

Lifestyle | Leisure | Learning

# The Inclusion Centre Program Guide 2022

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# THE INCLUSION CENTRE

## LIFESTYLE, LEISURE and LEARNING (3Ls) PROGRAM

### January – June 2022

CENTRE-BASED ACTIVITIES					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
8.30am – 9am	Travel & Transport	Travel & Transport	Travel & Transport	Travel & Transport	Travel & Transport
9am – 12pm	Arts & Crafts	Textile & Art	Making It	Cooking	Friday Fun Day
12pm – 1pm	Lunch & Stretch n Flex	Lunch & Stretch n Flex	Lunch & Stretch n Flex	Lunch & Stretch n Flex	Lunch & Stretch n Flex
1pm – 3pm	STEAM Activities	High Tea	Wood Burning	Games Galore	Movie Matinee (in-house)
3pm – 4pm	Travel & Transport	Travel & Transport	Travel & Transport	Travel & Transport	Travel & Transport

COMMUNITY-BASED ACTIVITIES					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
8.30am – 9am	Travel & Transport	Travel & Transport	Travel & Transport	Travel & Transport	Travel & Transport
9am – 12pm	Swimming, Games & Sausage Sizzle	Leisure Options ** ** (Participant Contributions)	Mystery Adventure	Yellow Brick Road	TIC Sports Carnival
12pm – 1pm	Lunch	Lunch	Lunch	Lunch	Lunch
1pm – 3pm	Library	Shopping	Mystery Adventure	Yellow Brick Road	TIC Sports Carnival
3pm – 4pm	Travel & Transport	Travel & Transport	Travel & Transport	Travel & Transport	Travel & Transport

SATURDAY ACTIVITIES (9am – 2pm = 5-6 hours): 6-Week Program, Participants Contribution				
Date	Activity	Cost (Entry)	Cost (Food) - approx	Cost (Other)
5 February	Movies & Lunch	\$22	\$20	
12 February	Bowling & Lunch	\$18	\$20	
19 February	Butterfly Farm	\$14 - \$16	\$20	
26 February	Crocosaurius Cove	Adult - \$36.00 Senior - \$28.00 Child - \$23.00	\$20	
5 March	Plant Workshop @ TIC	Free	\$20	\$30
12 March	Berry Springs	Free	\$20	
19 March	Movies & Lunch	\$22	\$20	
26 March	Bowling & Lunch	\$18	\$20	
2 April	Barramundi Fishing Adventures	\$45 (2 hours)	\$20	
9 April	Crocodylus Park	\$10 - \$15	\$20	
16 April	(No activity – Easter Saturday)	-	-	
23 April	Cooking Workshop @ TIC	Free	Free	\$50
30 April	Mandorah	Free	\$20	
7 May	Movies & Lunch	\$22	\$20	
14 May	Bowling & Lunch	\$18	\$20	
21 May	Territory Wildlife Park	Adult - \$37 Child - \$18.50 Concession - \$26	\$20	
28 May	Chocolate Workshop	\$30 (1.5 hrs)	\$20	
4 June	Fog Dam	Free	\$20	
11 June	Greek Glenti (TBC)	Free	\$30	
18 June	Movies & Lunch	\$22	\$20	
25 June	Bowling & Lunch	\$18	\$20	
2 July	Lake Bennett	Free	\$20	
9 July	Upcycling @ TIC	Free	\$20	
16 July	Litchfield	Free	\$20	
23 July	Darwin Show Day	Adult - \$20 - \$25 Child - \$12 - \$15	\$30	✓

## THE INCLUSION CENTRE LEISURE, LIFESTYLE AND LEARNING (3Ls) PROGRAM

The Inclusion Centre provides centre and community-based activities for people with disability. We aim to enhance the overall abilities of participants by actively engaging them in a variety of activities which reflect their choices and interests whilst meeting their personal goals. It is a drop in place where everyone belongs. Our person-centred approach aims to provide inclusion, enjoyment, pleasure and achievement in a safe and supportive environment.

