



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

Healthy Living & Life Skills Group

Northern Region

6th July to 21st December 2019

Activity Program

Every Saturday Group

10:00am — 3:00pm

AnglicareSA

The Clock Tower

Playford Boulevard

ELIZABETH

Includes pick-ups and drop offs

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

6th July: Create Wellness Box

Come along and make a wellness box which has a list of things you can do to help yourself stay well and feel better for the times when you are not doing well.



13th July: Getting to Know You: Name Bingo

Name Bingo & Two Truths and a Tale... A good get to know you game that is quick to explain and quick to play! Learn about the other members of the group who you will creating friendships with through out the course of the program.



20th July: Learn some Basic Gardening Skills

Today you will be learning the skills involved in growing a garden and creating a little herb garden to take home.



27 July: Make Your Own Cushion

Today you will learn how to make your own cushion.
Using bits of fabric, buttons, sequins and other craft
Supplies you can create a completely unique cushion to
Take home.



7th December: Learning the art of Self-Reflection

Self-reflection is the action of thinking about your own feelings and behavior, and the reasons that are behind them.



14th December: Create an Emergency Contact

You will be making our own Emergency Contact list for you to take home with you.

21st December: Christmas Preparation

Being prepared for Christmas is the best way to ensure you have less stress and more cheer. Come along and be shown tips about Christmas preparation



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

Group mobile ***

Feedback and suggestions are always welcome

September

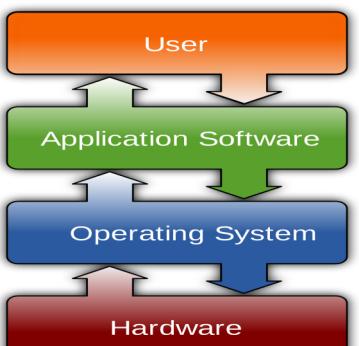
7th September: Looking for a Job: Resume Writing

A very informative course to show you how to write a new Resume or update your current Resume.



14th September: Basic Technology: Computers

Today you will become familiar with a computer:
How to turn on the computer, how to use a mouse, keyboard, monitor and how to use the desktop.



21st September: How to preparing for an Interview

Today we will show you a variety of skills required for attending an interview. You will be able to role play & Video/ record, and show each other so you can see your strengths and areas to work on to help you achieve employment!



28th September: Confidence Building

Confidence is an characteristic that most people would like to possess. Come along and learn the skill required for confidence building.



October

5th October: Making Cleaning Materials with Natural ingredients

This is a great way to learn how to clean your house without using any chemicals and using natural materials instead.



12th October: Making a Fridge Schedule / Calendar

Make a Fridge Schedule and Calendar to take home and put it on your fridge.



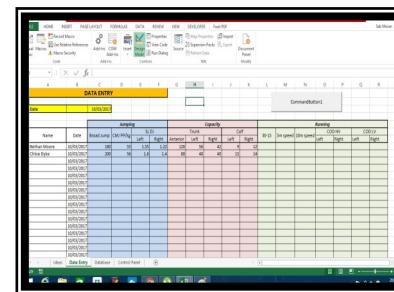
19th October: Time Management Strategies

By using time management skills effectively gives you a choice on how to make the most of your time on activities throughout the day.



26th October: Finance / Budgeting on Spreadsheets

Today you will be learning to store and organize information, like your finances or a budget, on a Spreadsheet.



November

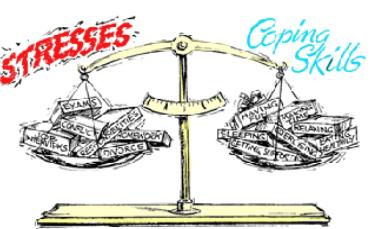
2nd November: Health Awareness

Come along and learn about Health Awareness which helps you be aware of various health issues and their preventative actions.



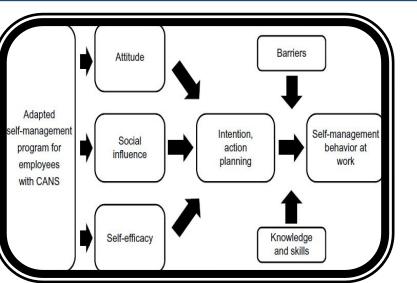
9th November: Managing Strategies

Learn coping strategies to be able to manage your own feelings. It may be by using pictures or having a conversation.



16th November: Behavior Management

Today, at our Behavior Management activity, you will learn about self-control and problem solving techniques.



23rd November: Health: Wellbeing and Hygiene

Learn tips regarding personal hygiene and how to look after your own wellbeing.



30th November: Tai Chi / Meditation / Alternative Care

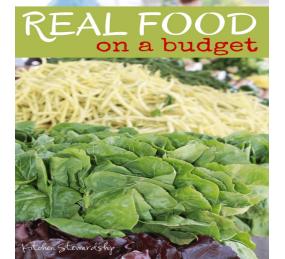
Come along and learn what alternative care is and how you can better look after yourself.



August

3rd August: Learn How to Cook on a Budget

Come along and learn how to cook tasty meals while being on a budget.



10th August: Learning about & Creating a Food Pyramid

Come along and learn about the Food pyramid which is a basic guide to plan a healthy diet and meals.



17th August: Healthy Cooking

Today we will show you how easy it is to cook healthily so that the variety of foods you use will help maintain your health.



24th August: Create Cookbook

Enjoy creating your very own cookbook to write your favorite recipes into.



31st August: Reflection—Skill

This is the time we reflect on the skills we have learned over the last six months in our group activities

