

WALLSEND SHARED SUPPORT

OCT 30/9 - 4/10

MON	TUES	WED	THURS	FRI
Cooking Day Is there anything better than homemade sausage rolls? We don't think so. \$10	Art Day Get creative and make some lovely flowers out of coloured paper. \$5	Enviro-Hub Take an outdoor adventure - explore our local parks, walking tracks followed by a picnic lunch. FREE / 10kms	Healthy Choice Find some peace with a wellness day at the hub, full of yoga and mindfulness. \$15 / healthy lunch included	Friday Funday Scavenger hunts, rides and activities @ Hunter Valley Gardens. \$27 / 110kms

OCT 7/10 - 11/10

MON	TUES	WED	THURS	FRI
Masterchef Mon PUBLIC HOLIDAY	Art Day Put your paint brush to canvas and explore your creativity. \$5	Enviro-Hub Continue to kick goals with our Enviro-Hub program. FREE / 10kms	Healthy Choice All ability sports program - Springloaded. \$15 / 30kms / healthy lunch included	Friday Funday Barefoot bowls with friends at Bar Beach Bowl! FREE / 30kms

OCT 14/10 - 18/10

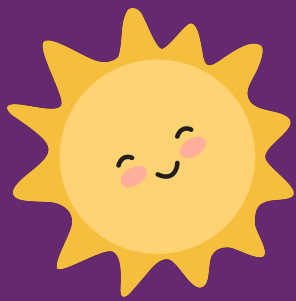
MON	TUES	WED	THURS	FRI
Masterchef Mon Put of your masterchef hat and cook a lasagne, paired with salad. \$10	Art Day Decorate your very own pair of glasses to wear! \$5	Enviro-Hub Take an outdoor adventure - explore our local parks, walking tracks followed by a picnic lunch. FREE / 10kms	Healthy Choice It's Hydrotherapy day! At Valentine indoor pool. \$15 / healthy lunch included	Friday Funday Bounce around at the door trampoline park - Gravity X! \$20 / 90kms

OCT 21/10 - 25/10

MON	TUES	WED	THURS	FRI
Masterchef Mon Healthy Masterchef Monday with Poke Bowls on the menu. \$10	Art Day Flower walk \$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

OCT 28/10 - 1/11

MON	TUES	WED	THURS	FRI
Masterchef Mon Explore spices and maybe chilli with some Mexican rice. \$10	Art Day Halloween is near! Create some decorations to scare the neighbours. \$5	Enviro-Hub Take an outdoor adventure - explore our local parks, walking tracks followed by a picnic lunch. FREE / 10kms	Healthy Choice Find some peace with a wellness day at the hub, full of yoga and mindfulness. \$15 / healthy lunch included	Friday Funday Get spooky on the dance floor at the Halloween party + silent disco. \$15 / 15kms



WALLSEND SHARED SUPPORT



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.

If you have any questions, please don't hesitate to reach out!

 4ucare.com.au  1800 482 273

