



Spring/Summer 2023/2024

Program Book

Activities on offer in
Launceston



Contents

Welcome	3
Day Program Outcomes	4
Program Choices	5
Important Dates	5
Monday Programs	6-9
Tuesday Programs	10-13
Celebratory and Festive Activities	14-15
Day Programs at a Glance	16-17
Wednesday Programs	18-21
Thursday Programs	22-25
Friday Programs	26-30
Feedback	Inside back cover



Right: Painting by Ricky Lovett

Welcome

Welcome to the Spring/Summer 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 16 and 17 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 Wednesday, view the orange 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.


Mike Thomas
Chief Executive Officer




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

 03 6331 4180

 amanda.mallett@stmichaels.asn.au

Key



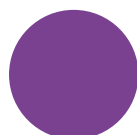
Monday



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.



“Lara loves Tuesdays as it is dancing day”

“This is Lara. She absolutely loves Tuesdays as it is dancing day! Another favourite is the music and drumming days.” - Margaret, Lara’s mother.

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

Newstead & City Campus Christmas break:

CLOSED from 3.00 pm Friday 22 December 2023

REOPENING 9.00 am Tuesday 2 January 2024

Public Holidays 2023

Thursday 12 October 2023 **Launceston Show Day**

Monday 6 November 2023 **Recreation Day**

Monday 25 December 2023 **Christmas Day**

Tuesday 26 December 2023 **Boxing Day**

Public Holidays 2024

Monday 1 January 2023 **New Year’s Day**

Thursday 26 January 2023 **Australia Day**

Programs are subject to change. Please read newsletters for notification of any date changes throughout the year. Any queries to Operations Manager-Day Programs, Emma Pearce, 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.

Swimming @ Newstead



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

Outcomes:

Improve your 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).

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.

Fishing @ Newstead & City

Learn the basics of fishing.



Outcomes:

- Learn to set up your rod, bait up, cast, reel in, net the fish, remove hooks and clean the fish.
- Identify when caught fish is the correct size to keep or when to release.
- Improve coordination, fine and gross motor skills, concentration and social interaction.

SUBJECT TO WEATHER

Cost:

\$5.00 per person
(No fee is incurred if supplying own bait and tackle)

Location:

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

Time: 12.00 pm - 3.00 pm



Improves numeracy skills by accurately measuring the size of any catch as well as coordination and fine and gross motor skills by baiting the hook, removing the hook, cleaning the catch and casting.

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:

\$2.00 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.

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: 12.00 pm - 3.00 pm



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.

Computer & Technology @ 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.

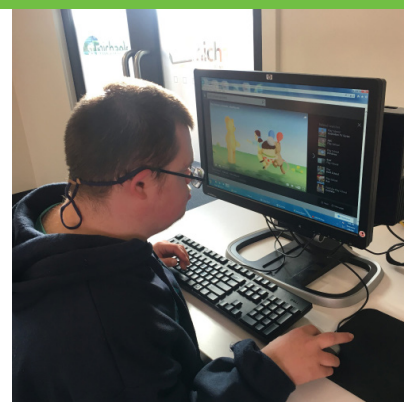
Cost:

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

Location:

22 Hoblers 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.

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.

Walking Group @ Newstead



A chance to exercise with like-minded individuals.

Outcomes:

- Community inclusion and road safety.
- Fresh air and exercise.
- Increased fitness by gradually increasing pace and distance.
- Train and participate in walks such as Tasmanian Running Festival, Launceston 10, Burnie 10 and Relay for Life.

Cost:

Free

Location:

22 Hoblers Bridge Rd,
Newstead

Time: 4.00 pm - 5.00 pm



Provides opportunities for increased intentional communication, increased recognition of road signage and rules as well as building community connections. Physical exercise has also been shown to improve mental health.

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: 10.00 am - 12.00 pm



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

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 - 10.00 am



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 @ City



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

Outcomes:

Improve your 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 Street,
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).

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 stimulation.

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 pm - 3.00 pm



SUBJECT TO DEMAND

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

Shopping/Bus Travel @ Newstead

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.

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.

Gardening @ City

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



Outcomes:

- Identify tools and how to use them.
- Learn to identify the difference between weeds and plants.
- Growing, maintaining and harvesting edible crops.

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.

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.

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.

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: 10.00 am - 12.00 pm



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

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.

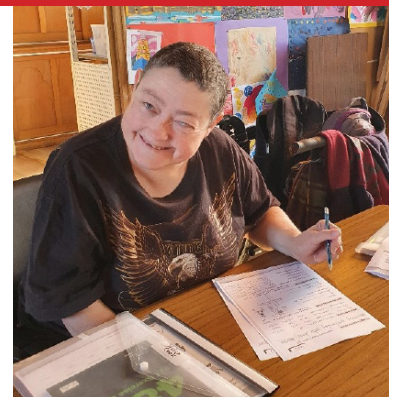
Cost:

\$2.00 per person

Location:

1-3 Chant St,
East Launceston

Time: 9.00 am - 10.00 am



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

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.

