

Programs of Support



What will YOU do?

Programs of Support are group-based activities delivered in blocks of up to 12-weeks.

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.

Block 1, 2022: 8th August to 21st October.

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



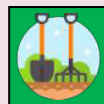
Phone: 5772 1888

NDISservices@menziessupport.org.au

Menzies Programs of Support are developed around these themes:



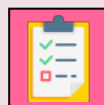
Creative Arts



Horticulture



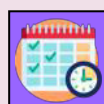
Literacy & Numeracy



Life Skills



Fit & Healthy



Special Events



MONDAY / WEDNESDAY

Creativity Club

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.

\$ Depending on your chosen project, this program may incur a personal cost.



TUESDAY / THURSDAY

Music for wellbeing

Sing, dance, make music or sit back, relax and enjoy. We will explore different musical instruments and styles, enjoy learning new things and sharing enjoyment in the classics.

Group intended outcomes:

- Increased self-esteem;
- Increased connection with peers through fun activities and creative expression.



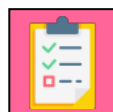
WEDNESDAY

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 share.

Group intended outcomes:

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



TUESDAY

Culture & Cooking Club

Each week we pick a global destination to research. We will learn about cultures and the foods that bring people together.

Group intended outcomes:

- Increased independent living skills;
- Develop understanding of diversity and culture.



MONDAY / TUESDAY

In the News

Opportunities include presenting the Menzies UGFM radio show, 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.



MONDAY

Hay Art

(Activities alternate with In the News/Radio.)

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.





Information session
4th August, see page 5.



WEDNESDAY

Study, Volunteering & Work Skills

ABILITY ME

This program of support will assist participants to work towards a Certificate 1 in Transitional Education and/or a Certificate 1 in Work Education with the Ability Me program in collaboration with training provider "The Centre".

Intended group outcomes:

- Participate in further education;
- Develop skills that may assist in volunteering and employment.



FRIDAY

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.

All 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.



THURSDAY

Photography

Do you like taking photos to express yourself? Join us to develop your photography and presentation skills.

Participants are supported to explore various photography techniques whilst encouraged to develop their social and communication skills. Participants are provided with a range of opportunities to see their finished images on display.

Group intended outcomes:

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

The
Centre
your Community College



AbilityMe

22567VIC Certificate I in Transition Education

22566VIC Certificate I in Work Education

Come and join us at our interactive information session to learn how we can work with you, your family and your advocate/carer to create an individual learning plan that meets your specific needs and goals.

Have fun while learning:



Technology



Workplace
Health & Safety



Explore Potential
Careers



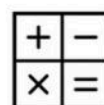
Goal Setting



Reading and
Writing



Social
Skills



Basic Maths



Use of Public
Transport

Date: Thursday 4th August 2022

Time: 3pm to 5pm

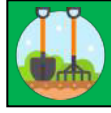
Location: 49 Nihil Street Alexandra

RSVP by: Wednesday 3rd August

RSVP to: 03 5772 1888 or

NDISservices@menziessupport.org.au

The Centre for Continuing Education Inc. Reg No. A0001858K A Child Safe Organisation TOID 4172 | *This training is delivered with Victorian and Commonwealth funding. Individuals with disabilities are encouraged to access government subsidised training.



MONDAY / FRIDAY

Succulent Program

COMMUNITY CONNECTIONS:

Do you want to grow and design miniature succulent gardens for display in our local community? Join us as we engage with our local community and get creative with amazing succulent designs for everyone to enjoy. This program combines the health and wellbeing benefits of gardening and community engagement.

Group intended outcomes:

- Increased community connection;
- Development of work skills.



MONDAY

Gardening Program

Are you interested in growing your own vegetables or do you prefer flowers?

This program includes a wide range of activities from propagation of seedlings through to garden harvest. Join this group to learn how to raise seedlings for your garden, how to plan for and harvest your own vegetables and flowers along with basic garden maintenance. A diverse range of interesting and engaging opportunities for all abilities and interests.

Group intended outcomes:

- Improved health and wellbeing;
- Increased independent living skills.





\$ Personal contribution required.



TUESDAY / WEDNESDAY / FRIDAY

Fit, Healthy & Active

COMMUNITY CONNECTIONS

This program assists participants to join in local fitness classes and enjoy a healthy lifestyle. Activities include Zumba and dancing classes, walks in our beautiful surroundings, and local water-based exercise at the indoor heated pool (days are subject to venues and interest).

Group intended outcomes:

- Improved health and wellbeing;
- Increased community connection.



FRIDAY

Bingo and Board Games

Join us for Friday bingo fun with all of your friends. This program is designed to be inclusive for everyone with the option of joining in online over zoom- so you never have to miss out! Bingo cards are included and dress ups are optional! The benefits of joining this program are social connection and fun either online or in person—you choose.

Group intended outcomes:

- Increased connection with peers through fun activities;
- Development of skills for community and team participation.

Special Events



\$ Personal contribution required.

One Saturday per month, we will take a group outing to do something fun, for example:

- Picnics
- Bowling
- Movies
- Shows

The events will be supported for 4 to 8 hours, depending on the activity.

Group intended outcomes:

- Social skills
- Confidence to access the wider community

Expressions of interest form

Your full name:

Timetable (revised)

Block 1, 2022: 8th August to 21st October.

Please tick the programs you would like to do (or contact the office by email, phone, or in person).
Special event dates and details will be provided throughout the period.

Monday	Tuesday	Wednesday	Thursday	Friday
<div><input type="checkbox"/> Succulent Program</div> <div><input type="checkbox"/> Creativity Club</div> <div><input type="checkbox"/> In the News & Hay Art</div> <div><input type="checkbox"/> Gardening</div>	<div><input type="checkbox"/> Culture and Cooking Club</div> <div><input type="checkbox"/> Fit, Healthy & Active</div> <div><input type="checkbox"/> In the News</div> <div><input type="checkbox"/> Music for Wellbeing</div>	<div><input type="checkbox"/> Study, Volunteering & Work Skills (Ability Me)</div> <div><input type="checkbox"/> Creativity Club</div> <div><input type="checkbox"/> Fit, Healthy & Active</div>	<div><input type="checkbox"/> Paddock to Plate</div> <div><input type="checkbox"/> Photography</div> <div><input type="checkbox"/> Music</div>	<div><input type="checkbox"/> Woodwork</div> <div><input type="checkbox"/> Succulents Program</div> <div><input type="checkbox"/> Bingo</div> <div><input type="checkbox"/> Fit, Healthy & Active</div>

YOUR OWN PROGRAM IDEAS

If you have ideas for programs, please let us know below (or contact the office)

Please return this form in person or by post to:

Menzies Support Services, 49 Nihil Street, Alexandra 3714

Or by email to: NDISservices@menziessupport.org.au