



St John's Day Programs

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Welcome to Mercy Connect St Johns Day Program. All programs outlined below are based at 30 Bottlebrush St, Thurgoona. We are very excited to re-establish our service back to our pre-Covid format, and look forward to providing a quality service that will meet your needs.

The groups require a minimum of 3 participants per group, except for the 1:1 supports. The cost of the program is inclusive of transport where required, however it may be possible to claim the cost against the correct line item in your NDIS plan, following consultation with your Support coordinator and the appropriate Deed of variation put in place. Therefore, it is listed separately alongside for future reference.

One 2 One

Looking for someone to support you in an individualized activity or a program in the wider community? Please contact us to see if we can match you with a staff member to assist you.



The Recyclers Art Group (Half Day) \$8.00

(Transport Component of Program = \$2.60)

Using recycled materials, and a variety of media, participants will be given the opportunity express themselves through their art. Participants will use their critical thinking and problem-solving skills while creating an artwork either individually or as a group. The participants will control the progress of the project depending on their skill level and the complexity of the design. Participants get to improve their fine motor skills and develop their hand eye coordination and practising their social skills. Art has continued to be a great vehicle to allow the Mercy Connect participants to experience a continuing growth in their self confidence and abilities.



Canvas Creations (Half Day) \$12.00

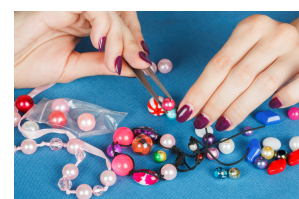
(Transport Component of Program = \$3.90)

Work with a talented artist and be guided through the process of creating a masterpiece. Visit exhibitions for inspiration. This is for those who are keen to learn and follow the process. Using different mediums and techniques create a work to take home and to sell on the website. Work toward an exhibition with other artists in the group and when the opportunity presents, enter shows. Come and see what you are capable of ... you might surprise yourself!



Beading Buddies (Half Day) \$4.00

Using your creativity make Necklaces, bracelets, or earrings or use your imagination and create different patterns with Pearler beads to make Key tags, animals or create your own designs.



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Colouring Companions (Half Day) \$2.00

Enjoy colouring with those who have the same passion. Select a picture to colour or create your own and enjoy some music and conversation while completing it. You can mix it up and try colouring on the computer and develop your computer skills while doing something you love. You can print off your picture to add to our wall or take it home to put on yours.



Photography Art (Full day) \$10.00

(Transport Component of Program = \$5.80)

Enjoy capturing images using your mobile phone or a digital camera. Explore the seasons, Nature or Animals and use different techniques to create pictures with flair! Create a Photo Book of images to take home or share with others.



Coffee Club (Full day) \$13.00

(Transport Component of Program = \$7.40)

Enjoy a drink and conversation at a local café with others who love to have a chat. Improve your social skills and work on your money handling skills. Order and pay for your own drink to develop social confidence and money handling skills. When you have finished, head off to a local park for a walk and have your picnic lunch.



Meals on Wheels and Coffee (Full Day Monday) \$6.00

Work in a small group to deliver meals to elderly and vulnerable people in our community. With the support of staff, collect the meals, assist in navigating to the address, and the delivery of the meal. This helps to develop self-confidence and self-esteem through service to the community. Enjoy a drink at a local café for a job well done and have your lunch in the park.



Meals on Wheels and BBQ (Full Day Tuesday) \$6.00

Work in a small group to deliver meals to elderly and vulnerable people in our community. With the support of staff, collect the meals, assist in navigating to the address, and the delivery of the meal. This helps to develop self-confidence and self-esteem through service to the community. Enjoy a BBQ at a local park and some gentle exercises to finish the day.



