

Maitland Shared Support

WEEK 1

30/12-3/1

MONDAY

No coordinated activity - supports still available.

TUESDAY

No coordinated activity - supports still available.

WEDNESDAY

PUBLIC HOLIDAY

THURSDAY

Hit the community gym, followed by a healthy lunch.

\$15 / 20kms / healthy lunch included

FRIDAY

Let's go op shopping!

Bring money to shop (\$20) / 30kms

WEEK 2

6/1-10/1

MONDAY

Start the week off healthy with homemade sushi.

\$10

TUESDAY

Manifest your year and create a 2025 vision board.

\$5

WEDNESDAY

Continue to kick goals with our Enviro-Hub program.

FREE / 30kms

THURSDAY

Gravity X - Trampoline Park

\$15 / 30kms / healthy lunch included

FRIDAY

Visit the Irukandji Shark & Ray centre!

\$35 / 100kms

WEEK 3

13/1-17/1

MONDAY

Is there anything better than burrito bowls?!

\$10

TUESDAY

Enjoy some therapeutic art with colouring books.

\$5

WEDNESDAY

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

FREE / 30kms

THURSDAY

Dive into the pool for our Shared Sharks program.

\$15 / 30kms / healthy lunch included

FRIDAY

Friday Friday spent at Amazement Farm and Fun Park.

\$30 / 140kms

WEEK 4

20/1-24/1

MONDAY

Put on your chef hat and whip up some grilled chicken and a healthy salad.

\$10

TUESDAY

Get your hands dirty and experiment with clay!

\$5

WEDNESDAY

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

FREE / 30kms

THURSDAY

Today is all about relaxing. Enjoy some yoga, meditation and breathing.

\$15 / healthy lunch included

FRIDAY

Explore John Tucker park in Patterson followed by lunch at the local pub.

Bring money for lunch / 40kms

WEEK 5

27/1-31/1

MONDAY

PUBLIC HOLIDAY

TUESDAY

Explore different mediums of sensory art.

\$5

WEDNESDAY

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

FREE / 30kms

THURSDAY

Dive into the pool for our Shared Sharks program.

\$15 / 30kms / healthy lunch included

FRIDAY

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!

 4ucare.com.au  1800 482 273

