







# TERM 2 2023 Group Based Community Program (CP) WARABROOK





# BOOK & PAY ONLINE you-connect.com.au/programs

Please Note: Activities are subject to change based on weather and attendance.

We charge the NDIS from 9am - 3pm each day for Supports, at the agreed ratio.

Stripe charges of 1.75% plus a booking fee of 30c will be added at checkout.













#### NOTE:

Day Program runs 9am - 3pm, Monday - Friday

# MONDAY

#### May 01, 2023 | Warabrook

#### **Music and Movement**

Start the day off with Yoga, followed by a music program facilitated by Beat it Music and Movement studio. After lunch, the group will head out for a game of basketball at the local courts.

#### **Activity Cost:**

\$10



# *FUESDAY*

#### May 02, 2023 | Warabrook

#### **You Create**

Start the day off by creating some media-based content. These sessions will be primarily focused on media and podcasting, but will also look at digital media mediums. The afternoon will be dedicated to airdry clay sculptures.

#### **Activity Cost:**

\$10



WEDNESDAY

#### May 03, 2023 | Warabrook

#### Wellness Wednesday

This morning's session will be spent putting together each participant's goal and fitness diary for this term. Once that's completed, the participants will then head out to a gym session. The afternoon will be spent meditating and doing yoga while writing reflections.

#### **Activity Cost:**

\$10



**THURSDAY** 

#### May 04, 2023 | Warabrook

#### **Entrepreneurs**

Today's session will be focusing on creating a business plan. Participants will begin to refine their ideas and start to create a schedule for their project.

#### **Activity Cost:**

\$0



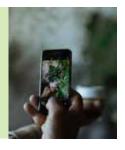
FRIDAY

#### May 05, 2023 | Hunter Wetlands

#### **Out and About**

The group will head out to the Hunter Wetlands today to explore. Bring a camera (or a camera phone) and work on your photography skills. Alternatively bring an art book and pencils and try your hand at sketching what you see whilst out in the wetlands.

#### **Activity Cost:**















#### NOTE:

Day Program runs 9am - 3pm, Monday - Friday

# MONDAY

#### May 08, 2023 | Warabrook

#### **Music and Movement**

Start the day off with Yoga, followed by a music program facilitated by Beat it Music and Movement studio. After lunch, the group will head out for a game of soccer at the local field.

#### **Activity Cost:**

\$10



# **LUESDAY**

### May 09, 2023 | Warabrook

#### **You Create**

Start the day off by creating some media-based content. These sessions will be primarily focused on media and podcasting but will also look at digital media mediums.

The afternoon will be dedicated to airdry clay sculptures.

#### **Activity Cost:**

\$10



WEDNESDAY

#### May 10, 2023 | Warabrook

#### Wellness Wednesday

This morning's session will be spent putting together each participant's goal and fitness diary for this term. Once that's completed, the participants will then head out to a gym session. The afternoon will be spent meditating and doing yoga while writing reflections.

#### **Activity Cost:**

\$10



**THURSDAY** 

#### May 11, 2023 | Warabrook

#### **Entrepreneurs**

This week's session is focusing on creating a prototype of the product your focusing on this term. This session asks participants to think about how they can create their product, how much their product will cost and how much time they need to create their product.

#### **Activity Cost:**

\$0



FRIDAY

#### May 12, 2023 |

#### **NO PROGRAM TODAY**













#### NOTE:

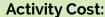
Day Program runs 9am - 3pm, Monday - Friday

# MONDAY

#### May 15, 2023 | Warabrook

#### **Music and Movement**

Start the day off with Yoga, followed by a music program facilitated by Peter. After lunch, the group will head out for a walk to Nobbys Beach Light House.



\$10



**LUESDAY** 

### May 16, 2023 | Warabrook

#### **You Create**

Start the day off by creating some media-based content. These sessions will be primarily focused on media and podcasting but will also look at digital media mediums.

The afternoon will be dedicated to sketching.

**Activity Cost:** 

\$10



WEDNESDAY

#### May 17, 2023 | Warabrook

#### Wellness Wednesday

This morning's session will be spent putting together each participant's goal and fitness diary for this term. Once that's completed, the participants will then head out to a gym session. The afternoon will be spent meditating and doing yoga while writing reflections.

