

ANGLICARESA | Supporting Your
Disability & Mental Health Services | NDIS Choices

Keesha, 24
Manga fan & Artist

Keesha has been participating in the AnglicareSA group programs since 2012. Groups have helped her feel safe, make friends and build her confidence. She can cope without needing someone to hold on to.

She can get out of the house and experience the AnglicareSA group activities she wouldn't have enjoyed before; movie nights, The Beachouse and craft.

Supporting *your* NDIS choices.

AnglicareSA can help you access the NDIS and help you understand what it means for you and your family. We can also help you access our range of disability, autism and mental health service for children and adults.

We can meet with you when and where it is convenient for you so contact our friendly team today.

phone: **1800 953 001**
email: ndis@anglicaresa.com.au
web: anglicaresa.com.au/ndis-choices



Any enquiries relating to the AnglicareSA Group Program contact the group Coordinator on

8118 2678
0488 528373

Level 1, 560 North East Road, Holden Hill SA 5088

www.anglicaresa.com.au

Community Engagement Group Central Region

January to June 2019

Activity Program

Wednesday Group

10-3pm

St Cuthbert's Hall

Cnr Ballville Street &

Prospect Road, Prospect

NDIS PARTICIPANTS WELCOME

For more information, on how to access Groups with NDIS funding contact our NDIS Customer Service Team

1800 953 001

January

9th January: Welcome back BBQ

Welcome back to another new year!
 Seeing old friends making new ones, looking at group Norms and cooking up a BBQ to share!



16th January: Mosaic art

A mosaic is a piece of art or image made from the assembling of small pieces of colored glass, stone, or other materials!



23rd January: Animal Mash Up

Combine different species to create your own Individual masterpiece on canvas.



30th January: Australia Day Cooking & celebrating

Lamingtons. Pies. Pavlova. ANZAC biscuits and of course Vegemite! Creative cooking to celebrate Australia Day!



Important Information for Customers

- *Remember to bring a water bottle and wear enclosed shoes
- ** Activities may be changed at short notice due to weather restrictions and alternate activities will be available
- *** Advise group Coordinator if any of your contact details change

Feedback and suggestions are always welcome

June

5th June: Nature Collage

Using the photos taken earlier in the year, to create A nature collage in the shape of a tree, or flower!



12th June: World Refugee Week

Celebrate cultural Australia, with food from different countries and learning about their cultures and impact on our Community.



19th June: Basic Computing

Ever wondered how to search the internet, type a word document or even just turn on a computer for games. Laptops will be provided, to learn some basic computing skills.



26th June: National Motor Museum, Birdwood

The National Motor Museum, Australia, is an automobile museum in the Adelaide Hills in the township of Birdwood, South Australia. Established in 1964.



March

6th March: Wildlife Park, Cleland

Let nature be your guide today, as we discover Cleland Wildlife park. There are a lot of animals to get up close to!



13th March: Cooking on a Budget

Quick trip to food bank, for groceries to get creative in the kitchen.



20th March: SAPOL Guest Speaker on Cyber bullying

To be confirmed



27th March: Recycle Bird House

Making a recycled bird house is fun and green! Easily enough to build and can attract many different species!



April

3rd April: Celebrating Earth Hour

Largest global movement for the environment. Open discussion about what we can do at home to protect the environment! Guest speaker to be advised.



10th April Op Shop Tour

Love Shopping? Love Bargains? Weather you want to spend or donate this tour is for you!



17th April: Easter Chocolate Making

Easter Chocolate, the perfect gift or keep for yourself!



24th April: Menu planning ideas & apron making

Spend some time looking at recipes, create a space to write or type to keep them safe and simple, keep a meal journal, start to plan. For those of you who don't need to meal plan, can make an apron!



May

1st May: Trip to the Jam Factory

Australian Craft & Design. Representing independent makers in glass, ceramics, jewellery, textiles & furniture & JamFactory's own range of homewares !



8th May: Four Ingredient Cook off

Doesn't much to make a masterpiece in the kitchen. In Two teams We will make, Sweet Potato and Ham fritters plus strawberry Cheesecake!



15th May: Photography at St Helens Park, Prospect

Capturing nature, sweeping landscapes, green trees and beautiful flowers in bloom. To be printed and used at a later time to create a nature collage.



22nd May: Ready for start or return to work?

Lets work together to prepare for a job, with resume writing and discussions around personal appearance.



29th May: Personal Hygiene and Grooming, information session

We tend to forget the importance of self grooming and hand hygiene, today we will have an information session around how important it is to maintain your health.



February

6th February: Macramé

The art of knotting string to make patterns to make decorative art pieces.



13th February: Beach walk & fishing

Catch and release only off the jetty at semaphore with a nice beach walk and BBQ lunch.



20th February: Hand Sewing Cushions

Hand sewing can help you do small projects and repairs quickly. Learn the stitches and techniques to use for, buttons, straight lines and more!



27th February: Exhibition, Prospect Gallery "Mixed Media"

You are invited to visit the Prospect Gallery to see the latest offerings from emerging and established artists.

