



St John's Day Programs

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Welcome to Mercy Connect St. John's Day Program, all programs outlined below are based at 30 Bottlebrush St, Thurgoona, NSW, 2640. We are very excited to share the programs we have on offer for our 25 week term 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 has been divided into the material costs paid for by the participant and transport, where required, as transport cost may be claimed against the correct line item in your NDIS plan, following consultation with your Support Coordinator and a program of support in place.

One 2 One Individualised Support (Every day)

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.



Monday Programs

Bottlebrush Cafe: Food shopping and preparation Program = \$7.00

This Program is for Participants who can be assisted to complete a Food Handlers Certificate and work in a Commercial Kitchen.

Create a shopping list of items needed for our Café 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 store according to food safety requirements. A skill development program that provides training in knife skills, food handling and cooking techniques under the guidance of a food safety supervisor in our commercial kitchen at St Johns. Enjoy the Lunch of the day to ensure it was good!



Body and Mind & Colouring Companions Program = \$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.



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.



St John's Day Programs

Beading Buddies & Colouring Companions

Program = \$8.00

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

In the afternoon, enjoy colouring with those who have the same passion. Select a picture to color or create your own and enjoy some music and conversation.



Coffee Club & Outdoor Games

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

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 abilities. 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, to have your picnic lunch and participate in some outdoor games fun.

After lunch, you will have the opportunity to have some fun and play games such as Quoits, Basketball, Cricket, etc. This promotes turn taking and developing a sense of 'fair play' as well as some tactical awareness. Work to develop a greater sense of confidence in your physical capabilities as well as increasing your teamwork.



Meals on Wheels and BBQ

Program = \$8.00

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 exercise to finish the day.



Woodwork and BBQ (Monday)

Program \$12.00 - Transport \$3.00 = \$15.00

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.



St John's Day Programs

Tuesday Programs

Bottlebrush Cafe: Lunches

Program = \$7.00

This Program is for Participants who can be assisted to complete a Food Handlers Certificate and work in a Commercial Kitchen.

Help cook lunch that can be purchased by our Head office. A menu will be developed for the Term 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.



Fabric Mosaics and Crafting

Program = \$8.00

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, at your own pace. A relaxing way to spend your time with others.

In the afternoon, create a variety of craft items of your choice while developing your fine motor skills, coordination, and developing your creativity.



Walk & Talk and Puzzles

Program \$4.00 - Transport \$8.00 = \$12.00

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.



Enjoy a walk after lunch 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. Bring your own lunch.



St John's Day Programs

Gardening & BBQ

Program \$10.00 - Transport \$2.00 = \$12.00

Help create a community Garden and provide fresh produce for the Bottlebrush café to use 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.

Then head out to a local park for a BBQ lunch to enjoy some social time and develop your BBQ cooking skills.



Meals on Wheels and BBQ

Program = \$8.00

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 exercise to finish the day.



St John's Day Programs

Wednesday Programs

Carevan Cooking (9.30am - 2.30pm)

Program = \$7.00

This Program is for Participants who can be assisted to complete a Food Handlers Certificate and work in a Commercial Kitchen.

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.



Grill Masters BBQ

Program \$7.00 - Transport \$9.00 = \$16.00

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 a 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.



Knit and Natter & Current Affairs

Program = \$4.00

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.



CURRENT AFFAIRS

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.



Strikes-r-us Tenpin bowling

Program \$12.00 - Transport \$1.00 = \$23.00

Join the Team and have a friendly game of tenpin bowls with others. Learn to follow the scoreboard and work on taking turns. Develop the technical skills for a Strike! Work on your social skills while chatting and supporting your team mates to celebratethe proud moments.Head out for lunch afterwards at a local park.



St John's Day Programs

MYPA Craft & MYPA Dance

Program \$4.00 + \$45.00 Dance - Transport \$7.00 = \$56.00

Start the day off, create a variety of craft items of your choice while developing your fine motor skills, coordination, and developing your creativity.

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 enrollment fee, and \$45 per week paid directly to the Dance Company.



The Recyclers Art Group & Cards and Games

Program \$7.00 - Transport \$2.00 = \$9.00

Using recycled materials, and a variety of media, participants will be given the opportunity to express themselves through their art. You will use your critical thinking and problem-solving skills while creating an artwork either individually or as a group. You will control the progress and design of the project. The program is designed to encourage decision making, improve fine motor skills and hand eye coordination, while practicing 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 crossword. Practice following the rules of the games, taking turns, working out your strategies, and to win – or loose!

St John's Day Programs

Thursday Programs

Aqua Movers

Program \$6.00 - Transport \$5.00 = \$11.00

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



Bottlebrush Cafe: Lunches

Program = \$7.00

This Program is for Participants who can be assisted to complete a Food Handlers Certificate and work in a Commercial Kitchen.

Help cook lunch that can be purchased by our Head office. A menu will be developed for the Term 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.



Computer Lovers and Cards & Games

Program = \$7.00

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. 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. You will be shown how to turn on the computer, open their chosen program and how to save then shut it down and turn off the computer when finished.

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



St John's Day Programs

Good Grub Social Club : BYO money for Meal

Program \$BYO - Transport \$8.00

Join in the selection of a place to go out for lunch. Spend time developing your conversational skills and table etiquette in a relaxed environment. Order your own lunch and pay for your own meal to develop your money handling skills. 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.



Photography Art

Program \$5.00 - Transport \$5.00 = \$10.00

Join in the selection of a place to go out for lunch. Spend time developing your conversational skills and table etiquette in a relaxed environment. Order your own lunch and pay for your own meal to develop your money handling skills. 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.



Slices & Cupcakes and Cards and Games

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

Learn to bake delicious slices and fun and fancy cupcakes work together as a group to choose a recipe, 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.



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



St John's Day Programs

Friday Programs

Canvas Creations

Program \$7.00- Transport \$3.00 = \$11.00

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 or to sell on our website. Work toward an exhibition with other artists in the group and when the opportunity presents, enter a show. Come and see what you are capable of ... you might surprise yourself!



Card Creations & The Zen Zone

Program = \$7.00

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. 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.



Mercy Meals

Program = \$7.00

This Program is for Participants who can be assisted to complete a Food Handlers Certificate and work in a Commercial Kitchen.

Help cook lunch that can be purchased by our Head office. A menu will be developed for the Term 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.

MERCY MEALS



Pamphlet Deliveries & Indoor Games

Program \$9.50- Transport \$0.50 = \$10.00

Want some gentle exercise and an activity? 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.



After lunch, you will have the opportunity to play games such as Magnetic Darts, Quoits, Air Hockey, Basketball, Cricket, 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. Work to develop a greater sense of confidence in your physical capabilities as well as increasing their gross and fine motor skills.



St John's Day Programs

TAFE Certificate 1

Program \$0.00 - Transport \$7.00 = \$7.00

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, the course cost is paid directly to the TAFE.



The Meal Makers

Program \$9.00 - Transport \$1.00 = \$10.00

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. Participants will gain valuable independent living skills and have greater self-confidence and self-esteem.



The Library Legends and Indoor games

Program \$4.00 - Transport \$4.00 = \$8.00

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 the library, looking at and discussing 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.



After lunch, you will have the opportunity to play games such as Magnetic Darts, Quoits, Air Hockey, Basketball, Cricket, 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. Work to develop a greater sense of confidence in your physical capabilities as well as increasing their gross and fine motor skills.

