

Maitland Shared Support

WEEK 1

4/11 - 8/11

MONDAY

Cooking Day

Starting our week off healthy with some homemade rice paper rolls.

\$10

TUESDAY

Art Day

What sort of art creations can we make out of cotton buds?

\$5

WEDNESDAY

Outdoor Adventure

Take an outdoor adventure - explore our local parks, walking tracks followed by a picnic.

FREE / Hub Bus / 10kms

THURSDAY

Healthy Lifestyle

Hit the community gym, followed by a healthy lunch.

\$15 / 20kms / healthy lunch included

FRIDAY

Friday Funday

Say g'day to all of your favourite animals at the Hunter Valley Zoo.

\$38 / 70kms

WEEK 2

11/11 - 15/11

MONDAY

Cooking Day

Let's cook one of our favourites - Homemade pies with salad.

\$10

TUESDAY

Art Day

Make your own jewellery. How awesome!?

\$5

WEDNESDAY

Outdoor Adventure

Continue to kick goals with our Enviro-Hub program.

FREE / Hub Bus / 10kms

THURSDAY

Healthy Lifestyle

Gravity X - Trampoline Park

\$15 / 30kms / healthy lunch included

FRIDAY

Friday Funday

Catch a latest flick (Movie TBC) - followed by a pub lunch.

\$20 / 30kms

WEEK 3

18/11 - 22/11

MONDAY

Cooking Day

Grilled chicken burgers - delicious!

\$10

TUESDAY

Art Day

Explore different mediums of paints, crayons etc on canvas.

\$5

WEDNESDAY

Outdoor Adventure

Take an outdoor adventure - explore our local parks, walking tracks followed by a picnic.

FREE / Hub Bus / 10kms

THURSDAY

Healthy Lifestyle

Rutherford indoor sports centre - Sports and fitness.

\$15 / 20kms / healthy lunch included

FRIDAY

Friday Funday

Transport excursion! Catch the train + tram to Newcastle + have lunch by the water.

FREE / Opal Card

WEEK 4

25/11 - 29/11

MONDAY

Cooking Day

Is there anything better than homemade lasagne.

\$10

TUESDAY

Art Day

Nature art - Get creative and use natural materials you can find at the park!

\$5

WEDNESDAY

Outdoor Adventure

It's time to cash in all our cans and bottles at the local return & earn.

FREE / Hub Bus / 10kms

THURSDAY

Healthy Lifestyle

Swimming day at Maitland pool.

\$15 / 20kms / healthy lunch included

FRIDAY

Friday Funday

Join your friends for a friendly bowling competition held at Dullboys.

\$10 / 20kms

Maitland 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!



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