Shopping (Half day) \$2.00

(Transport Component of Program = \$1.00)

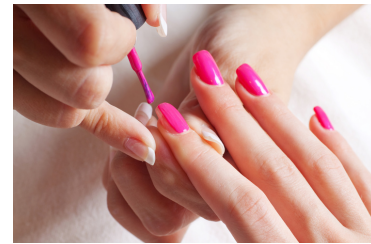
Create a shopping list of items needed for our Day Program and head off to the supermarket to purchase the items. Select the items on the list by discussing which is the best option and why. Focus on navigating the supermarket safely, budgeting and how to use the self-serve checkout. Return and unpack the items and put them away.



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The Zen Zone (Half Day) \$5.00

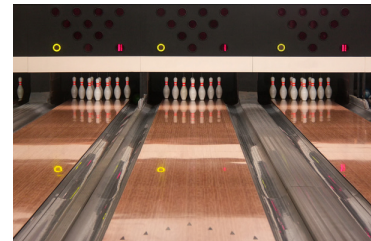
Take part in a variety of sensory activities designed to provide relaxation through sensory stimulation for the participants. Activities can include foot spas and massages, sensory massaging, aroma therapy, relaxing music and nail manicures.



Strikes-r-us Tenpin bowling (Full day) \$ 23.00

(Transport Component of Program = \$10.60)

Join the Team and have a friendly game of tenpin bowls with others. Develop the technical skills for a Strike! Work on your social skills by supporting your team mates to celebrate the proud moments. Head out for lunch afterwards at a local park.



The Book worms (Half Day) \$ 4.00

(Transport Component of Program = \$3.50)

This program will involve a small group, with the assistance of a support worker, accessing either the Lavington or Albury Library. You will have the opportunity to browse in the libraries, looking at and discuss displays. They will be able to participate in organized library activities as well as having the opportunity to borrow and return materials to the library (bring your library card or give consent to get one). Clients can then join in a 'reading circle' after they return to St Johns. Gain social skills by interacting with members of the broader community as well as enhancing their literacy skills, and sense of social responsibility by looking after borrowed materials and returning them on time.



Puzzles (half day) \$4.00

Join a small group or as individuals with the support and encouragement, to take part in a variety of activities such as 2D and 3D jigsaw puzzles, connect 4 and simple construction activities such as 'connects'. These may also be computer based. These activities will help develop their fine motor skills and spatial awareness. Help develop a sense of personal achievement through developing problem-solving skills and persevering to successfully complete their chosen activity.



Walking and Talking (all day) \$10.00

(Transport Component of Program = \$8.60)

Enjoy a walk with others to increase your fitness and wellbeing. Working as a part of a group helps keep up the motivation. Take up a 'steps' challenge and see what can be achieved. Use community-based exercise equipment at various locations when available. Explore local walks along the river and other settings. This will provide sensory stimulation as well as health benefits from the fresh air and exercise. Bring your own lunch.



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Craft with a purpose! (Half day) \$6.00

Join the group to create items to decorate a public space towards the end of the year while developing your fine motor skills, coordination, and develop your creativity. These items will also become a part of a MAMA exhibition towards the end of the year.



MYPA Dance: (12.00 – 2.30pm) \$45.00

(Transport Component of Program = \$7.00)

Let's dance! Come and join a Dance class with a Dance teacher with a passion for making dance accessible to all. Run by the Murray Youth Performing Arts dance studio, this will help develop coordination, spatial awareness and fitness in a fun and friendly environment while enjoying the music and social interaction with others. This is great for developing self confidence and self-esteem. This requires a \$40 upfront registration fee, and \$45 per week.



Card Creations (Half Day) \$4.00

(Transport Component of Program = \$0.65)

Develop your card making skills. Increase your fine motor skills and attention to detail while you create your own designs or copy one you like. Make some 6 cards for special occasions to take home and then create some for others.



Good Grub Social Club (Full day) \$8.00

(Transport Component of Program = \$7.50)

Join in the selection of a place to go out for lunch. Spend time developing your conversational skills and table etiquette, in an informal environment. The transport is covered in the activity fee. You will need to bring \$25- 30 dollars for a meal and a drink. The group will decide what they would like to do before going to lunch.



