



Winter Break Program 2024

July 1st - July- 14th

(2 weeks)

MON	TUE	WED	THU	FRI	SAT	SUN
<p>WK1: <u>Discobility AM</u> Daytime All Ability Disco.</p> <p><u>Arcadia SR PM</u></p> <p>**NEW**</p> <p><u>Table GAMES</u> Tabel Tennis Board Games Battle Bags Nerf Target Ladder Ball Funnel Pong Darts</p>	<p>WK1: <u>Winter Craft and Bake</u></p> <p><u>Karaoke Kreations PM</u> Hosted by Arcadia SR</p> <p>Garage Band style karaoke event.</p> <p>-individual songs -dance -group -duets</p>	<p>WK1: <u>Arcadia SR AM</u></p> <p><u>Hoops N Drills Basketball</u></p> <p>Basketball based fitness activities and engagements</p> <p><u>Supported Independence Habits & Personal Habits Program PM</u></p>	<p>WK1: <u>BIG DAY OUT</u> Gumbya World *See separate Email TBA</p> <p>Alternative: <u>Habit Care Indulgence Day</u> And Independent Skill Building Programs</p>	<p>WK1: <u>Yawa Hydro AM</u> Hydro / Aqua therapy / activities</p> <p><u>OR</u></p> <p><u>Habit Care Capacity Program AM</u> GROUP Lunch</p> <p><u>Arcadia SR PM</u> <u>Mind, Body Sound Mindfulness</u></p> <p><u>OR (as scheduled)</u> <u>Celebrations Afternoon</u></p>	<p><u>A variety of scheduled activities and events combining Community Access and Engagement, Capacity Building, Sports and Recreations as well as individualized opportunities.</u></p>	<p><u>A variety of scheduled activities and events combining Community Access and Engagement, Capacity Building, Sports and Recreations as well as individualized opportunities.</u></p>
<p>WK2: <u>Discobility AM</u> Daytime All Ability Disco.</p> <p><u>Arcadia SR PM</u></p> <p>**NEW**</p> <p><u>Table GAMES</u> Tabel Tennis Board Games Battle Bags Nerf Target Ladder Ball Funnel Pong Darts</p>	<p>WK2: <u>Arcadia SR AM</u> <u>Bats N Balls</u> Golf, Table Tennis, Cricket, baseball, golf etc. based fitness activities and engagements</p> <p><u>Karaoke Kreations PM</u> Hosted by Arcadia SR</p> <p>Garage Band style karaoke event.</p>	<p>WK2: <u>BIG DAY OUT</u> WEERIBEE ZOO</p> <p>*See separate Email TBA</p> <p>Alternative: <u>Habit Care Indulgence Day</u> And Independent Skill Building Programs</p>	<p>WK2: <u>Arcadia SR AM</u></p> <p><u>Hoops N Drills Basketball</u></p> <p>Basketball based fitness activities and engagements</p> <p><u>Supported Independence Habits & Personal Habits Program PM</u></p>	<p>WK2: <u>Community BBQ Lunch and Park</u> Location TBA</p> <p><u>Arcadia SR PM</u> <u>Mind, Body Sound Mindfulness</u></p> <p><u>OR (as scheduled)</u> <u>Celebrations Afternoon</u></p>	<p><u>Small Group and 1:1 Supports.</u></p> <p><u>See Weekend Calendar for further details</u></p>	<p><u>Small Group and 1:1 Supports.</u></p> <p><u>See Weekend Calendar for further details</u></p>

PROGRAM BREAKDOWN

Activity / Event Name & Description	Associated Cost
<p>Discobility Daytime All Ability Disco. Hosted by Discobility Pty Ltd and held at Arcadia Sport and Recreation, this is a fully supported daytime inclusive disco.</p>	<p>1:4 NDIS Std (\$16.37)</p>
<p>Arcadia Sport & Recreation A variety of sensory, sport, music, and recreational activities. Each session is a set program aimed to include all under a social participation and community engagement model. Each session is run by qualified Instructor(s)/Support Worker(s) A participant's engaged Support Worker is required to support their participant throughout the activity/event.</p>	<p>1:4 NDIS Std (\$16.37)</p>
<p>Kenshin Karate Mixed soft mat and pad circuit exercises. Held at the Kenshin Dojo in Langwarrin, this karate-based program operates during the school term. Participants can opt each term to attend or alternate between CJCCS's other programs.</p>	<p>Term Fees Approx. \$170 Direct Charge*</p>
<p>Karaoke Kreations Hosted by Arcadia Sport and Recreation, this Garage Band themed Karaoke experience allows participants to engage with microphones and instruments by choosing their song(s) and taking turn sing and supporting their peers.</p>	<p>1:4 NDIS Std (\$16.37)</p>
<p>Sailability Social Participation with Mornington Yacht Club (MYC) Participants are encouraged to utilize the Yacht Club, volunteers and the boating community and participate in their choice of boating (for applicable clients), motor boating with support staff and MYC Crew, or sail with MYC Crew member.</p>	<p>Session fees apply. \$10 ea. Invoiced to CJCCS and billed out to participants at end of each month.</p>
<p>Yawa Hydro Activities and Pool based Exercises. Hydro / Aqua therapy / activities / community connections. With or without guidelines/routines from a Physiotherapist our staff provide hydro/pool-based exercises and activities. CJCCS provides some basic pool support equipment and encourages those with their own to ensure it can be available for these sessions. Generally, the session will end with a spa warm down and chatting with local community members who also access the facilities.</p>	<p>Either pay per session* OR Apply for membership.</p>