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.

Computer & Technology @ 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:

\$1.50 per 1/2 hour or
\$3.00 per 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.

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, AFL Grand Final, Halloween and Christmas.

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



**Our participants
love to celebrate
Australia Day in
song**

**Participants enjoy
going out for coffee
as part of their
community access**





The walking group is popular with participants

Birthdays are always a reason to celebrate



Christmas is a time to celebrate the year!



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 Operations Manager-Day Programs, Emma Pearce, on 03 6331 7651.

Morning Session 9.00am - 12.00pm

Monday	Tuesday
Drumming Newstead 6	Shopping/Bus Travel Newstead 10
Swimming Newstead 6	Woodwork Newstead 10
Relaxation City 9	Gardening City 11
Grooming City 9	Brain Waves City 12
Swimming City 9	Literacy City 12
	Golf City 13

Afternoon Session 12.00pm - 3.00pm

Monday	Tuesday
Jewellery Making Newstead 6	Carpet Bowls Newstead 11
Fishing Newstead/City 7	Dancing Newstead/City 11
Gardening Newstead 7	Craft City 13
Eight Ball Newstead 7	LEX Newstead 10
Craft City 8	
Walking Group Newstead 8	

All day Activities 9.00am - 3.00pm

Monday	Tuesday
Computer & Technology Newstead/City 8	Eight Ball Newstead 12
	Computer & Technology City 13

Wednesday	
Music Newstead	18
Cooking Newstead	18
Library Newstead	18
Cooking City	20
Flying City	21

Thursday	
Board Games & More Newstead	22
Literacy Newstead	22
Shopping/Outing Newstead	22
Budgeting City	24
Art City	24
Gardening City	25

Friday	
Cooking Newstead	26
Walking Program Newstead	26
Swimming Newstead	26
Art Newstead	27
CBD Outing Newstead	27
Cooking City	30

Wednesday	
Craft Newstead	19
Art Newstead	19
Sports Newstead/City	19
Games City	21

Thursday	
Craft Newstead	23
Sewing City	25
Carpet Bowls City	25

Friday	
Card & Board Games Newstead	28
Walking Program Newstead	28
QVMAG Newstead	29
Pottery Newstead	29
Ten Pin Bowling Newstead/City	27
Fun Filled Friday City	30

Wednesday	
Sensory Room Newstead	20
Computer & Technology Newstead	20
Computer & Technology City	21

Thursday	
Computer & Technology Newstead/City	23
Eight Ball Newstead	24

Friday	
Computer & Technology Newstead	29
Computer & Technology City	30

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 @ Newstead

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:

\$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.

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 a Metro Greencard for payment, following directions, appropriate library behaviour and improving literacy 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.

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.
- Improve your fine motor skills with tools and materials. Be confident and pleased in your finished art works.

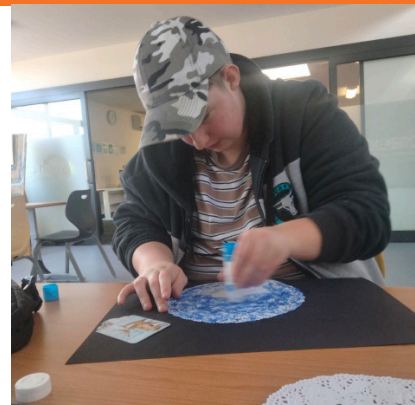
Cost:

\$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.

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, coordination and team building skills.

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



UNDER DEVELOPMENT

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 & Technology @ 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:

\$1.50 per 1/2 hour or
\$3.00 per 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.

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.

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, 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 competitiveness and sportsmanship.

Computer & Technology @ 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:

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

Location:

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.

Board Games & More @ Newstead

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



Outcomes:

- Problem solve by fitting pieces correctly in a puzzle.
- Intellectual stimulation with challenging board games.
- Timing and aim on Nintendo Wii with fine motor skills.

Cost:

\$2.00 per person

Location:

22 Hoblers Bridge Rd,
Newstead

Time: 9.00 am - 12.00 pm



This program helps participants keep active and healthy minds, maintain and improve memory while also socialising with peers.

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.

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 focused on improving literacy skills by supporting participants enhance their reading and writing proficiency.

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 and assists participants make personal choices. Bus travel, learning to follow bus timetables and using a Metro Greencard encourages participants to utilise an additional form of transport.

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 & Technology @ 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.

