



Program Outline

Learning Hub – Stevenson House

2023

Location: Stevenson House

10 Stevenson Cres, Caroline Springs, VIC 3023.

Opening hours: 9.00 am to 3.00 pm.

Phone: 03 8899 9168

Email: info@empress.org.au

For more information contact

Service Coordinator

Name: Saheed Akolade

Phone: 0413 754 441

Email: sakolade@empress.org.au

Program outline and costs – 2023

All programs will incorporate communication, literacy, and numeracy skills

Cooking & Food Handling

Location: Empire House Learning Hub
Time & Day: Monday – 9.00 am-12.00 pm.
Friday – 9.00 am-12.00 pm.
Cost: \$7

All programs will focus on communication skills. Morning programs commencing at 9.00 am will allocate 15 minutes to activities/exercises based on communication.

Cooking & Food Handling will provide participants with basic food knowledge and skills, from purchasing food to small meal preparation, cooking, and cleaning. Throughout the program, participants will be guided through the safety and hygiene principles of cooking in a kitchen, such as food storage and handling and kitchen utensils.

The program delivers a hands-on approach focusing on healthy food choices, the Australian Guide to Healthy Eating and individual food tolerances and diets are catered to.

Participants are expected to work as part of a team, and a moderate degree of independence is required.

Literacy Skills

Location: Empire House Learning Hub
Time & Day: Monday, 9.00 am-12.00 pm.
Cost: NIL

The Literacy Skills program aims to enhance participants' literary abilities that are relevant and necessary to their everyday interactions.

The participants will engage in communicative scenarios and written work that will expand their vocabulary and articulation in social settings.

Creative Skills

Location: Empire House Learning Hub
Time & Day: Monday – 12.00 pm-3.00 pm
Friday – 12.00 pm-3.00 pm.
Cost: \$3

Participants are given the options of participating in Arts & Crafts, Photography Skills, Digital Mix, Computer skills and Video Games)

This program allows participants to explore their creative & visual side while improving their drawing skills and encouraging positive interactions among peers. Participants will choose what they would like to draw/create each session and research and learn from some of history's greatest artists. The program gives participants the option of choosing creative skills during each session.

Participants will build their confidence in communication, self-expression and build on their artistic talents. Participants will be able to share ideas and connect with fellow participants and instructors.

Exploring Music

Location: Empire & Stevenson House Learning Hub
Time & Day: Monday, 12.00 pm-3.00 pm.
Thursday, 9.00 am-12.00 pm.
Cost: NIL

Participants will immerse themselves in exploring genres and rhythms from around the world. They will learn music history, listen to famous artists, and understand the lyrics, introductory notes and the evolution of video clips, music arrangements and technology in music.

Participants will be able to choose an artist of their preference to explore - why they like the artist and how this artist has influenced them.

**Discovering
Melbourne
(Travel Training)**

Location: Stevenson House Learning Hub
Time & Day: Tuesday – 9.00 am-12.00 pm.
Cost: NIL (MYKI Card REQUIRED)

All programs will focus on communication skills. Morning programs commencing at 9.00 am. Will allocate 15 minutes to activities/exercises based on communication.

Train & Bus Travel is designed to encourage participants to explore their community and surrounding areas while developing individual skills centred on:

- Negotiating the transport network (trams, trains, buses or walking)

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- Use of MYKI & Safety in the community
 - Directions, location and use of maps or GPS (Smartphones as a tool)
 - Personal timetabling (considering times needed to complete excursions)
 - Planning and keeping record of their travels (developing a forward plan for events, costs, numbers attending)
 - Recognising environmental needs (weather-appropriate clothing)
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Money Skills

Location: Stevenson House Learning Hub
 Time & Day: Tuesday, 9.00 am-12.00 pm.
 Cost: NIL

Money skills will help participants develop the confidence to perform simple money tasks and further their ability to make sense of the use of money in their daily personal life.

The program targets the foundation of math skills, with participants recognising the monetary value and completing practical learning activities.

Active Skills

(Dancing, Sports & Fitness)

Location: Stevenson House Learning Hub
 Time & Day: Tuesday – 12.00 pm-3.00 pm
 Thursday – 12.00 pm-3.00 pm
 Cost: NIL

This program aims to develop an understanding of how to stay healthy. The program will focus on improving fitness through various activities – such as dance and meditation and includes learning about different sports and essential skill development.

Participants will learn and enjoy different sports, from football, soccer, basketball, cricket and many more.

Participants will consider their health and general fitness and set goals to improve. The focus will be on different sports and the skills associated with those sports, including rules, history and keeping track of various sporting events occurring worldwide.

Biking

Location: Stevenson House Learning Hub & Leisure Centre
Time & Day: Tuesday – 12.00 pm-3.00 pm
Thursday – 12.00 pm-3.00 pm
Cost: NIL

This program will enhance participants' physical and mental health and can reduce the chances of experiencing many health problems.

Unlike some other sports, cycling does not require high levels of physical skill. Most people know how to ride a bike; you don't forget once you learn. Participants will explore the surrounding park tracks while learning about nature and the benefits of staying actively fit.

Participants will be under the supervision of our Support Workers, who will provide assistance (training wheels) to enable each participant to participate in the program.

Swimming

Location: Stevenson House Learning Hub & Leisure Centre
Time & Day: Wednesday – 9.00 pm-12.00 pm
Cost: \$10

All programs will focus on communication skills. Morning programs commencing at 9.00 am will allocate 15 minutes to activities/exercises based on communication.

