



WANDAL COMMUNITY GARDEN

Small groups...

BIG OUTCOMES

Flexible **LEARNING**

SKILL development

Peer **SUPPORT**

Community **ENGAGEMENT**

LEADERSHIP & decision-making

There is something to suit everyone at Wandal Community Garden. The day's planning is in your hands. Put forward your ideas and discuss it with your team, then make your decisions.

The garden is such a peaceful environment for learning and now offers a variety of diverse programs to accompany our much loved Wandal Community Garden program, which includes learning about rotation planting, tending to the chooks and doing a bit of heavy lifting. But if that's not for you, you can cook using the garden ingredients or settle into some painting under the pergola or woodwork in the shed.

The activities are limited only by your imagination. It's a great place to meet new people and catch up with old friends, socialize, have fun and learn how to live more independently in your community.

**ENQUIRE
NOW
PH: 4921 6383**

Note: An Activity Fee of \$5.00 is payable once per week which will cover multiple sessions

Day 2 Day

NDIS Line Item: Group Based Activities in a Centre - Ratio 1:3 - Standard - Weekday Daytime

Price Per Hour: \$22.05

Duration: 3.5 hours

The Wandal Community Garden session that you know and love. This session will focus on developing clients skills around teamwork, decision making, problem solving and making healthy choices. This group is client led and the sessions activities are planned by the program participants on a daily basis and covers gardening, cooking, craft and chook care.

Green Fingers

NDIS Line Item: Group Based Activities in a Centre - Ratio 1:3 - Standard - Weekday Daytime

Price Per Hour: \$22.05

Duration: 3.5 hours

A gardening program to develop lifelong skills for food production and to reconnect people to the natural world through gardening. Participants will develop skills to grow, maintain and harvest produce along with learning how to maintain a sustainable and environmentally friendly garden.

Ladies About Town

NDIS Line Item: Group Based Activities in a Centre - Ratio 1:3 - Standard - Weekday Daytime

Price Per Hour: \$22.05

Duration: 3.5 hours

Our ladies program assists participants to build self-esteem in a positive environment and gain a better understanding of what is available in the local community. Sessions will include fitness, relaxation, social etiquette building, self-care and health and wellbeing.

Build It - Woodwork

NDIS Line Item: Group Based Activities in a Centre - Ratio 1:3 - Standard - Weekday Daytime

Price Per Hour: \$22.05

Duration: 3.5 hours

Our woodwork course will provide opportunities to develop skills around using hand tools and various techniques; it allows for great creativity and teamwork. The participants will develop skills around measurement, identifying tools and how to use them correctly and work health and safety. All involved will produce unique personal handmade woodwork items.

Good as New

NDIS Line Item: Group Based Activities in a Centre - Ratio 1:3 - Standard - Weekday Daytime

Price Per Hour: \$22.05

Duration: 3.5 hours

A recycled craft program focused on upcycling objects to turn them into something interesting and new. Participants will learn about sustainability, problem solving and develop fine motor skills while creating beautiful pieces of artwork. The program encourages creativity in a supportive environment.

Tools & Tinkerers

NDIS Line Item: Group Based Activities in a Centre - Ratio 1:3 - Standard - Weekday Daytime

Price Per Hour: \$22.05

Duration: 3.5 hours

Learn mechanical skills in a fun, relaxed environment with like-minded people. Topics include; hazards & risks, hand tools, mechanical fasteners, petrol engines, LED lights and other fun projects.

Jam Session

NDIS Line Item: Group Based Activities in a Centre - Ratio 1:3 - Standard - Weekday Daytime

Price Per Hour: \$22.05

Duration: 3.5 hours

Music is the universal language that connects people with each other and allows expression of oneself without words. Music improves changes in behaviour and emotional wellbeing. Come along to our jam sessions where you will develop musical skills on your chosen instrument, learn to play in a group and have a great time.

Work Group

NDIS Line Item: Group Based Activities in a Centre - Ratio 1:3 - Standard - Weekday Daytime

Price Per Hour: \$22.05

Duration: 3.5 hours

Join a hard working garden maintenance crew, be part of the team and learn about commitment, responsibilities and strong work ethic. The work group operates in the community to assist with mowing, whipper snipping and weeding. Participants will learn how to manage work health and safety and the correct use of Personal Protection Equipment.

Get Active

NDIS Line Item: Group Based Activities in a Centre - Ratio 1:3 - Standard - Weekday Daytime

Price Per Hour: \$22.05

Duration: 3.5 hours

Gain knowledge, understanding and skills to participate in a group exercise where participants learn about the various physical activities available in the community and the importance of health. This program combines a range of sports and exercise with team building in an inclusive environment.

Men About Town

NDIS Line Item: Group Based Activities in a Centre - Ratio 1:3 - Standard - Weekday Daytime

Price Per Hour: \$22.05

Duration: 3.5 hours

This program is designed to encourage participants to learn about health and wellbeing, personal grooming and appropriate social behaviour in different community settings. The group encourages natural friendships and learning that will last a lifetime.

Life Skills

NDIS Line Item: Group Based Activities in a Centre - Ratio 1:3 - Standard - Saturday

Price Per Hour: \$29.75

Duration: 3.5 hours

This program is designed for school aged participants to gain experience in daily life skills which include learning how to use public transport and visiting places in the local community. Participants will also develop skills in teamwork, decision making, problem solving and making healthy choices.

My Community

NDIS Line Item: Group Based Activities in a Centre - Ratio 1:3 - Standard - Saturday

Price Per Hour: \$29.75

Duration: 3.5 hours

This program is for participants who would like to develop skills in planning and attending local community events. The participants will research events in the community and plan the best route using public transport and other means. The program will assist development in awareness of road safety and social etiquette.

MONDAY

MORNING SESSION		8:30AM - 12:00PM
Day 2 Day		Green Fingers
AFTERNOON SESSION		1:00PM - 4:30PM
Day 2 Day		Men About Town

TUESDAY

MORNING SESSION		8:30AM - 12:00PM
Day 2 Day	Girls About Town	Build It
AFTERNOON SESSION		1:00PM - 4:30PM
Day 2 Day		Green Fingers

WEDNESDAY

MORNING SESSION		8:30AM - 12:00PM
Day 2 Day		Build It
AFTERNOON SESSION		1:00PM - 4:30PM
Day 2 Day	Work Group	Good As New

THURSDAY

MORNING SESSION		8:30AM - 12:00PM
Day 2 Day	Build It	Good As New
AFTERNOON SESSION		1:00PM - 4:30PM
Day 2 Day		Jam Session

FRIDAY

MORNING SESSION		8:30AM - 12:00PM
Day 2 Day	Work Group	Tools & Tinkerers
AFTERNOON SESSION		1:00PM - 4:30PM
Day 2 Day		Get Active

SATURDAY

MORNING SESSION		8:30AM - 12:00PM
Day 2 Day (Saturday rates apply)		My Community
AFTERNOON SESSION		1:00PM - 4:30PM
		Life Skills