

Connect More. Do More. Achieve More

COMMUNITY
LIVING
AUSTRALIA

With a strong focus on *fun, participation and adventure* you will be provided with a wealth of active *learning opportunities* to develop life skills, further your education, *increase your confidence and independence* and prepare for future employment.



CONNECT

A 6-month program to encourage community engagement, relationship building and to build on experiences and learn new life skills.

06/01/2025 to 27/06/2025



ABOUT CONNECT

Connect runs for six months – divided into six-week blocks – providing participants with a range of programs which stem from three focus areas: Independent Living Skills, Community Participation and Centre-based Activities.

Every six-week block will have a variety of different programs scheduled. Details of these programs are available in this booklet.

IMPORTANT

If you find you are unable to attend a program on a particular day, please let Meredith know at least two weeks in advance to avoid being charged.

If you are unable to attend the entirety of a program, please complete the form at the end of this booklet and give it to Meredith before the start of the six-week block for that program.



PROGRAM OVERVIEW

ACTIVITIES AND PROGRAMS WILL ROTATE THROUGH THE PROGRAM

All clients will rotate through programs and activities to aid in achieving their Individual NDIS goals.

Programs will be run under the following three headings.

Independent Living Skills

- Cooking – learn basic cooking skills with easy step-by-step instructions.
- Sewing – learn how to create new items, or mend old ones.
- Computer safety – how to safely interact with others online.
- Money/math skills – increase or learn skills to manage your finances, through budgeting & basic math.
- Commercial cooking – create Brain Boost Bars for local Primary schools – giving back to the Community by providing muesli bars to children that may not receive a healthy breakfast.
- Literacy – increase reading & writing skills, pen pal letters to other Community Living Australia clients from other regions.
- Communication – using different forms of Communication through sign language, AAC devices.

Centre Based Activities

- Art & Crafts – increase fine motor skills & creativity.
- Board games – fine motor skills & peer group activities
- Lego program – fine motor skills & creativity
- Sensory – sensory processing activities.
- Gardening program- plant & grow, then pick to take home vegetables/ produce.
- Music – learn how to use / play various musical instruments.
- Dancing – increase co-ordination skills.
- Bingo – group activity, concentration skills.

Community Activities

- Janitorial deliveries – filling & delivering janitorial supplies to accommodation sites.
- Recycling program – collecting recycling from local businesses as a way of giving back to the community.
- Community Connections – get out in the community to visit local art galleries, cafes, aged care homes, shopping,
- Community Walks – explore local walking trails for exercise, take in the scenery, explore nature.
- Photography – take photos of different areas of interest, create a take home album.

	Morning	Afternoon	
MONDAY	AM	PM	All day
	Independent Living Skills	Community Activity	
	Centre Based	Independent Living Skills	
	Community Activity	Centre Based	
TUESDAY			
	Community Activity	Centre Based	Commercial Cooking
	Independent Living Skills	Community Activity	Recycling
	Centre Based	Independent Living Skills	
WEDNESDAY			
	Centre Based	Independent Living Skills	Swimming Program
	Community Activity	Centre Based	(Summer only)
	Independent Living Skills	Community Activity	
THURSDAY			
	Independent Living Skills	Community Activity	
	Centre Based	Independent Living Skills	
	Community Activity	Centre Based	
FRIDAY			
	Community Activity	Centre Based	
	Independent Living Skills	Community Activity	
	Centre Based	Independent Living Skills	

SPECIAL EVENTS

KEY DATES and Public Holidays (Centre Closed)

Date	Information
27 th January	Australia Day Public Holiday
26 th February	All Abilities Festival
10 th March	Adelaide Public Holiday
18 th to 21 st April	Easter
25 th April	Anzac Day
9 th June	King's Birthday Public Holiday

BOOKING FORM

Select which programs you would like to be involved in.

YOUR NAME _____

Monday

MORNING

- Sensory Playground
- Market Makers
- Janitorial Deliveries
- Computer Skills

AFTERNOON

- Sensory Art
- Board Games
- Drama

ALL DAY

-

Tuesday

MORNING

- Communication
- Gardening

AFTERNOON

- Fun Facts
- Sensory Sensations

ALL DAY

- Commercial Cooking
- Recycling

Wednesday

MORNING

- Lego Program
- Life Skills
- Lunchtime Cooking

AFTERNOON

- Swimming
- Rage Cage
- Sensory Art Creations

ALL DAY

-

Thursday

MORNING

- Community Walks
- Chair Fitness
- Op Shopping

AFTERNOON

- All about Plants
- Music and Movement
- Photography

ALL DAY

-

Friday

MORNING

- Numeracy
- Café Connections
- Outdoor Activities

AFTERNOON

- Relaxation & Games
- Sensory
- Car Washing

ALL DAY

-

Please Return Slip to the Murray Bridge Office

If there are any dates that you cannot attend, enter the dates and details below.

Dates I can't attend

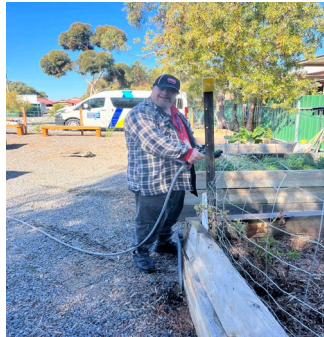
Specific Details (if required)

Three empty grey rectangular boxes for entering dates.

Three empty grey rectangular boxes for entering specific details.

ADDITIONAL COMMENTS

A large empty grey rectangular box for additional comments.



For more information:
Phone: Meredith Bradley 0427 064 988
Email: Meredith.bradley@claustr.com.au

Together we
achieve



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Phone: MEREDITH BRADLEY 0427 064 988

Email: info@cloust.com.au