



WALLSEND AUGUST SHARED SUPPORT



5/8 - 9/8

MON	TUES	WED	THURS	FRI
Masterchef Mon Is there anything better than tacos on a Monday?! \$10	Art Day Get creative today and make your very own light up solar system. \$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 - Yoga, meditation, stretching, relax. \$15 / healthy lunch included	Friday Funday Visit your animal friends at Oakvale Farm. \$35 / 110kms

12/8 - 16/8

MON	TUES	WED	THURS	FRI
Masterchef Mon Fried rice is on the menu today - Yum! \$10	Art Day Let your creativity soar with a DIY craft project. \$5	Enviro-Hub Continue to kick goals with our Enviro-Hub program. FREE / Hub Bus / 10kms	Healthy Choice All ability sports program bouncing around at Springloaded. \$15 / 30kms	Friday Funday Dress up as your favourite book character and parade around in our Book Week costumes! \$10 / lunch included

19/8 - 23/8

MON	TUES	WED	THURS	FRI
Masterchef Mon Cook beef stir fry and enjoy a healthy lunch. \$10	Art Day We have a fun activity planned today involving paint and monsters... \$5	Enviro-Hub Take an outdoor adventure - explore our local parks, walking tracks followed by a picnic lunch. FREE / Hub Bus / 10kms	Healthy Choice Splash in the pool and enjoy a hydrotherapy session. \$15	Friday Funday A crowd favourite - Zumba!!! Find your rhythm and dance! \$10

26/8 - 30/8

MON	TUES	WED	THURS	FRI
Masterchef Mon The perfect winter warmer - Pasta bake! \$10	Art Day Create some artworks for fathers day and gift it to someone special. \$5	Enviro-Hub It's time to cash in all our cans and bottles at the local return & earn. FREE / 10kms	Healthy Choice Hit the community gym, followed by a healthy lunch. \$15 / healthy lunch included	Friday Funday Join your friends for a friendly bowling competition held at Dullboys. \$10 / 20kms



WALLSEND AUGUST 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.



4ucare.com.au



1800 482 273

