

# Wallsend 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

Dive into the pool for our Shared Sharks program.

\$15 / 30kms / healthy lunch included

### FRIDAY

Enjoy a fun scavenger hunt at Foreshore Park!

FREE / 30kms

## WEEK 2

6/1-10/1

### MONDAY

Put on your chef hat and whip up a homemade shepherds pie.

\$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

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

\$15 / healthy lunch included

### FRIDAY

Go back to prehistoric times and explore the dinosaurs at Newcastle Museum.

\$15 / 30kms

## WEEK 3

13/1-17/1

### MONDAY

Is there anything better than homemade kebabs?!

\$10

### TUESDAY

Get your hands dirty and experiment with clay!

\$5

### WEDNESDAY

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

FREE / 30kms

### THURSDAY

Hydrotherapy at Valentine Pool.

\$15 / 30kms / healthy lunch included

### FRIDAY

Friday Funday spent at Amazement Farm and Fun Park.

\$30 / 130kms

## WEEK 4

20/1-24/1

### MONDAY

Choose your favourite toppings and cook up some mini pizzas.

\$10

### TUESDAY

Enjoy some therapeutic art with colouring books.

\$5

### WEDNESDAY

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

FREE / 30kms

### THURSDAY

From Trampolining into giant Airbags - have fun at Revolution!

\$15 / healthy lunch included

### FRIDAY

We are heading to Nobby's Beach to have some fun in the sun! Bring your swimmers if you wish!

FREE / 30kms

## WEEK 5

27/1-31/1

### MONDAY

PUBLIC HOLIDAY

### TUESDAY

Make your own play-dough and create some creatures.

\$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

# 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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