**Activity Cost:** 

\$10



THURSDAY

### May 18, 2023 | Warabrook

#### **Entrepreneurs**

Today's session is all about to think about the money side of your microbusiness. Participants will run through a series of activities that have them consider cost and income for their business idea.

**Activity Cost:** 

\$0



-RIDAY

#### May 19, 2023 | Supa Putt Newcastle

#### **Out and About**

The group will head out to Newcastle Supa Putt today for a round of Putt Putt and lunch at a local park

**Activity Cost:** 















#### NOTE:

Day Program runs 9am - 3pm, Monday - Friday

MONDAY

May 22 2023 | Warabrook

#### **Music and Movement**

Start the day off with Yoga, followed by a music program facilitated by Jo from Beat it Music and Movement Studio. After lunch, the group will head out to Blackbutt Reserve for a walk.

**Activity Cost:** 

\$10



**LUESDAY** 

May 23, 2023 | Warabrook

#### **You Create**

Start the day off by creating some media-based content. These sessions will be primarily focused on media and podcasting but will also look at digital media mediums.

The afternoon will be dedicated to drawing and sketching activities.

**Activity Cost:** 

\$10



WEDNESDAY

May 24, 2023 | Warabrook

#### Wellness Wednesday

This morning's session will be spent putting together each participant's goal and fitness diary for this term. Once that's completed, the participants will then head out to a gym session. The afternoon will be spent meditating and doing yoga while writing reflections.

**Activity Cost:** 

\$10



**THURSDAY** 

May 25, 2023 | Warabrook

#### **Entrepreneurs**

Today's session will be focusing on who our target audience for our product will be. Participants will spend the morning mind mapping who would be interested in their product and the afternoon mocking up flyers and other forms of advertisement for their product.

**Activity Cost:** 

\$0



FRIDAY

May 26, 2023 |

#### **NO PROGRAM TODAY**













#### NOTE:

Day Program runs 9am - 3pm, Monday - Friday

# MONDAY

#### May 29, 2023 | Warabrook

#### **Music and Movement**

Start the day off with Yoga, followed by a music program facilitated by Peter. After lunch, the group will head out to the Hunter Region Botanical Gardens at Heatherbrae

#### **Activity Cost:**

\$10



# **LUESDAY**

#### May 30, 2023 | Warabrook You Create

Start the day off by creating some media-based content. These sessions will be primarily focused on media and podcasting but will also look at digital media mediums.

The afternoon will be dedicated to painting activities.

**Activity Cost:** 

\$10



WEDNESDAY

#### May 31, 2023 | Warabrook

#### Wellness Wednesday

This morning's session will be spent putting together each participant's goal and fitness diary for this term. Once that's completed, the participants will then head out to a gym session. The afternoon will be spent meditating and doing yoga while writing reflections.

**Activity Cost:** 

\$10



**THURSDAY** 

#### June 01, 2023 | Warabrook

#### **Entrepreneurs**

Today the group will get creative and begin marketing the product. Together the group will focus on creating a logo, utilizing their photography skills and thinking about how they'll inform their community about the product.

**Activity Cost:** 

\$0



FRIDAY

#### June 02, 2023 | Maitland Gaol

#### **Out and About**

Today's activity is a tour of Maitland Gaol. This will be a self-guided tour that the group can undertake. Learn about an integral part of Newcastle's local history.

**Activity Cost:** 















#### NOTE:

Day Program runs 9am - 3pm, Monday - Friday

# MONDAY

#### June 05, 2023 | Warabrook

#### **Music and Movement**

Start the day off with Yoga, followed by a music program facilitated by Jo from Beat it Music and Movement Studio. After lunch, the group will head out to the Kooragang Wetland to explore the area.

#### **Activity Cost:**

\$10



# **LUESDAY**

#### June 06, 2023 | Warabrook

#### **You Create**

Start the day off by creating some media-based content. These sessions will be primarily focused on media and podcasting but will also look at digital media mediums.

The afternoon will be dedicated to painting.

#### **Activity Cost:**

\$10



WEDNESDAY

#### June 07, 2023 | Warabrook

#### Wellness Wednesday

This morning's session will be spent putting together each participant's goal and fitness diary for this term. Once that's completed, the participants will then head out to a gym session. The afternoon will be spent meditating and doing yoga while writing reflections.

#### **Activity Cost:**

\$10



THURSDAY

#### June 08, 2023 | Warabrook

#### **Entrepreneurs**

Today's program will focus on approaching the community to engage with the group's business idea. The group will focus on creating a social media presence and handing out flyers to let the community know about their business.