The Inclusion Centre's Leisure, Lifestyle and Learning (3Ls) Program offers participants an opportunity to:

- try out new activities
- choose and pick which activities
- access community activities and venues
- learn and develop new skills
- recognise their individual interests, aspirations, goals and abilities
- increase and maintain social participation
- build confidence and self esteem
- capacity building

Our capacity building supports enable participants to build independence skills and better participate in society, focusing on self-care skills, communication skills and contributing to the household, community and workforce. Skill building program include building social skills, motor skills, learning how to catch public transport, learning how to cook, volunteering, working towards employment and other practical skills. There are many opportunities for social inclusion and community participation and to develop skills in:

- micro enterprise
- following instructions and step by step procedures
- planning and problem solving
- building confidence, concentration, coordination and balance
- mindfulness e.g. mental wellbeing, relaxation and emotional regulation
- healthy eating and daily living

We encourage participants to attend on days that match their skills and interests.

### CENTRE-BASED ACTIVITIES

There are many activities to do and explore at The Inclusion Centre. Our friendly, skilled and experienced staff will guide and support participants throughout their journey.





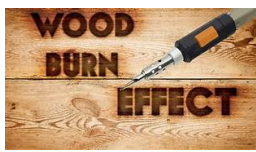


Centre based activities at The Inclusion Centre are planned at a ratio of 1:3. (1:1 is only available by prior arrangement for certain groups, please contact The Inclusion Centre).

In supporting participants maintain a healthy lifestyle, a quick stretch n flex and/or laughing yoga forms part of our daily routine.





Some of the centre-based activities include:

<p><b>Arts and Crafts</b></p> <p>Explore new skills and try different craft activities. We offer a range of paper and decorative craft activities to express themselves through art and craft techniques using a range of resources and mediums. This enables participants to create pieces which they can take home or display throughout the centre. For others, they may wish to display and sell their art at craft fairs or enter competitions.</p>	
<p><b>Textile and Art</b></p> <p>Participants can express themselves through sewing, knitting, crocheting and other craft using a range of resources and mediums. This program enables participants to create pieces which they can take home or display throughout the centre. For others, they may wish to display and sell their art at craft fairs or enter competitions.</p>	
<p><b>High Tea</b></p> <p>Share an afternoon tea together. A great way to practice social skills and communication and a fun way to develop friendships.</p>	
<p><b>Making It</b></p> <p>Construct and assemble (or disassemble) items using the forums of recycle, reinvent and renew. Participants can use their imagination, practice their motor skills and have fun creating items eg creative décor (lanterns, jute ball, lampshade, picture frames, etc).</p>	
<p><b>Wood Burning</b></p> <p>Participants in this group can learn basic free-handed art of decorating wood (or other materials) using a wood burning tool. This allows participants to practice their motor skills, help them focus and encourages creativity.</p>	
<p><b>Cooking</b></p> <p>Participants in this group can develop basic food preparation skills including chopping, peeling and cutting as well as safety and hygiene. They can learn how to cook, practice reading recipes and develop shopping skills. The aim of the group is to enhance confidence to make snacks and meals independently and increase social participation.</p>	
<p><b>STEAM Activities</b></p> <p>We have fun activities that will spark one's imagination, increase engagement and motivation, develop soft skills (creativity, problem solving, collaboration) and improve communication. Participants can think outside the box where they will feel safe and comfortable expressing their innovative and creative ideas through experiments and science e.g. sensory bottles, volcanos, shadow puppets.</p>	

<p><b>Games Galore</b> Participants can come and spend the afternoon playing their favourite games including Board games, Connect Four, Dominoes and many more!</p>	
<p><b>Friday Fun Day</b> Love to sing or dance? Our team enjoy creating a fun and engaging environment for those attending The Inclusion Centre. Our Friday Fun Day was based on the concept of having fun while learning through dance, music, play and relaxation. Learn some dance moves, sing karaoke, play some musical instruments or simply chill out watching an in-house movie. There's something for everyone!</p>	
<p><b>Movie Matinee</b> A good way to end the week - relax and enjoy an in-house movie. The Inclusion Centre has access to Netflix and Youtube and we offer a range of movies for participants to choose from.</p>	


### NOT FEELING THE STRUCTURED ACTIVITY?

No problem! There is always something to do at The Inclusion Centre. We have task orientated activity box, small and short activities pre-prepared and available to participants who become disengaged in programmed activities.