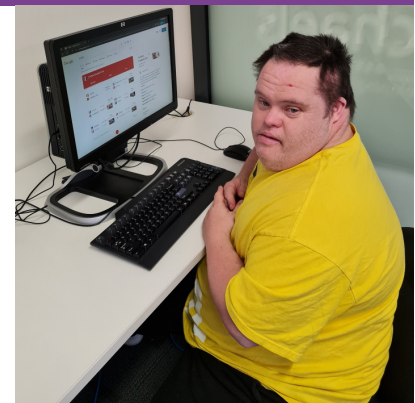
Cost:

\$1.50 per 1/2 hour or
\$3.00 per 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.



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.

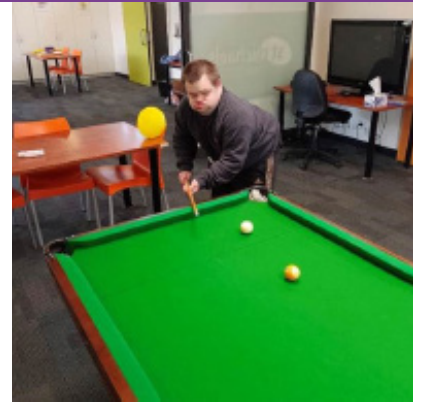
Cost:

\$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.

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.

Art @ City

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.
- Improve your fine motor skills 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 unpicking.

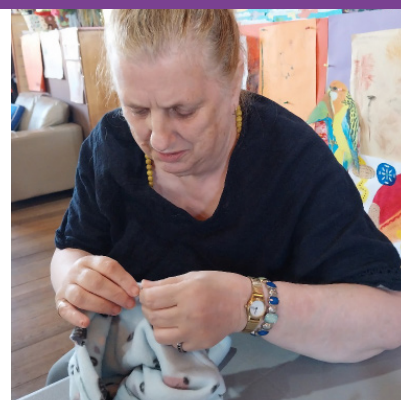
Cost:

\$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.

Carpet Bowls @ City

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:

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.

Gardening @ City

Gardening for intermediate to advanced gardeners.



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.

Cooking @ Newstead

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



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.

Walking Program @ Newstead

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



Outcomes:

- Community inclusion.
- Improved road safety awareness.
- 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.

Swimming @ Newstead

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



Outcomes:

- Improve your 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).

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 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.

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.

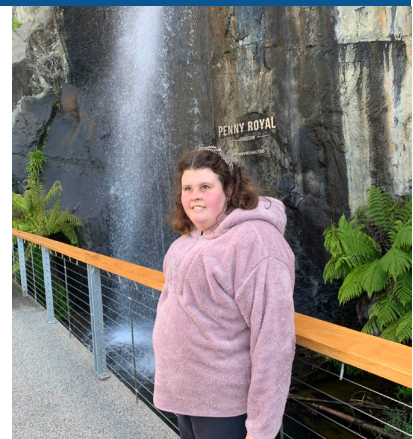
Cost:

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 as well as budgeting. Learning to follow Metro bus timetables and use a Metro Greencard encourages participants to utilise 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



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

Card & Board Games @ Newstead

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



Outcomes:

- Problem solve how to fit pieces in a puzzle.
- Recognise colours and numbers.
- Intellectual simulation with challenging board games.
- Timing and aim with Wii controller.

Cost:

\$2.00 per person
(Fee includes all consumables)

Location:

22 Hoblers Bridge Rd,
Newstead

Time: 12.00 pm - 3.00 pm



This program assists participants to keep active and healthy minds, maintain and improve memory skills while socialising with peers.

Walking Program @ Newstead

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



Outcomes:

- Community inclusion.
- Improved road safety awareness.
- 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.



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. Increases awareness, fun and overall agility.

Pottery @ Newstead

Create artistic pieces which you determine.



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



COMING SOON

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 & Technology @ 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.

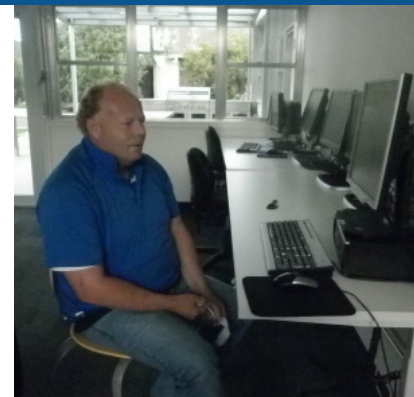
Cost:

\$3.00 per AM or PM
(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.

Cooking @ City

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



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.

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.

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:

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

Location:

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.

Feedback

We welcome feedback so that we can improve our services. Whether it's a compliment, idea or complaint, please tell a Support Worker, Support Worker or Manager or write a note, email us at 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 Michael's
- 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 Senior Support Worker. 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 Senior Support Worker, Program Coordinator, Director 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

In Your Corner
1800 005 131 (Freecall)
contact@yoursaytas.org
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
1800 035 544

Tenants' Union
of Tasmania



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



Spring/Summer 2023/2024

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