

Pinarc Disability Support Independent Living Skills Program



Subjects	Activities to develop the confidence and skills required for independent living.
Barista to Work (Tait St, Bonshaw) \$2.00 / session	<ul style="list-style-type: none"> To learn to make the perfect coffee, tea, and hot chocolate To learn coffee machine operation and coffee presentation To work towards goal of employment in a café To develop resume for job applications
Coffee Club \$2.00 / session	<ul style="list-style-type: none"> Make a drink to enjoy while socialising with your peers
Cooking \$4.00 / session	<ul style="list-style-type: none"> To develop skills to cook independently To try a variety of cooking styles and techniques To learn about healthy eating choices To understand importance of clean meal preparation spaces
Gardening No Fee	<ul style="list-style-type: none"> To develop independent gardening skills Understanding of seasonal growing cycles Participating in the planting, growing, and harvesting of produce
Health and Wellbeing No fee	<ul style="list-style-type: none"> To participate in a range of relaxation and exercise activities To learn about hygiene and personal care To learn about healthy food choices To improve self-esteem and respect for others
Home Care No fee	<ul style="list-style-type: none"> To learn the steps involved in completing home care tasks. To practise these homecare tasks.
Drama Club \$3.00 / session	<ul style="list-style-type: none"> To develop communication skills To encourage confidence and creativity To practise teamwork and leadership skills To hold an end of term production for your chosen audience.
Literacy (English St, Golden Point) No fee	<ul style="list-style-type: none"> To practise the skills required for independent living To be able to read community signs, menus, timetables etc. To practice writing and typing skills *Bonshaw offers numeracy and literacy as a joint program
Maths & Money Skills No fee	<ul style="list-style-type: none"> To practise the skills required for independent living To improve money handling skills To practise budgeting skills
Creative Writing (Bonshaw) No fee	<ul style="list-style-type: none"> To practise grammar, spelling, and vocabulary. To develop your own unique voice and share your perspective without limitations To express how you feel in a creative way
Music and Dance No fee	<ul style="list-style-type: none"> To try out a range of music activities To experience movement, dance, and theatre To use technology to create beats, rhythms, and songs To experience music through different instruments
On-line No fee	<ul style="list-style-type: none"> To learn about on-line safety and managing photos To learn about social media, email and searching for movies To develop a term newsletter To prepare a resume, practice for interviews and to improve computer skills

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My Voice	<ul style="list-style-type: none"> • Learn foundational leadership skills and knowledge through practical exercises and activities that are engaging and rewarding. • Work with a small team to organise four events across the year while having opportunities to practise and develop leadership skills and knowledge • Engage with different leaders from within Pinarc and their community • Develop confidence in your abilities and challenge yourself through new experiences, become a leader & advocate on issues that matter to you
Physical Activity No fee	<ul style="list-style-type: none"> • To improve general fitness • To experience a range of physical activities such as yoga, tai chi, walking, dance etc. • To learn about the health impacts of exercise • To act as a pathway to encouraging regular exercise
Science \$3.00 / session	<ul style="list-style-type: none"> • Exploring and engaging in hands on learning experiences with experiments and group projects
Social Interactions No fee	<ul style="list-style-type: none"> • To learn about social communication and interactions through group activities • To explore emotions and responding to others' feelings • To learn about on-line and personal safety • To provide opportunity to form meaningful relationships
Art \$3.00 / half day session \$5.00 / full day session	<ul style="list-style-type: none"> • To participate in a range of art activities and projects using a variety of techniques including sculpture, painting, sewing and develop skills in your area of interest • To explore a range of craft activities • To be involved in group art projects as well as individual projects • This program is facilitated by an Arts specialist
Swimming (Pennyweight) \$5.00 / session Friday ONLY	<ul style="list-style-type: none"> • To be supported to swim and exercise in our heated therapy pool at Pennyweight.
Travel Training and Community Activities (English St, Golden Point) \$5.00-\$7.00 per session pending planned activities	<ul style="list-style-type: none"> • To learn how to plan outings • To practise reading public transport timetables • Taking small groups out into the community using public transport. • Participate in community activities as chosen by the group. <ul style="list-style-type: none"> - Myki cards will need to be purchased and topped up by participants (if they are not already owned).
Woodwork (English St, Golden Point) \$3.00 / session	<ul style="list-style-type: none"> • To learn to use woodworking tools safely • To participate in the creation of wooden products • To learn about design and planning • To learn about maintaining a clean and safe work environment
Energiser Activities	<ul style="list-style-type: none"> • Short games and activities aimed at getting your mind and body ready for the day
Team Building/ Socialization/ group Games	<ul style="list-style-type: none"> • Games and activities that are aimed at bringing the group together. Including time for socialising with friends.

**Fees are charged in week 1 and cover the costs for the whole term
Payment options include invoice or costs claimed from participant NDIS plan.**