Computer Lovers (Half Day) (Thursday) \$5.00

With the guidance of a skilled computer teacher work on an area of interest. Programs can be individualized to meet your needs. Play various puzzles or learn how to do things that interest you like using google, writing a story using a computer and adding pictures. They will be shown how to turn on the computer, open up their chosen program and how to save then shut it down and turn off the computer when finished.



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Gaming and Technology (Half Day) \$5.00

Try gaming using platforms like Minecraft and Stardew Valley (Steam) to build and create a variety of and other games that meet your interests and skill level. Try the Wii dance or other interactive sports and games. Have fun working with others or on your own.



INDOOR MADNESS (GAMES) (Half Day) \$4.00

This program will be an option for clients to become involved in small groups to enjoy social interactions. Participants will have the opportunity to play games such as Magnetic Darts, Quoits, Hockey, Indoor and Outdoor Basketball, Indoor Bowls, and Indoor Skittles etc., in small groups or individually. This promotes sharing, taking turns and developing a sense of 'fair play' as well as some tactical awareness. They will develop a greater sense of confidence in their physical capabilities as well as increasing their gross and fine motor skills.



Fabric Mosaics \$6.00

(Transport Component of Program = \$3.80)

Create a picture using fabric pieces and fibers for colour and effect. Allow your creativity to blossom where you can freely apply fabric pieces as you choose, at your own pace. A relaxing way to spend your day with others. Have your picture put in a frame to take home.



Pamphlet Deliveries (Half day) \$4.00

(Transport Component of Program = \$3.50)

Want some gentle exercise and an activity? This may be for you. Deliver some pamphlets in the local area for a local business, no hills or hard to access places. Learn about road safety and identify potential hazards when using the footpath. Look to identify houses who are happy to receive advertising and those who don't want them.



Grill Masters BBQ group: (All day) \$13.00

(Transport Component of Program = \$9.40)

The Group will help pack up the esky's then go and purchase the meat and bread for the day. They will then head off to selection of parks in the local area and set up for lunch. Everyone is encouraged to assist in the cooking of the meat and preparations. Participants in this program are encouraged to take advantage of walking paths and exercise equipment.



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CURRENT AFFAIRS (Half Day) \$2.00

This program will involve a group, with the assistance of a support worker, reading and discussing items of interest in the daily newspapers. Clients will have the opportunity to discuss particular items of interest. Clients will work on speaking and listening skills to enhance their conversation and social skills by developing the conventions of polite conversation, i.e. taking turns, listening to others, giving your opinions and considering and responding to the opinions of others. Work on a crossword puzzle with staff assisting in its completion.



The Meal Makers (Friday) (All day) \$10.00

(Transport Component of Program = \$1.00)

This program will involve a small group who will help plan a healthy meal and then be involved in all stages of purchasing ingredients, preparing, cooking, serving, enjoying the meal, and then cleaning up afterwards. Safety in the kitchen will be strongly emphasized with correct use of equipment. Clients will gain valuable skills resulting in order to live more independently, and greater self-confidence and self-esteem.



Carevan Cooking (Wednesday 9.30 until 2.30) \$10.00

(Transport Component of Program = \$5.00)

Join a small group working with staff to prepare food for Carevan to provide a meal for people in need. Learn knife skills, food handling and cooking techniques. Pack the food into containers and store them safely for pick up by Lee Ann or Carevan staff. Enjoy providing a service to others in need. The day is finished off with a coffee at a coffee shop.



Branching out – Woodwork and BBQ \$12.00 All Day

(Transport Component of Program = \$1.40)

Join in and create woodwork projects for sale. Chook Houses, planter boxes, nesting boxes etc using PPE and using tools and equipment safely. Then head out for a BBQ lunch to enjoy some social time and develop BBQ cooking skills.



Branching out – Gardening \$7.00

(Transport Component of Program = \$3.60)

Help create a community Garden and provide fresh produce for the Bottlebrush café or to sell. Create pots of color or herb garden gifts for people. Enjoy the outdoors, maintaining and harvesting the produce from the work you put in.



