

WALLSEND SHARED SUPPORT

WEEK 1

3/6 - 7/6

MON	TUES	WED	THURS	FRI
Masterchef Mon It's National Meat Pie Day! Let's make some delicious homemade pies. \$10 + opal card required	Art Day Get relaxed and creative as we explore art with watercolours. \$5	Enviro-Hub Take an outdoor adventure - explore our local parks, walking tracks followed by a picnic lunch. FREE / Hub Bus / 10kms	Healthy Choice Wellness day - it's all about listening to your body and feeling motivated. \$15 / 20kms / healthy lunch included	Friday Funday Time to head to the Central Coast to visit the Amazement Farm and Fun Park! \$27 / 140kms

WEEK 2

10/6 - 14/6

MON	TUES	WED	THURS	FRI
Masterchef Mon PUBLIC HOLIDAY	Art Day Create your very own Terrarium - think an indoor aquarium for plants! \$5	Enviro-Hub Continue to kick goals with our Enviro-Hub program. FREE / Hub Bus / 10kms	Healthy Choice All ability sports program - Springloaded. \$15 / 30kms / healthy lunch included	Friday Funday Option 1: Starstruck - \$41.50 Option 2: Ferry to Stockton for a fish n chip lunch - bring money for lunch / Opal card

WEEK 3

17/6 - 21/6

MON	TUES	WED	THURS	FRI
Masterchef Mon National Sushi Day - build your own sushi bowl. \$10	Art Day Decorate your own photo frame to hold your favourite photo. \$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 / 20kms / healthy lunch included	Friday Funday Challenge your upper body strength at Pulse Climbing Adamstown. \$25 / 10:30am

WEEK 4

24/6 - 28/6

MON	TUES	WED	THURS	FRI
Masterchef Mon Chicken Enchiladas = delicious!!! \$10 + opal card required	Art Day DIY kite making. Then we can test them out for a fly! \$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 Hit the Community Gym and get your sweat on! \$15 / 20kms / healthy lunch included	Friday Funday Join your friends for a friendly bowling competition held at Dullboys. \$10 / 10:30am / 20kms

WALLSEND SHARED SUPPORT

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.



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