

# Murraylands

**Connect More. Do More. Achieve More.**

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.

**1<sup>st</sup> July – 20<sup>th</sup> December 2024**

# 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 Betty-Ann 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 Betty-Ann before the start of the six-week block for that program.**



## Public Holidays – Center closed

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|                               |                           |
|-------------------------------|---------------------------|
| <b>7<sup>th</sup> October</b> | Public Holiday Labour Day |
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|---------------------------------|----------------------|
| <b>20<sup>th</sup> December</b> | Last day of the year |
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## PROGRAM OVERVIEW

ACTIVITIES ROTATE EVERY 6 WEEKS

|           | 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 |                    |
|           | Community Activity        | Centre Based              |                    |
|           | 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        |                    |

All clients will rotate through programs every 6 weeks 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.
- Computers – learn basic computer 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.

**SPECIAL EVENTS**  
KEY DATES

| Date                                      | Information                        |
|---|------------------------------------|
| 12 <sup>th</sup> July                     | Bunnings BBQ (fundraising event)   |
| 7 <sup>th</sup> October                   | Public Holiday                     |
| 15 <sup>th</sup> -29 <sup>th</sup> August | Myriad                             |
| 25 <sup>th</sup> October                  | Golf Day (fundraising event)       |
| 22 <sup>nd</sup> November                 | Rock The Coast 2024 -Victor Harbor |
| TBC                                       | Christmas Party                    |

Select which programs you would like to be involved in.  
Refer to the Social Recreation & Learning Program booklet for more information.

**YOUR  
NAME**

*Monday*

**MORNING**

- ☐ Art & Craft
- ☐ Music
- ☐ Janitorial Deliveries
- ☐ Board games ☐

**AFTERNOON**

- ☐ Computer Skills
- ☐ Sewing
- ☐ Gardening
- ☐ Sensory playground

*Tuesday*

**MORNING**

- ☐ Communication
- ☐ Art & Craft

**AFTERNOON**

- ☐ Gardening
- ☐ Sensory Program ☐

*Wednesday*

**MORNING**

- ☐ Lego Program
- ☐ Communication
- ☐ Craft
- ☐ Basic Cooking

**AFTERNOON**

- ☐ Library
- ☐ Money Skills
- ☐ Games
- ☐ Sensory

## Thursday

### MORNING

- ☐ Art & Craft
- ☐ Music
- ☐ Photography

### AFTERNOON

- ☐ Wellbeing Walks
- ☐ Literacy & Communication
- ☐ Baking

## Friday

### MORNING

- ☐ Art & Craft
- ☐ Community Connections
- ☐ Outdoor Activities
- ☐ Movement to music

### AFTERNOON

- ☐ Relaxation & Games
- ☐ Art & Craft
- ☐ sensory
- ☐ Car Washing

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

Dates I can't attend

Specific Details (if required)

**ADDITIONAL  
COMMENTS**

**Public Holiday  
Closure**

7<sup>th</sup> October 2024

**Myriad Art  
Exhibition**

15<sup>th</sup> – 29<sup>th</sup> August -Connect to attend on  
a date to be confirmed

Please Return Slip to the Murray  
Bridge Office

**For more information:**

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Together we  
achieve



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