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Cupcakes (Half Day) \$12.00

(Transport Component of Program = \$0.50)

Learn to bake fun and fancy cupcakes. Work together as a group to choose a recipe to make and take some home. Following a recipe, you will practice measuring, preparing the tins and using an oven, with an emphasis on baking skills, hygiene and safety. When it has cooled, decorate it and pack it up to take home. Visit a professional cupcake maker/decorator and practice the techniques.



Bottlebrush Café (Tuesday and Thursday all day) \$7.00

Help cook lunch that can be purchased at our Head office. A range of meals are selected and one a week, with variations, can be purchased. Ordered online by staff, to enable the correct amount of ingredients to be purchased, the team work together to make the meals in time for lunch. Learn how to make coffee under the guidance of staff with experience in coffee making. Lunch is provided from the menu prepared on the day.



TAFE Certificate 1 \$7.00 (Transport only)

Attend TAFE supported by staff while undertaking a certificate in Work skills for life. We will assist you to sign up to the class. The cost is an upfront payment directly to the TAFE. Either meet staff there for a 9 am start or Participants catch the bus from 8.30 in the morning for a 9 am start. The cost of the program is Transport only.



Knitting and Natter \$2.00

(Transport Component of Program = \$0.40)

Join a group to sit and knit with others who have the same passion. Crocheters are also welcome. Work on your own project or create a Peggy square that can be joined together with others to make a blanket that can be donated. Do you have your own Knitting needles and wool? That's great. We can organize them for you if you do not have them.



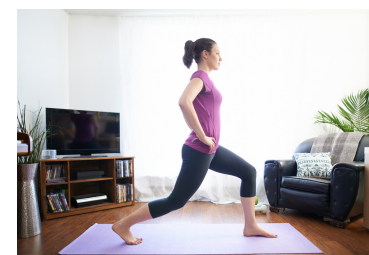
Supported Wage – Garden and Maintenance Program

Develop your work skills ready for paid work. Must meet selection criteria. Limited numbers. Minimum of 8 hours a week. Work as a part of a team in a supported environment to find and develop your strengths and increase your abilities ready for the wider community. Currently, we are offering a Gardening and Maintenance program. Develop your knowledge of work safety through the proper use of Personal Protective Equipment and tools



Body and Mind (Half Day) \$10.00

Follow the lead of a Qualified Exercise Instructor and participate in a variety of exercises and activities to develop your fitness and have fun. This will help develop your coordination and boost your self-confidence. Engage in some mind games to exercise the mind tailored to the group, while the group gets underway.



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Cards and Games. \$3.00

Join the group and have some fun playing cards, a board game or a crossword.



Slices (Half day) \$12.00

Learn to bake delicious slices. to make and take some home. Following a recipe, you will practice measuring, preparing the tins and using an oven, with an emphasis on baking skills, hygiene and safety. When it has cooled, decorate it and pack it up to take home.



Karaoke (Half Day) \$3.00

Come and sing! Develop your singing voice in a fun and safe environment. We can have fun individually or in a group. Be a star!



Mercy Meals \$7.00

A skill development program that provides training in knife skills, food handling and cooking techniques under the guidance of a qualified Chef in our commercial kitchen at St Johns. The healthy meals are created are for people in need of some financial relief, respite or social connection. Catering for small events will also be done. Participants will take home a meal at the end of the day. The development of this program has been done with the support of Rotary Club of Albury and Foodshare.

MERCY  **MEALS**

Aqua Movers (Full day) \$12.00

(Transport Component of Program = \$5.00)

Let's swim! Enjoy free swimming in an indoor pool for fun and fitness. Enjoy some low impact exercise that will help improve your fitness and wellbeing. Enjoy swimming with friends and develop your self-confidence. Relax and recover with a picnic lunch in the park, while developing your social skills and enjoy the company of others.