#### **Activity Cost:**

\$0



FRIDAY

June 09, 2023 |

#### **NO PROGRAM TODAY**













#### NOTE:

Day Program runs 9am - 3pm, Monday - Friday

MONDAY

June 12, 2023

**Public Holiday - Monarch's Official Birthday** 

**TUESDAY** 

### June 13, 2023 | Warabrook

#### **You Create**

Start the day off by creating some media-based content. These sessions will be primarily focused on media and podcasting but will also look at digital media mediums.

The afternoon will be dedicated to painting.

**Activity Cost:** 

\$10



WEDNESDAY

June 14, 2023 | Warabrook

#### Wellness Wednesday

This morning's session will be spent putting together each participant's goal and fitness diary for this term. Once that's completed, the participants will then head out to a gym session. The afternoon will be spent meditating and doing yoga while writing reflections.

**Activity Cost:** 

\$10



**THURSDAY** 

June 15, 2023 | Warabrook

#### **Entrepreneurs**

Today's focus will be on practicing sales skills. The group will run through a series of exercises to get them confident in speaking with a customer. The group will also consider the setup of their business stand and what they would need for their stand/stall/online business to look professional.

**Activity Cost:** 

\$0



FRIDAY

June 16, 2023 | Charlestown

#### **Out and About**

Today's activity will be Laser Tag at Strike in Charlestown.

**Activity Cost:** 















#### NOTE:

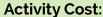
Day Program runs 9am - 3pm, Monday - Friday

# MONDAY

#### June 19, 2023 | Warabrook

#### **Music and Movement**

Start the day off with Yoga, followed by a music program facilitated by Peter. After lunch, the group will head out for a walk along the Anzac Memorial Walking path.



\$10



# **TUESDAY**

### June 20, 2023 | Warabrook

#### **You Create**

Start the day off by creating some media-based content. These sessions will be primarily focused on media and podcasting but will also look at digital media mediums.

The afternoon will be dedicated to paper weaving.

**Activity Cost:** 

\$10



WEDNESDAY

### June 21, 2023 | Warabrook

#### Wellness Wednesday

This morning's session will be spent putting together each participant's goal and fitness diary for this term. Once that's completed, the participants will then head out to a gym session. The afternoon will be spent meditating and doing yoga while writing reflections.

**Activity Cost:** 

\$10



**THURSDAY** 

#### June 22, 2023 | Warabrook

#### **Entrepreneurs**

Todays' focus will be on selling the product. Participants will run their market or online stall today to have a go at selling their product.

**Activity Cost:** 

\$0



FRIDAY

June 23, 2023 |

#### **NO PROGRAM TODAY**













#### NOTE:

Day Program runs 9am - 3pm, Monday - Friday

# MONDAY

June 26, 2023 | Warabrook

#### **Music and Movement**

Start the day off with Yoga, followed by a music program facilitated by Peter. After lunch, the group will head out for a game of cricket at a local park.

**Activity Cost:** 

\$10



*FUESDAY* 

#### June 27, 2023 | Warabrook You Create

This activity will be dedicated to finalizing and uploading all digital media content

The afternoon will be dedicated to finalizing all the art pieces, ready for an end of term exhibition.

**Activity Cost:** 

\$10



WEDNESDAY

June 28, 2023 | Warabrook

#### **Wellness Wednesday**

This morning's session will be spent putting together each participant's goal and fitness diary for this term. Once that's completed, the participants will then head out to a gym session. The afternoon will be spent meditating and doing yoga while writing reflections.

**Activity Cost:** 

\$10



THURSDAY

June 29, 2023 | Warabrook

#### **Entrepreneurs**

Today's focus will be a recap of what the group has learned this term and a plan for the business for next term. The group can decide if they'd like to continue with the same business or adjust to a different business model for next term.

**Activity Cost:** 

\$0



FRIDAY

June 30, 2023 | Rathmines

#### **Out and About**

Today's activity will be a game of frisbee golf at the Rathmines, followed by a BBQ.

**Activity Cost:** 





















For all enquiries, please contact Damien at warabrooksite@you-connect.com.au

Please Note: Activities are subject to change based on weather and COVID Restrictions. If a change is necessary you will be notified the morning of and given a refund, if the funds cannot be put towards the new activity.