<p>Zone Bowling Participants make regular visits to Zone Bowling in Frankston where they enjoy a game of 10 Pin Bowling.</p> <p>This can sometimes include purchasing lunch here as part of community participation, when this occurs families will be informed ahead of time.</p>	<p>Session fees apply. \$8 ea. Invoiced to CJCCS and billed out to participants at end of each month.</p>
<p>Celebrations Afternoon Depending on birthdays etc. Arcadia will host an afternoon to celebrate and enjoy with games, music and cake.</p>	<p>NO CHARGES for activities</p> <p>(normal support rate apply)</p>
<p>Garden 2 Table / Library Garden / Horticulture themed program based at Habit Care, our Hastings location. Clients are encouraged to participate in our veggie garden management program where they select from client raised seedlings, planting, and propagation of vegetables to then moving from the garden to the kitchen where they can eventually use them in a cooking program where they will be able to cook themselves and others lunch, afternoon tea or a treat to take home.</p> <p>This runs in conjunction with one of our community-based programs, Hastings Community Library. <i>{we operate these 2 programs simultaneously as we have previously found our participants can find waiting for the plants to grow similar to watching grass grow <pun intended> so we rotate between center-based gardening and the local community library}</i></p> <p>Hasting Community Library. On rotation with our Gardening Program clients have the opportunity to walk (weather permitting) to the Hastings Library on a regular basis. Here they can not only access the library resources but connect with locals and regularly visit on the same day.</p>	<p>NO CHARGES for activities</p> <p>(normal support rate apply)</p>
<p>Community Market Similar to our Community Library Program, participants have opportunity on a regular but rotational calendar to access and engage in the Hastings High Street Community Market held on most Thursday. Here they can enjoy meeting local suppliers and stall holders as well as the greater community, they can make purchases in they choose, and this can include lunch.</p>	<p>NO CHARGES for activities</p> <p>(normal support rate apply)</p>

<p>Habit Coaching / Capacity Building A variety of Supported Independent Living opportunities and standard Capacity Building Activities under guidance and supervision of support staff / activity facilitator(s)</p> <p>This can be based at Somerville OR Habit Care.</p> <p>BOTH Programs and locations can offer:</p> <ul style="list-style-type: none"> -Personal Habits -Life Habits -Money Habits -Community Habits -Travel Habits <p>We can and do also tailor our supports and programs to match Occupational Therapy reports / recommendations in these areas, often called Habit Coach, CJCCS staff and facilitators will spend more consistent time, resources and client centered support to work towards, adapt and achieve these outcomes.</p> <p>CJCCS also offers client centered Capacity Building for our clients based on not only our own findings and recommendations but family feedback (wants and needs), NDIS, LAC feedback, their NDIS Goals and of course Allied Health reports and recommendations.</p> <p>These can also include:</p> <ul style="list-style-type: none"> -Personal Training -Health and Well-being -Communications -Cooking -Cleaning – laundry and household -Household task -Community Engagement 	<p>NDIS Support Rates apply based on individual clients.</p> <p>**Currently we see no extra fees / charges applicable.</p>
<p>Personal Habits Program Set as one dedicated day per week the Personal Habits Program works towards introducing, developing, and maintaining good Personal Habits including but not limited to:</p> <ul style="list-style-type: none"> - Personal Hygiene - Hand Hygiene - Tooth Brushing - Hair Care - Clothing and Presentation - Shoe Practices - Food options and meal types <p>As well as a dedicated day for each Habit we promote and support these concepts throughout every day of support with guidance, prompts and reminders.</p>	<p>NDIS Support Rates apply based on individual clients.</p> <p>**Currently we see no extra fees / charges applicable.</p>

