

YOU CONNECT



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

SKILLS



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.

TERM 2 CP | WEEK 2



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	
TUESDAY	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 airy 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: \$0	

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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	
TUESDAY	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 Please email warabrooksite@you-connect.com.au if support required for today		

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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.	Activity Cost: \$10	
TUESDAY	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	
FRIDAY	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: \$15	

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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	
TUESDAY	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 Please email warabrooksite@you-connect.com.au if support required for today		

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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	
TUESDAY	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: \$13	

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NOTE:

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



MONDAY	<p>June 05, 2023 Warabrook</p> <p>Music and Movement</p> <p>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.</p>	<p>Activity Cost:</p> <p>\$10</p>	
TUESDAY	<p>June 06, 2023 Warabrook</p> <p>You Create</p> <p>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.</p> <p>The afternoon will be dedicated to painting.</p>	<p>Activity Cost:</p> <p>\$10</p>	
WEDNESDAY	<p>June 07, 2023 Warabrook</p> <p>Wellness Wednesday</p> <p>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.</p>	<p>Activity Cost:</p> <p>\$10</p>	
THURSDAY	<p>June 08, 2023 Warabrook</p> <p>Entrepreneurs</p> <p>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.</p>	<p>Activity Cost:</p> <p>\$0</p>	
FRIDAY	<p>June 09, 2023 </p> <p>NO PROGRAM TODAY</p> <p>Please email warabrooksite@you-connect.com.au if support required for today</p>		

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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: \$14	

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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.	Activity Cost: \$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 Today's 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 Please email warabrooksite@you-connect.com.au if support required for today		

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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	
TUESDAY	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: \$5	



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.

