management, support co-ordination or SDA services any conflict of interest will be declared
- Separate service agreements will be used in case of multiple services are delivered to the same participants
- Participants/key stakeholders can make a complaint to the CEO using the STMA FSER06 Grievance and Complaint Report in case of any grievance. Ask a STMA employee for this report.

## Complaints

### STEP 1 NOTIFY YOUR SUPPORT TEAM

As a first step, try to speak with the person involved or a Support Worker or Team Leader. It's okay to ask someone you trust to support you when you do this. Alternatively, you can skip directly to **STEP 3**.

**Note: The complainant reserves the right to go straight to an external body i.e. NDIS Commission.**

### ACTION

- It might be a misunderstanding or something that a simple apology could resolve. If you feel that the issue hasn't been resolved or if it's a more serious matter, follow **STEP 2**.

### STEP 2 DISCUSS WITH SENIOR MANAGEMENT

This may include a Team Leader, Senior Team Leader, Manager or the CEO. Choose someone who you feel comfortable speaking to and use whatever method you feel comfortable with: in person, by phone, email or complete an FSER06 Grievance and Complaint Report.

### ACTION

- We may be able to give you an immediate solution. If not, we'll try to address the issue as soon as possible through our complaints process
- When you make a complaint, we will make sure that what you say is kept a secret
- We'll acknowledge your complaint, keep you updated on progress and provide you with an expected time-frame for your complaint to be resolved. If you're unsatisfied with the outcome follow **STEP 3**.

### STEP 3

#### LODGE YOUR COMPLAINT EXTERNALLY

If you don't feel comfortable speaking to us or you're unsatisfied with the result of your complaint, you can contact the below organisations.

**OR you can contact the below organisations in the first instance.**

**Advocacy**  
Tasmania

'Your Say' Advocacy  
1800 005 131 (Freecall)  
[advocacy@advocacytasmania.org.au](mailto:advocacy@advocacytasmania.org.au)  
[www.advocacytasmania.org.au](http://www.advocacytasmania.org.au)



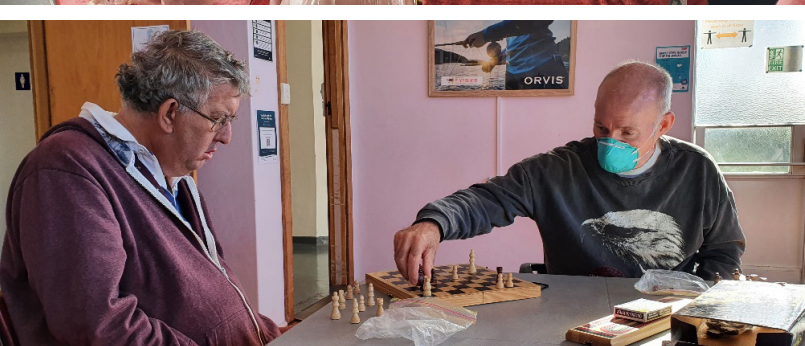
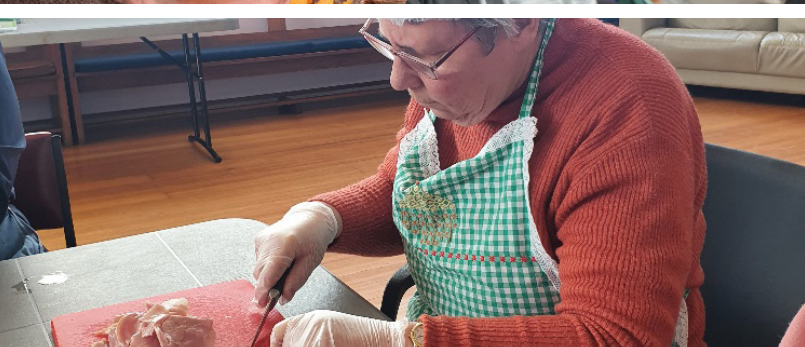
**NDIS Quality  
and Safeguards  
Commission**

For any concerns about the quality  
or safety of supports and services  
[www.ndiscommission.gov.au](http://www.ndiscommission.gov.au)  
1800 035 544

**Tenants' Union  
of Tasmania**



For complaints about residential  
tenancies in Tasmania  
[tenants@netspace.net.au](mailto:tenants@netspace.net.au)  
(03) 6223 2641 or 1300 652 641



# Autumn/Winter 2023

## Program Book

Activities on offer in  
Launceston



NDIS | Choice and Control | Daily Living | Accommodation | Respite | Social & Community



### St Michael's Association Inc.

#### Northern Tasmania

22 Hoblers Bridge Road  
PO Box 306 Newstead,  
Tas 7250  
(03) 6331 7651

admin@stmichaels.asn.au

#### North West Tasmania

19 North Caroline Street,  
East Devonport,  
Tas 7310  
(03) 6459 2522

[www.stmichaels.asn.au](http://www.stmichaels.asn.au)