

Programs of Support



5th February to 28th June, 2024

Block 1, 2024

Programs of Support are group-based activities delivered in blocks of up to 6 months.

At Menzies Support Services we offer a range of programs that support engagement, skill development and social connections.

All programs are designed to the goals, interests and support needs of participants whilst achieving great group outcomes.

Contact us to let us know which programs you're interested in participating in.



Phone: 5772 1888

NDISservices@menziessupport.org.au

Office: 49 Nihil St, Alexandra

Menzies Programs of Support are developed around these themes:



Creative Arts



Horticulture



Literacy & Numeracy



Life Skills



Fit & Healthy



Special Events



Creativity Club

(Participants take turns with Monday radio presenting.)

Unleash your creative flair to create something unique whilst working with a variety of art and craft materials and tools. Express yourself and enjoy working in a group to share your passion for art and celebrate your individual creativity.

Group intended outcomes:

- Increased creative expression and self esteem;
- Development of planning and technical hands-on skills.

\$ This program may incur personal costs and/or transport charges.



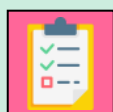
Paddock to Plate

This program takes you on a delicious journey to discover easy meal plans that you can cook at home. Using a range of available produce from the Menzies garden, participants will be supported to plan a meal to cook and share.

Group intended outcomes:

- Increased independent living skills;
- Understanding of health and sustainability.

\$ This program will incur personal costs and may incur transport charges.



UGFM Radio

Monday morning or Tuesday afternoon

(Monday participants take turns with Creativity Club)

You will be supported to attend the UGFM studio in Alexandra and be a radio presenter.

Group intended outcomes:

- Increased community connection;
- Develop ability to engage with local community resources for independence;
- Develop communication skills for increased independence and self-esteem.



\$ This program may incur transport charges.



\$ This program will incur personal costs and may incur transport charges.



Fit, Healthy & Active

This program assists participants to join in local fitness activities and enjoy a healthy lifestyle. Activities include exercise classes, walks in our beautiful surroundings, and water-based exercise (subject to venue and interest).

Group intended outcomes:

- Improved health and wellbeing;
- Increased community connection.



\$ This program may incur transport charges.



Community News

Opportunities include presenting the Menzies show at UGFM radio (Tuesday afternoon), writing articles and contributing to Menzies News, and collaboration with local organisations to contribute to and participate in other publications and events.

Group intended outcomes:

- Increased community connection;
- Develop communication skills for increased independence and self-esteem.



\$ This program will incur personal costs and may incur transport charges.



Garage Projects

NEW!

Build, make and create using a variety of materials including metal and wood. Use your imagination to plan a project and develop your technical skills using a variety of tools, methods and finishing touches.

Group intended outcomes:

- Increased creative expression and self esteem;
- Development of planning and technical hands-on skills.



Dinner to Go

3.15-5.15pm Monday or Thursday

Each week the group will cook a nutritious meal that's affordable and easy to make. We will shop for ingredients, cook the meal together, and take home a package for dinner.

Group intended outcomes:

- Increased independent living skills;
- Understanding of health and sustainability.



\$ This program will incur personal costs and may incur transport charges.



Client Receptionist Program

IT'S BACK!

Develop your communication and practical skills for working in customer service and office roles. You will be supported 1:1 at the Menzies reception desk to greet visitors, accept phone calls, and carry out a range of administration activities.

Intended outcomes:

- Develop skills in communication and literacy; information technology; organisation and planning.



\$ This program will incur personal costs and may incur transport charges.



Graphic Arts

NEW! (day and time subject to interest)

Are you interested in graphic design and illustration? Use a variety of techniques and tools to express your ideas through graphic art, create a logo for yourself, and arrange an exhibition to display your works.

Group intended outcomes:

- Increased creative expression and self esteem;
- Development of planning and technical hands-on skills.



\$ This program will incur personal costs and may incur transport charges.



Trash to Treasure

NEW!

