



## Illamatta Way Day Programs

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Welcome to Mercy Connect's Day Program. All programs outlined below are based at 10 Illamatta Way, Orange. All programs are full days, some are made up of 2 half day activities, others are a single activity. The groups require a minimum of 3 participants per group, except for the 1:1 supports.

The programs have been divided into the material costs paid for by the participant and transport, where required, as the transport cost may be claimed against the correct line item in your NDIS plan. We are very excited to share the programs we have on offer for the first term of 2024, which will run for 25 weeks. We will work with our participants to fulfill their NDIS goals, and we look forward to providing a quality service that will meet your needs.

Please don't hesitate to contact us if you have any questions or require assistance.

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## One 2 One Individualised Support (Every day) \$\$\$?

Looking for someone to support you in an individualised 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.

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## Monday Programs

### Art with Heart & Cards and Games

**Program \$8.00 - Transport \$3.00 = \$11.00**

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.



Relax after lunch and have some fun playing cards, board games or enjoy an crosswords. Practice your fine motorskills, practice taking turns, working out your strategies, to win – or loose!

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## Aqua Movers

**Program \$5.00 - Transport \$4.00 = \$9.00**

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.





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## Sensory Adventures - Centre Based

**Program = \$5.00**

Centre based activities that may include water/sand sensory activities, art and craft. A variety of activities will stimulate the five senses: sight, sound, touch, smell, and taste and explore colors, sounds, or different textures.



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## The Book Worms & Puzzles

**Program \$3.00 - Transport \$4.00 = \$7.00**

This program will involve a small group, with the assistance of a support worker, accessing either the Orange City Library. You will have the opportunity to browse in the library, looking at and discuss displays, and visit new exhibitions at the Art Gallery. 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 Illamatta Way. 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.



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.



# Illamatta Way Day Programs

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## Tuesday Programs

### Garden Gurus & The Zen Zone

**Program \$8.00 - Transport \$2.00 = \$10.00**

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

After your hard work, 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.



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### Grill Masters BBQ Group

**Program \$7.00 - Transport \$5.00 = \$12.00**

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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### Fabric Mosaics and Crafting

**Program \$7.00**

Create a picture or article using fabric pieces and fibers for colour and effect. Allow your creativity to blossom where you can freely apply fabric pieces as you choose, and at your own pace. A relaxing way to spend your time with others.

Join the group to create a variety of craft items of your choice while developing your fine motor skills, coordination, and develop your creativity.



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### The Meal Makers

**Program \$7.00**

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.





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## Wednesday Programs

### Gamers Den & Indoor Madness (Games)

#### Program \$3.00

Exercise social skills by cooperating with other participants to play various card and board games. Boost pattern recognition and fine motor skills as you learn the rules of the game, practise taking turns and exercise good sportmanship. May also be computer based.

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 Velcro Darts, Quoits, air Hockey, Indoor and Outdoor Basketball, Giant Jenga, 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.



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### Sensory Adventure (Centre Based)

#### Program \$5.00

Centre based activities that may include water/sand sensory activities, art and craft. A variety of activities will stimulate the five senses: sight, sound, touch, smell, and taste and explore colors, sounds, or different textures.



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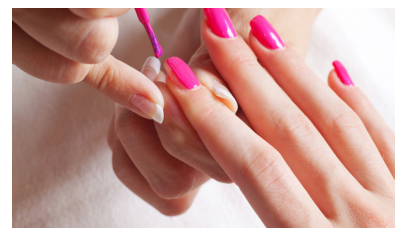
### Shopping & The Zen Zone

#### Program \$5.00 - Transport \$4.00 = \$9.00

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.



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.



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### Strikes-r-us Tenpin Bowling

#### Program \$12.00 - Transport \$4.00 = \$16.00

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.



# Illamatta Way Day Programs

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## Thursday Programs

### Garden Gurus & The Zen Zone

#### *Program \$3.00*

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



After your hard work, 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.



### *Good Grub Social Club*

#### *Transport \$4.00 - BYO Money for meal & Drink*

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.



### *Fabric Mosaics and Crafting*

#### *Program \$7.00*

Create a picture or article using fabric pieces and fibers for colour and effect. Allow your creativity to blossom where you can freely apply fabric pieces as you choose, and at your own pace. A relaxing way to spend your time with others.



Join the group to create a variety of craft items of your choice while developing your fine motor skills, coordination, and develop your creativity.

### *Walking and Talking & Puzzles*

#### *Program \$3.00 - Transport \$5.00 = \$8.00 (BYO Lunch)*

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. This will provide sensory stimulation as well as health benefits from the fresh air and exercise.



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





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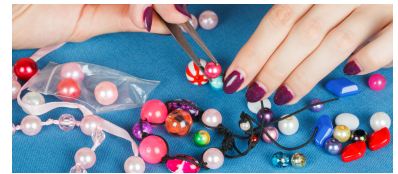
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## Friday Programs

### Beading Buddies & Colouring Companions

#### *Program \$6.00*

Using your creativity make Necklaces, bracelets, or earrings or use your imagination and create different patterns with Hama or Pearler beads to make Key tags, animals or create your own designs. A challenge for your fine Motor Skills and Creativity.



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.



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## *Coffee Connoisseurs*

### *Program \$6.00 - Transport \$4.00 = \$10.00*

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. Enjoy some gentle exercise



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