This program will enhance participants' strength in various ways to work gentle exercise back into their routines. Due to its low-impact nature, swimming mitigates much of the risk, pain, and strain other than conventional sports and can strengthen participants' mental and physical well-being.

Participants get to network and work with other participants in a group setting and use the Sunna, spa etc., under the supervision of our Support Workers.

Daily living Skills

Location: Stevenson House Learning Hub
Time & Day: Wednesday, 9.00 am-12.00 pm.
Cost: NIL

Daily living skills encapsulates all the types of skills and abilities a person needs to be able to live independently.

Built around this premise, the program will explore a wide variety of activities, tasks, DIY, home jobs, personal care, safety, sustainability, employability and the 'how to' on just about everything! ... to empower participants with a 'can do' attitude towards living the life they want to live.

Numeracy Skills

Location: Stevenson House Learning Hub
Time & Day: Wednesday, 12.00 pm-3.00 pm.
Cost: NIL

The Numeracy Skills program provides an opportunity to gain skills and knowledge to use functional numeracy in everyday situations. The program will be covering:

- Number patterns, less or more and number order in everyday situations.
- Describes mathematical situations using everyday language, actions, and materials.
- Using numbers to count, add and subtract in everyday situations.
- Using simple everyday language of location to give and follow informal directions.
- Household skills: household fractions, measurement in the kitchen.

Newspaper Rolling & Delivery

Location: Stevenson House Learning Hub and community
Time & Day: Thursday – 9.00 pm-3.00 pm
Cost: NIL

All programs will focus on communication skills. Morning programs commencing at 9.00 am will allocate 15 minutes to activities/exercises based on communication.

This Newspaper Rolling and Delivery encourages participants to build their education and employment skills and knowledge while using the community independently.

With the supervision of our support workers, participants will be supported in developing their decision-making skills while using the community and surrounding areas.

- Building employment skills by working independently and in a group.

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- Overseeing a team during small tasks.
 - Safety in the community
 - Studying the community map and streets
 - Planning & Setting Goals
 - Capacity Building
 - Recognising environmental needs (weather-appropriate clothing)

The payments received from the newspaper company goes toward the participants in the program end of the year trip and Christmas party.

League Bowling

Location: Watergardens Zone Bowling & Empire House Learning Hub
 Time & Day: Friday, 9.00 am-3.00 pm.
 Cost: Depending on the signing-up cost

This program will enhance participants' strength and exercise their bodies. Bowling lowers your risk of stroke, heart attacks, and diabetes and increases bone density.

Participants get to ENJOY, compete, and have fun with friends. League Bowling operates with people living with disabilities from communities and participants from other NDIS providers.

At the end of the year, participants will receive awards (trophy) and certificates of participation as well as attend the end of the year Christmas party.

Photography Skills & Digital Mix

Location: Empire House Learning Hub
 Time & Day: Friday, 12.00 pm-3.00 pm.
 Cost: NIL

Participants will spend a portion of class time researching developments in digital technologies, the animation and videogames industries. They will then use the Cameras, iPads and iMac computers to work on their personal projects of choice (game programming, animation, producing music, website building etc using the programs installed).

Participants will build their confidence and develop new skills in order to take the next steps in their lives.

Fees

Fee	Fee per participant	Details
Creative Skills & Arts	\$3.00	To cover the cost of materials.
Cooking & Food Handling	\$7.00	To cover the cost of food supplies.
Gardening Skills	\$2.00	To cover the cost of garden supplies (seeds, tools).
Discovering Melbourne (Train & Bus Travel)	\$10.00	Participants are required to have a MIKI Card with a top-up. \$10.00 minimum balance.
Photography Skills & Digital Mix	\$3.00	To cover the cost of printing photos and framing
League Bowling	TBC	Depending on the signing-up cost

General Information:

A term commitment to the programs is required and is set at the end of the previous term. Costs of activities may increase where there is an increase in charges by external providers. Where Empress Support Services has a contract or commitment to external providers for goods or services, increased costs may be passed on to customers at the beginning of each term.

Note: Programs will only run if there are sufficient participants enrolled.

TERM	TERM DATES*
Term 1	Monday 30 January 2023 - Thursday 6 April 2023
Term 2	Monday 24 April 2023 - Friday 23 June 2023
Term 3	Monday 10 July 2023 - Friday 15 September 2023
Term 4	Monday 2 October 2023 - Wednesday 20 December 2023



**Empress Support Services
Group and Day Centre Program
Calendar 2023**

Groups & Day Centre Calendar

Empress Support Services | Service Coordinator - Saheed Akolade

Name of Contact & Organisation Name: Email: info@empress.org.au | Ph: 03 8899 9168 | **Address:** 3 Empire Avenue, Burnside, Victoria 3023

Highlight in Green are Program Days

2023

 School Holidays
 Public Holidays

	Time In	Time Out		Time In	Time Out
Monday	9:00:00 AM	3:00:00 PM	Friday	9:00:00 AM	3:00:00 PM
Tuesday	9:00:00 AM	3:00:00 PM	Saturday		
Wednesday	9:00:00 AM	3:00:00 PM	Sunday		
Thursday	9:00:00 AM	3:00:00 PM			

January						
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

February						
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

March						
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27	28	29	30	31		

April						
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May						
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June						
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July						
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31						

August						
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September						
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October						
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November						
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December						
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25	26	27	28	29	30	31