Do you enjoy upcycling, repurposing and redecorating? Let's use our creativity and practical skills to convert trash to treasure! Choose an item from home to modify, source reclaimed materials, and discover new ways to use things we already have, from small household items to clothing and gifts.

Group intended outcomes:

- Increased creative expression and self esteem;
- Development of planning and technical hands-on skills.



Abilty Me (continues)

Certificate II in Work Education

Training is provided by "The Centre" community college.

The course gives learners an understanding of workplace expectations and trains their skills in:

- job seeking and employability
- personal management
- teamwork and communication



- basic literacy and numeracy
- use of everyday and workplace technology



Positive Relationships

2.00-3.15pm following Ability Me

Learn about healthy human interactions and develop your skills for positive communication and social experiences, in real life and online. Topics will include:

- Recognising emotions and non-verbal communication cues;
- Respecting preferences, differences and boundaries;
- Things to consider when interacting with people online;
- Managing problems and disagreements.



Group intended outcomes:

- Improved health and wellbeing;
- Increased connection with peers;
- Develop communication skills.



\$ This program may incur personal costs and will incur transport charges.



Visual Arts

Develop your creativity and technical skills in the realm of photography and visual arts. Explore creative photography, mixed media, and digital editing. Work together to create a display of your finished creations.

Group intended outcomes:

- Increased creative expression and self esteem;
- Development of planning and technical hands-on skills.



\$ This program may incur personal costs and/or transport charges.



Community Art

Take art into your local community. Visit schools and community venues to present art activities, and create public art installations in collaboration with local groups and events.

Group intended outcomes:

- Increased community connection;
- Increased creative expression and self esteem;
- Development of planning and technical hands-on skills.



\$ This program may incur personal costs and will incur transport charges.



Hay Art

Create arts installations, including our famous Hay Art, to be displayed at The Mount that celebrate our community and local culture.

Group intended outcomes:

- Increased community connection;
- Increased creative expression and self esteem;
- Development of planning and technical hands-on skills.



\$ This program will incur personal costs and may incur transport charges.



Woodwork

Choose one of six woodwork projects to get you started in this program. Participants in this program will be supported to choose and make a project to enjoy at home. Everyone will have the opportunity to learn workshop health and safety whilst completing a project of your choice.

Resources will be supplied to complete 1 of 6 project designs.

Group intended outcomes:

- Increased creative expression and self esteem;
- Development of planning and technical hands-on skills.



\$ This program will incur personal costs and may incur transport charges.



Garden Club

Are you interested in growing your own garden? Learn how to raise seedlings, plant a garden, and harvest vegetables and flowers. Get involved in caring for the outdoor spaces at The Mount, and entering our produce in the Alexandra Spring Show.

Group intended outcomes:

- Understanding of health and sustainability,
- Development of planning and technical hands-on skills.



\$ This program will incur personal costs and may incur transport charges.



Music and Movement

NEW!

Prepare for fun and laughter! We will combine all-abilities movement and dance moves with music and drumming. Participants will learn fun dance routines and take the show on the road, visiting community venues like Kellock Lodge, to teach others the routines and share the joy of dancing for fun.

Group intended outcomes:

- Improved health and wellbeing;
- Increased community connection;
- Increased creative expression and self esteem.



Do you have your own:

Program ideas? Specific interests? Skills you would like to learn?

Please let us know by phoning the office, sending an email, or dropping in.

Ph: 5772 1888 E: NDISservices@menziessupport.org.au Office: 49 Nihil St, Alexandra

LOCAL EVENTS



Support to attend events can be provided 1:1, or as a group if there is enough interest.

These activities will incur personal costs and may incur transport charges.

Group intended outcomes:

- Increased connection with peers through fun activities;
- Confidence to access the wider community.

Some local events coming up:

Source: www.discoverdindi.com.au

- Rotary Club Alexandra Easter Art Show
- Alexandra Easter Fair
- Eildon Easter Twilight Market
- Eildon Lions Easter Market
- Murrindindi Beanie and Fibre Festival
- Alexandra Truck Ute and Rod Show