

WALLSEND SHARED SUPPORT

APRIL 1/4 - 5/4

MON	TUES	WED	THURS	FRI
Masterchef Mon PUBLIC HOLIDAY Easter Monday	Art Day Ever wanted to learn how to make Origami? Well, today is your lucky day! \$5	Enviro-Hub Take an outdoor adventure - explore our local parks, walking tracks followed by a picnic lunch. FREE / Hub Bus / 10kms	Healthy Choice Take a day to relax with some yoga and meditation. \$15 / 30kms / healthy lunch included	Friday Funday It's a fun Friday spent at the Amazement Farm and Fun Park. \$27 / 140kms

APRIL 8/4 - 12/4

MON	TUES	WED	THURS	FRI
Masterchef Mon Travel to the flavours of Thailand and cook some delicious Pad Thai. \$10 + opal card required	Art Day Make your own mask however you'd like it to look! Paint, sparkles, feathers etc. \$5	Enviro-Hub We have lots of goals for our Enviro-Hub Program this year. FREE / Hub Bus / 10kms	Healthy Choice All ability sports program - Springloaded. \$15 / 30kms / healthy lunch included	Friday Funday Karaoke & Bowling at Strike Bowling - what a combo! \$15 / 10:30am

APRIL 15/4 - 19/4

MON	TUES	WED	THURS	FRI
Masterchef Mon Carbonara is always a crowd favourite! \$10 + opal card required	Art Day Enjoy the power of painting with your hands and create some fingerprint art. \$5	Enviro-Hub Take an outdoor adventure - explore our local parks, walking tracks followed by a picnic lunch. FREE / Hub Bus / 10kms	Healthy Choice Dive into the pool for our Shared Sharks program. \$15 / 30kms / healthy lunch included	Friday Funday Visit the Hunter Valley Gardens for the Mega Creatures exhibition. \$25 / 110kms

APRIL 22/4 - 26/4

MON	TUES	WED	THURS	FRI
Masterchef Mon Chicken Caesar Salad is on the menu this Masterchef Monday. \$10 + opal card required	Art Day Celebrate Earth Day while we create some sustainable art. \$5	Enviro-Hub It's time to cash in all our cans and bottles at the local return & earn. FREE / Hub Bus / 10kms	Healthy Choice PUBLIC HOLIDAY Anzac Day	Friday Funday Join your friends for a friendly bowling competition held at Dullboys. \$10 / 10:30am / 20kms

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Our programs are flexible and based around our participants needs, interests and goals. Weekly updates are sent via email to ensure you are always aware of any program changes.

We will help you to plan the perfect day!

PROGRAM TIMES:

**9am - 3pm (Flexible arrangements are ALWAYS possible!
Contact your Liaison to plan your day)**

COST:

“Support Time” costs will vary depending on booking numbers, with the per hour cost being based on 1:1 and 1:2 ratios. (These prices are reflected in the NDIS Price Guide.) If a day has an extra cost eg. Friday Fun Day, we ask that this cost is paid in cash on arrival. *Cost of purchasing lunch is not included, except for Monday and Thursday or unless advised otherwise.*

TRANSPORT:

Public transport is used where possible. If it's not suitable to use public transport eg. due to weather or activity location - private staff/business vehicles will be used, with transport cost (97c in a carer vehicle and \$1.80 if a 4u Van is being used), to be split between all participants booked in for the day.

PLEASE REMEMBER TO BRING:

Water bottle, packed lunch (or money to buy), enclosed shoes, hat, sunscreen, opal card, companion card and positive vibes.

CHANGES TO PROGRAM:

Changes to program info will be notified via email.

 **4ucare.com.au**  **1800 482 273**