We have a chillout zone where participants can read a book or simply take a break. The chillout zone is quiet space that provides a reduced stimulation environment that allows people to calm, relax, re-organise and refocus.

There is a sensory room specifically designed to provide an enjoyable or calming multisensory experience. Activities in a sensory room focus on particular senses – touch, sight, sound, smell as well as more abstract senses of wellbeing – space, time and togetherness. A space where participants can relax and interact with and control their environment.

Like to play games or surf the net? The computer room offers access to internet, social media and games. We have apps and games that are fun and educational as well as capacity building opportunities around typing, creating documents like resumes and workshops using procreate – a digital illustration apps.

<p><b>COMMUNITY-BASED ACTIVITIES</b> The Inclusion Centre's out and about activities offer a new adventure every day! A whole day outing to a variety of destinations with time to explore at each destination and participate in activities. Lunch is not included but may be purchased if participants bring their own money or they can bring a picnic lunch to have out and about. Entrance to venues and destinations and lunch or morning tea maybe included or an additional cost may be advised reflective of the schedule.</p> <p>Community based activities at The Inclusion Centre are planned at a ratio of 1:2. (1:1 is only available by prior arrangement for certain groups, please contact The Inclusion Centre).</p>	
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Some of the community-based activities include:

<p><b>Swimming, Games &amp; Sausage Sizzle</b></p> <p>Participants can enjoy swimming or play games and have a sausage sizzle at the local lakes. It's a great way to socialise and a fun way to develop friendships, develop confidence and explore their community.</p>	
<p><b>Library</b></p> <p>Participants can visit different public libraries and find out how a library function. Participants can read books, join the book club, STEAM activities, listen to music or use the library's computers. Participants will be encouraged to have their own library card.</p>	
<p><b>Leisure Options (Participant Contributions)</b></p> <p>A day where activities are chosen by the group and participants contribute towards entry fees for example: bowling, movies, fish feeding, gym to name a few.</p>	
<p><b>Shopping</b></p> <p>Leisurely stroll around shopping centres or visit op shops around Darwin. A great way to learn basic shopping skills plus confidence in financial skills and budgeting for daily living and practice social and communication skills.</p>	
<p><b>Mystery Adventure</b></p> <p>Discover the many beautiful places around Darwin, Palmerston and surrounding areas. Activities, games, walking and fishing are on the list of things to do or simply enjoy the scenery, stroll and have a bite to eat. Places may include Nightcliff foreshore, Casuarina Coastal Reserve, East Point Reserve, Botanical Gardens, Jingili Water Gardens, etc.</p>	
<p><b>Yellow Brick Road</b></p> <p>A day to visit some of the local services doing great in the community e.g. RSPCA, St John Ambulance, Foodbank or wander through Darwin's recreational parks, museums and other places and have a picnic. Opportunities for social interaction and confidence building as well as community participation.</p>	
<p><b>TIC Sports Carnival</b></p> <p>An activity where participants can join in sports 'TIC style' where the aim is to improve fitness and have fun! Great for social interaction, communication and team building. Some of the activities may include Balloon Tennis, Football Throw, Straw Javelin Throw, Walking Adventure, etc.</p>	

## **SOCIAL PROGRAM**

A calendar of what's happening throughout the year around Darwin, Palmerston and surrounding areas. Our social program provides support services to participants enabling them to go out with their peers, make friends and visit places e.g. AFL, Big Day Out, Nightcliff Seabreeze.

## **VOLUNTEERING PROGRAM**

This is a program for those wanting to volunteer in the community. Our volunteering program enables participants to gain work experience in different work settings. A great way to get involved in the community and to build capacity towards employment work opportunities.

## **CANCELLATIONS AND NON-ATTENDANCE**

If you need to cancel a service appointment, please provide us with at least one (1) clear business day notice, otherwise a cancellation fee may apply. We appreciate your assistance in advising us as early as possible of cancellations.

We may need to cancel or reschedule an activity due to weather or unforeseen circumstances. We will not charge you any fees if we initiate a cancellation.

## **FOR FURTHER INFORMATION**

Please contact:

The Inclusion Centre

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