

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

Life Skills Group

Southern Region

4th July to 19th December 2019

Activity Program

Every Thursday

12:00pm - 5:00pm

Capacity Building

Picket Fence Community Centre

1167 South Road, St Marys

Includes pick-ups and drop offs

NDIS PARTICIPANTS WELCOME

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

1800 953 001

July

4th July: Basic Sewing

Bring along something that needs to be mended
And learn how to fix those pesky holes or broken
Buttons and straps or you can create something from
scratch, like a cushion or apron.



11th July: Yoga and Meditation

Be guided through some yoga and meditation techniques.
No experience necessary and can be done while sitting
Down. This is a great skill to learn and something that can
Be used wherever you are.



18th July: Occupational Therapy — Anglicare

Guest speaker from AnglicareSA will come along and
Talk about how staying strong and active is important
In day to day life. Learn some low impact exercises
And other ways that you can stay healthy.

25th July: Who Am I — Self Awareness Workshop

Come along today and work on your own
Self awareness booklet which will help you
Identify your strengths, goals and triggers.
Enjoy sharing ideas and strengths and challenges with your friends.



December

5th December: Garden and House Management

Come along and learn quick and easy tips to manage your home.
Create a cleaning roster and your own cleaning products.



12th December: Literacy / Creative Writing

Come and look through magazines, books, recipe books,
History books or write your own story. Learn to touch type
With the help of touch typing games and build your literacy
skills.



19 December: Christmas Wishes / Secret Santa

Create a gift using craft items and then at the end of the day
You will draw a name out of a jar and exchange gifts with your
not so secret Santa. Share your Christmas wish with the group.



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

September

5th September: Developmental Educator Guest Speaker

Learn about what a Developmental Educator does to support people.

Maybe you have some questions about developing a routine that you can stick to or how you can build your skills.



12th September: Making Decisions Workshop

Explore different personal decision making tools and Test them out with different situations.

It can be a big decision or a small one.

Learn which way helps you make the right choice for you.



19th September: Social workshop

Have you ever felt uncomfortable in a social situation?

Have you ever avoid social situations?

Come along to the social workshop and learn how you can

Manage social situations when you don't feel like it.



26th September: Crisis Information Sheet

Using a list of local and national crisis lines, create your own Magnetized crisis information sheet for your fridge.

This is a really great tool to have not only for you, but also friends and family too.



October

3rd October: Country Fire Service

Do you know what it takes to become a CFS volunteer?

Do you know they're just as busy in the winter season?

Enjoy a presentation from the local CFS.



10th October: Sustainable Accommodation Hutt Street, with Guest Speaker

Learn about the services that Hutt St provide, it includes homelessness and job support and so much more.



17th October: Volunteer South Australia

An informative presentation from Volunteering SA & NT about their services and how you can get involved in volunteering.



24th October: Mental Health Wellbeing Plan

Develop your own mental health wellbeing plan

To support yourself to stay well and what to do when

You're needing extra support



31st October: DIY Reusable Meal Planner

Get creative and make your own meal planner

For the fridge. If you can't make a meal planner,

Make a weekly diary planner.



November

August

7th November: Office of the Public Advocate Guest Speaker

A guest speaker will come along and talk about what the OPA can offer. Learn about your rights and advanced care directives. Create your own emergency contact card for your wallet/purse



14th November: Manage Relationships Workshop

Family and friend relationships can be difficult to manage especially when everyone is so different. Come along to this Workshop and learn about how you can make the most of your relationships.



21st November: Basic Computer Skills

Depending on your current skills, today you will learn something new about using computers—that is a guarantee! Come along and learn tips and tricks and how to manage the Surprisingly easy technology.



28th November: Budgeting Skills Workshop

Today you will create your own personal budget that will live along side you. You will be able to see your ongoing payments and learn what to do if you're A bit short.



1st August: How to Job Search

Learn how to create a standout Resume (even if you can't currently work) and learn how to write a cover letter.



8th August: Pamper Day

Create your own pamper day print up of things that you can do to pamper yourself. You can also create your own face mask to take home.



15th August: Make Your Own Cookbook

Create your own cook book by bringing along your favorite cook Book to share with the group. Go through the cook books and copy your Favorite recipes and take home your own personalized cook book!



22nd August: Self-Esteem Journaling

Self-esteem plays a big part in how we feel about ourselves. Create your own self-esteem and gratitude journal.



29th August: Allied Health Guest Speaker

Allied health professionals provide a broad range of diagnostic, technical, therapeutic and direct health services to improve the health and wellbeing of the consumers they support.

