

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

Community Social & Core Support Group

Northern Region

1st July to 20th December 2019

Activity Program

Community Based

Every Friday Group

9.00am—4.00pm

Includes transport pick up for group and return

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

NDIS PARTICIPANTS WELCOME

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

1800 953 001

July

5th July: Campbelltown Library

It's the beginning of a new program, let's come together and get to know each other and have a laugh. Share some experiences and enjoy a picnic lunch together.

Bring your own lunch

Activity: No cost



12th July: Movies at Odeon Theatre at Semaphore

Today the group will be attending the Odeon Theatre to enjoy watching a movie together.

Bring your lunch and enjoy some time by the sea.

Activity Cost: \$8.00 per person



19th July: St. Peters Cathedral Tour

The St Peters Cathedral is an Anglican Cathedral situated in North Adelaide and it is a significant Adelaide landmark. Come along to have a look at this remarkable Cathedral—lunch picnic nearby in parklands.



26 July: Adelaide Market Tour and China Town

Come along to the Adelaide Central Market Tour where you will see a wide range of fresh and multi-cultural products. Have a look at China Town which consists of restaurants, grocery stores and markets. Feel free to bring money to make a purchase. Bring your lunch.



December

6th December: Adelaide Town Hall Tour

Our group will be enjoying a tour of the Adelaide Town Hall which is a landmark building on King William St in Adelaide. The town hall is 150 years old in 2016.



13th December: West Terrace Cemetery Tour

Enjoy the tour which includes the history of some of S.A. more famous attractions. The tour route is along designated footpaths and tracks in the cemetery.

Activity only cost \$5.00 per person



20th December: Adelaide Convention Centre Tour

The Convention center hosts many different events through out the year servicing thousands of people locally and from all over the world. You'll go behind the scenes today, with the opportunity to complete tour of the area! You never know who you may see!

Activity only cost: To be confirmed



Important Information for Customers

***Remember to bring a water bottle and lunch**

****Remember to wear enclosed shoes and appropriate clothing for scheduled events.**

***** 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**

Contact phone number during group hours only: 0427 297 112

Feedback and suggestions are always welcome

September

6th September: Waterfall Gully

Waterfall Gully is only 5km from Adelaide's city center and the first waterfall is easily accessible by foot as the car park is nearby. Paint a landscape canvas to take home.



13th September: Carrick Hill Art

Carrick Hill is a significant South Australian cultural tourism attraction. You can walk around the grounds at Carrick Hill, including the Stables lawns and the Story Book Trail, then enjoy a shared picnic lunch.

After lunch you can immerse yourself in the beauty of the hill, by creating a canvas art work.



20th September: Christmas Pageant Float Tour

Adelaide Christmas Pageant is an annual parade held in November. Come along and see the pageant floats while doing a tour. We will enjoy lunch in the parklands near by.



27th September: Adelaide Oval Tour

Adelaide oval is a sports ground in Adelaide which has been used for cricket, football, rugby, tennis as well as used to hold concerts. Our group will be attending an oval tour to see all it has to offer. Followed by lunch at the parks nearby



October

4th October: Leather Making

Leather is a natural, durable and flexible material. Today we will learn skills in how to work with leather.

Activity only cost: To be advised



11th October: Thornton Park: Croquet

Croquet involves four balls teamed in pairs, with both balls going through every hoop for one pair to win.

Today our group will be having fun exercising and learning how to play this game.



18th October: Habitat For Humanity Tour

The world's number one not-for-profit provider of housing for low income families. It is predominately a voluntary organization. 80% of each home is built by skilled and unskilled volunteers. Find out more & perhaps how you can become involved!



25th October: Dance SA Studio at St. Marys

A dance studio is a space where people can learn to dance or rehearse. Today group will have fun learning some dance steps as well as exercising.

Activity only cost \$15.00 per person



November

1st November: Horse Stables

Visiting horse stables is a great way for horse lovers to spend their day. Come along and enjoy your day as a group activity.



8th November: Royal Adelaide Hospital Tours

Come along and enjoy attending a tour at our new Royal Adelaide Hospital where you will learn about this hospital.



15th November: Court House Tour

The courts administration authority welcomes visits and you can view courts in action with a tour.



22nd November: Studio Potters SA

Come along and learn the skills required to turn a piece of clay into a piece of art. Bring your own lunch
Activity only cost: To be confirmed



29th November: Semaphore Beach

Enjoy some time by the beach with outdoor activities, games fishing & a shared BBQ.
Meat will be provided- BYO special dietary requirements.



August

2nd August: Festival Theatre lunch along the river

Adelaide Festival Centre is an arts center which is the home of South Australia's performing arts which include dance, music and exhibitions. We will walk around the theatre, the park lands, the river and the enjoy lunch in the rotunda. An easy your of festive Adelaide!



9th August: Pamper Day

Come along to our pamper day and experience nail art, Hair braiding, making face masks and information around self care!



16th August: Tandanya

Tandanya is an aboriginal art museum which includes visual art, music and storytelling.
Come along and enjoy discovering this museum together.



23rd August: Metropolitan Fire Service

Interactive tour and information session at a local station. The South Australian Metropolitan Fire Service (MFS) is the primary provider of structural firefighting services to the State of South Australia. The MFS was established in 1862! Bring your lunch with you.



30th August: Aquatic Centre Aerobics

If you enjoy keeping fit in a group atmosphere, come along and join in an aerobics activity and have a swim
Activity only cost \$7.00 per person

