

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 2685
0428 743 789

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

www.anglicaresa.com.au

Social & Life Skills Group

Northern Region

1st July to 16th December 2019

Activity Program

Every Monday

9.00am—4.00pm

Includes pick-ups and drop offs

Core Supports Centre Based

AnglicareSA

The Clock Tower

Playford Boulevard

ELIZABETH

NEW NDIS PARTICIPANTS ALWAYS WELCOME

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

1800 953 001

July

1st July: Learn how to Budget, Easy, Simple ideas!

Design your own budget to help manage your income, how to save strategies and reduce spending suggestions.



8th July: Quick N Easy Cooking Class

Learn new skills, as we create a healthy stir fry to share & pancakes for desert!



15th July : Communication Through Role Play

Learning a variety of different communication skills, in a fun and interactive way! Social skills are the skills we use to communicate and interact with each other, both verbally and non-verbally, through gestures, body language and our personal appearance. Lets explore how to manage and develop different ways to express our feelings & emotions!



22nd July: Goal Setting Display for your Fridge

Make a goal setting planner to stick onto your fridge with some personal goals you would like to achieve.



29th July : Confused by Technology?

If you are feeling confused or overwhelmed with computers this session is for you. Come along to learn some basic computing such as Microsoft products.



December

2nd December: Make a Kris Kringle Gift

Today you will be having fun making a surprise Kris Kringle gift for you to give to another member of the group.



9th December: Folded Book Christmas Trees

This is the opportunity for you to make a Christmas tree out of an old book or magazine. Add some embellishments and create your own individual masterpiece !



16 December: Christmas Cooking

Enjoy spending time learning how to cook Christmas food so you can enjoy eating it as well as being able to make it at home.



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

2nd September: Understanding & Dealing with Centrelink

Come and listen to a Guest Speaker from Centrelink explain services, and answer any questions you may have.
Informative & interactive session.



9th September: Sweet Tooth Cooking

How many of you have a sweet tooth, however still would like to eat healthy enjoyable deserts? Lets learn how with cooking & an Information session on foods to help fight your sugar cravings!



16 September: Low Impact Exercise

Enjoy participating in a group and learn how to keep yourself healthier by doing low impact exercises or chair exercise.



23 September: Pamper Day

Learn how to decorate your nails, do hand massages, Or have your hair African Braided. Today is all about you, Taking the time out to relax and spoil your selves!



30 September: Chair Yoga / Meditation

Come and learn how to look after yourself from within. Enjoy learning how to Meditate as well as learning techniques of Chair Yoga



October

7th October: Terrarium Gardends

Terrariums are plants living in glass, or herbs which can be planted into jars, given as gift or take home to admire!



14th October: Make Your Own Organic Cleaning Materials

This is a great way to learn how clean your house without any chemicals by making your own cleaning products cheaply. Take home your cleaning product.



21st October: Organic Cooking

We will be learning new skills and using organic products to make delicious and nutritious food for you to enjoy.



28th October: Organic Face Masks / Hair Masks

Enjoy pampering yourself by applying Organic Face Mask or Hair Mask. So nourishing for your skin and hair you can sit back an relax once the mask is applied.



November

4th November : Canvas Art with Spray Paint

Here is a new way to create something a bit different! Spray Paint art is unique, and can be created free hand or with a stencil or tape! Come and Create your own personalized piece!



11th November: Learning Instruments with Percussion

There are a variety of percussion instruments to come and try or you can bring your own! You can teach your peers and learn a new skill. Music is good for the soul.



18th November: DIY Bath Bombs

Making bath bombs may be a great gift idea with Christmas right around the corner! If you have any essential oils bring them along and we can add a variety of scents to heal and relax certain parts of your body! Treat yourself or a friend.



25th November: Placemats are not just for eating off!

Its amazing what you can create from items you have around the house!
 Todays tasks is to create a bag from a bamboo placemat.
 You can make it as fancy or plain as you like, feel free to bring a placemat you would like to create with!



August

5th August: Confidence Booster: Singing

Enjoy having a sing-a-long to a variety of different songs with other group members . Bring some ideas or music/ lyrics you would like to explore with the group as we learn about influential artists and music over the generations with a pop quiz!



12th August: Paper Art Variety Craft Day!

Grab an old book, and learn how to make paper roses, and 3D paper craft. Using a variety of different paper materials to create something a bit different, your way!



19th August: Recycled Material Musical Instrument

Instead of throwing away old containers or egg cartons, you can use them to create music. How? Come and be creative by making yourself musical instruments out of various recycled materials!



26th August: Doily Luminaries

Doilies combined with burlap and twine are rustic, together they make a beautiful combination. Play around with different ribbons, buttons, twine and burlap while experimenting with various doily Designs to create a luminary!

