



We are an NDIS registered service provider and run community and centre based social and recreational programs. If you would like to attend one of our programs and have an NDIS package please remember to include the program in your plan.

Our fees are charged at the rate listed in the NDIS price guide.

As well as the programs detailed in this flyer, we also run a number of other programs that are specifically for people with an Acquired Brain Injury.

Most of our programs run during Victorian state school terms.

For information and to register for our programs call us on **9819 5758**.

*explore & enjoy!*



# NDIS Programs

@32 Henry Street

*explore & enjoy!*

- social activities
- exercise
- men's shed
- music & art
- cooking



## 32 Henry Street

HAWTHORN COMMUNITY HOUSE

32 Henry Street Hawthorn 3122  
584 Glenferrie Road Hawthorn 3122

Ph: **9819 5758**

E: [info@hch.org.au](mailto:info@hch.org.au)

W: [www.hch.org.au](http://www.hch.org.au)

trentwood  
at the hub

your local community house

2 Centre Way, North Balwyn 3104

Ph: **9006 6590**

E: [info@trentwood.org.au](mailto:info@trentwood.org.au)

W: [www.trentwood.org.au](http://www.trentwood.org.au)





### Changing Directions Art

Enjoy creative expression through the visual arts. Working individually or on group projects with guidance from an exhibiting artist, we provide a supportive social environment where members and their carers can interact and develop social skills and networks that improve community participation.

**Monday 1.30pm – 3.30pm**

Support item ref: 04\_180\_0136\_6\_1

### Saturday Art

A stimulating program that enables participants to explore their creativity as they are encouraged to work on their individual pieces or on group projects and engage socially. Enjoy a light morning tea in a supportive environment.

**Saturday 9.30am – 11am or 11am – 12.30pm**

Support item ref: 04\_182\_0136\_6\_1

### Nova Art

This art program offers a welcoming and supportive open studio environment that encourages artists who have lived experience of mental illness to pursue their own artistic practice and vision. The program is run by an art facilitator who supports the group in their creative expression and participation. All materials are provided and a light lunch is served.

**Thursday or Friday 10am – 4pm**

Support item ref: 04\_180\_0136\_6\_1

### Men's Shed

Our Men's Shed is accessible to all and provides a safe and friendly space where men are able to work on meaningful projects at their own pace and time.

**Monday to Friday 9am – 3pm**

Support item ref: 04\_180\_0136\_6\_1

### Cooking Small Eating Well

This hands-on program teaches adults basic cooking skills while introducing recipes that are healthy and delicious. Cooking Small Eating Well develops knowledge of preparing and eating nutritious meals. Improving cooking skills helps participants to achieve greater independence, confidence and control in their lives.

**Tuesday 10am – 12pm**

Support item ref: 04\_170\_0136\_6\_1

### Cooking Small Eating Well \$5 Meals

This class guides participants through the preparation of an inexpensive meal for one, from shopping to cooking. Group members will be provided with a recipe and shopping list, and items will be purchased from a supermarket within walking distance of Henry Street. Shopping will focus on improving one main skill each week, such as how to select fresh foods, how to shop on a budget and reading labels. The food purchased will be prepared together for participants to take home.

**Trentwood: Monday 2.30pm – 4.30pm (weekly)**

**Hawthorn: Tuesday 2pm – 4pm (fortnightly)**

Support item ref: 04\_170\_0136\_6\_1

### Changing Directions Music

Our program encourages participants to explore their interests and develop skills through musical expression. It also provides a supportive social environment where members and their carers can interact and develop social networks that improve community integration and participation.

**Monday 9.45am – 11.45am**

Support item ref: 04\_180\_0136\_6\_1

### Tuesday Music

Do you love music and enjoy being part of a group? Tuesday Music will introduce you to fun, new music and also give you the opportunity to sing along to your favourite rock n' roll hits. No previous music making experience is required and carers are welcome. As well as providing musical expression, this group offers a supportive social environment where participants can establish new friendships.

**Tuesday 12.45pm – 2.45pm**

Support item ref: 04\_180\_0136\_6\_1

### Adapted Yoga and Mindfulness

Yoga and Mindfulness enables participants who may need more time to process instructions to move at a slower pace and/or seated on a chair/wheelchair. As with all yoga classes, the focus is connecting to the body with breath and movement. No previous experience needed. If you need assistance during class, please bring a carer, friend or family member with you.

**Thursday 3pm – 4pm, Friday 12pm – 1pm**

Support item ref 04\_180\_0136\_6\_1

### Tai Chi Based Qigong

Our combined Qigong/Tai Chi exercise is a powerful system of healing and energy through gentle stretching coordinated with breathing/meditation to soft background music. Over time, participants will have strengthened muscles, enhanced co-ordination and generally improved health both physically and mentally. If you need assistance during class please bring a carer, friend or family member.

**Tuesday 3pm – 4pm**

Support item ref: 04\_180\_0136\_6\_1

*explore & enjoy!*