

Wallsend Shared Support

WEEK 1

4/11 - 8/11

MONDAY

Cooking Day

Grilled chicken burgers - delicious!

\$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

Dive into the pool for our Shared Sharks program.

\$15 / 30kms / healthy lunch included

FRIDAY

Friday Funday

Find your rhythm in Zumba @ Genesis Cooks Hill.

\$10 / 30kms

WEEK 2

11/11 - 15/11

MONDAY

Cooking Day

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

\$10

TUESDAY

Art Day

Today you have full creative freedom! Choose your own art day!

\$5

WEDNESDAY

Outdoor Adventure

Continue to kick goals with our Enviro-Hub program.

FREE / Hub Bus / 10kms

THURSDAY

Healthy Lifestyle

All ability sports program bouncing around at Springloaded.

\$15 / 30kms / healthy lunch included

FRIDAY

Friday Funday

Sandcastle comp @ Merewether beach.

FREE + money for fish and chip lunch / 30kms

WEEK 3

18/11 - 22/11

MONDAY

Cooking Day

Is there anything better than pizza scrolls for lunch?

\$10

TUESDAY

Art Day

Create your very own tote bag.

\$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

Hydrotherapy at Valentine Indoor Pool.

\$15 / 30kms / healthy lunch included

FRIDAY

Friday Funday

If you're a fan of golf, today is your lucky day! We're heading to Aqua Golf.

\$10 / 110kms

WEEK 4

25/11 - 29/11

MONDAY

Cooking Day

Explore Asian cuisine and cook up some san choy bow.

\$10

TUESDAY

Art Day

Explore different papers and create some origami.

\$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

Hit the community gym, followed by a healthy lunch.

\$15 / 30kms / healthy lunch included

FRIDAY

Friday Funday

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

\$10 / 20kms

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!



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