<p>Life Habits Program Set as one dedicated day per week the Life Habits Program works towards introducing, developing, and maintaining good Life Habits including but not limited to:</p> <ul style="list-style-type: none"> - About me - Communication - Meal Planning - Healthy Eating - Shopping Coordination (Grocery Lists etc.) - Social Skills - Craft / Creating / Building - Garden Maintenance <p>As well as a dedicated day for each Habit we promote and support these concepts throughout every day of support with guidance, prompts and reminders.</p>	<p>NDIS Support Rates apply based on individual clients.</p> <p>**Currently we see no extra fees / charges applicable.</p>
<p>Community, Travel Habits Program Set as one dedicated day per week the Community, Travel Habits Program works towards introducing, developing, and maintaining good Community, Travel Habits including but not limited to:</p> <ul style="list-style-type: none"> - Road Safety / Awareness - Communicating within the Community - Public Transport (travel training) - Other forms of Transport - Shopping (Grocery for center as well as Capacity Building Meal Event etc.) - Social Skill Building and Connection - Stranger Danger - Recycling Program - Community Library, Market, Gardens etc. - Travel Planning- Day trip (Big Day Outs), Short Term Accommodation Planning and execution, Holiday Planning <p>As well as a dedicated day for each Habit we promote and support these concepts throughout every day of support with guidance, prompts and reminders.</p>	<p>NDIS Support Rates apply based on individual clients.</p> <p>**Currently we see no extra fees / charges applicable.</p>
<p>Habit Care Capacity Program Set as one dedicated day per week the Habit Care Capacity Program works towards introducing, developing, and maintaining good overall Habits for self and life including but not limited to:</p> <ul style="list-style-type: none"> - Each aspect of our Habit Program - Individualised Capacity Building Recommendations (Allied Health) - Connecting each Habit to a working routine that suits each participant. - End of fortnight Program group-based lunch meal cooking. <p>As well as a dedicated day for each Habit we promote and support these concepts throughout every day of support with guidance, prompts and reminders.</p>	<p>NDIS Support Rates apply based on individual clients.</p> <p>There is a meal charge for each client on the group lunch. \$20 incl. all food and drink.</p>

<p>D.O.B.I Design Organize Build Involve</p> <p>A new program aimed to truly be a client centered experience. Clients will be “interviewed” to identify their interests, likes, goals and ambitions in creativity on multiple mediums these can include:</p> <ul style="list-style-type: none"> - Woodwork - Drama - Crafts - Building / basic construct - Arts (paint, sculpting etc.) - Arts (performing, music etc.) - Computers - Gaming - Gardening / Maintenance <p>...to name a few.</p> <p>Once identified participants with their support worker(s) will be able to: Design their route to achieving their desired outcome. Organize resources, materials etc. as well as potential budget / funding (in required) to commence work on their project. Build their desired project by following their design/map/timeline. Involve themselves with their peers, support staff and the community as they work towards their goals and design.</p> <p>DOBI can also be operated on a guided program where CJCCS presents the initial project, have the Design mapped out in an easy to read/follow plan. This would then take the pressure out of Organizing and getting directly into the Build and Involve aspects.</p> <p>Our first official DOBI Project looks to be Tool Trolleys, where participants will work with their Support Worker to build a tool trolley / workstation that will later be used to store tools and equipment as well as a workstation for small individual projects. These tool trolleys will become workstations for future participants and projects.</p>	<p>NDIS Support Rates apply based on individual clients.</p> <p>**Currently we see no extra fees / charges applicable.</p>
<p>Weekend Supports and Events A variety of scheduled activities and events combining Community Access and Engagement, Capacity Building, Sports, and Recreations as well as individualized opportunities.</p> <p>Small Group and 1:1 Supports are available and are client and event specific.</p> <p>Costs will vary depending on events/activities selected e.g. Admission pricing and lunch costs if purchased. These will be highlighted in a specific Weekend Calendar and sent out to families via email.</p> <p>See Weekend Calendar for further details.</p>	<p>NDIS Support Rates apply based on individual clients.</p>

BIG DAY OUT**“Soft”**

Our Big Day Out is what it sounds like, a big out for our participants, and is not the “usual” or regular program. We substitute BDO’s throughout our calendar of events to not only break up the norm but also provide opportunities to engage and attend other functions, events and locations, these are typically a whole day event and will have admission fees etc. as well as possible meal purchase options and souvenirs depending on the activity.

A Soft BDO is an excursion, day trip / activity that has minimal extra costings so more than likely no admission, entry fees etc.

There have been events such Fishing Days with BBQ lunch, Peninsula excursions i.e. provided lunch (fish and chips or similar) as well as Coal Creek and Picnic lunch.

Obviously, there will be some adjustments for travel kilometer changes and possibly support times as depending on when we return or drop off at home depending.

Payment when applicable will be via our end of month activity reimbursement invoicing.

BIG DAY OUT**“Hard”**

A Hard BDO is at a whole other level of enjoyment and participation. Events such as the circus and cinema for example have been supported in the past, as well as Ability Fest (all abilities music festival)

More recently we saw a large group take a trip into Melbourne’s Her Majesty’s Theater to see Grease The Musical.

Our future events will include similar experiences with city trips and theater shows as well as Melbourne Zoo (return), Healesville Sanctuary, Gumby Park, Luna Park, Queenscliff via ferry. As well as festivals, carnivals and similar events as they become available and advertised.

Payment where applicable will be via our end of month activity reimbursement invoicing.

*Pay Per Session can be either:

- Direct payment over the counter by client (own funds). This encourages and supports our Money Habits / Capacity Building Supports and Programs
- OR
- Paid by CJCCS on the day and billed out to participants at end of each month in our Activities Reimbursement Invoice.

Our collective aim is to minimize any extra costs associated with activities as much as practicable, where it is inevitable i.e. using 3rd party facilities or services, as well as over and above costs such as mealtime supply, we will endeavor for this to be as minimal as possible.

These costs and reimbursements will be issued on a monthly basis with our standard 7-day payment policy all of which is found in our Service Agreement.