



NOVEMBER

SHARED SUPPORT

Summer Cooking Adventures

MONDAYS

\$10

With things heating up, we've decided to get out of the kitchen! We're taking cooking activities where everything should be in summer - outdoors!

Plant-astic Times!

TUESDAYS

\$5

Explore the magic that happens while composting, succulent propagating, terrarium making and nurturing a herb garden.

Healthy Lifestyle

WEDNESDAYS

Free

Life can be busy! We'll encourage you to take time to try new exercise techniques, meditation styles and reflect. If you're keen to set some goals, we'd love to help you monitor them.





THURSDAYS

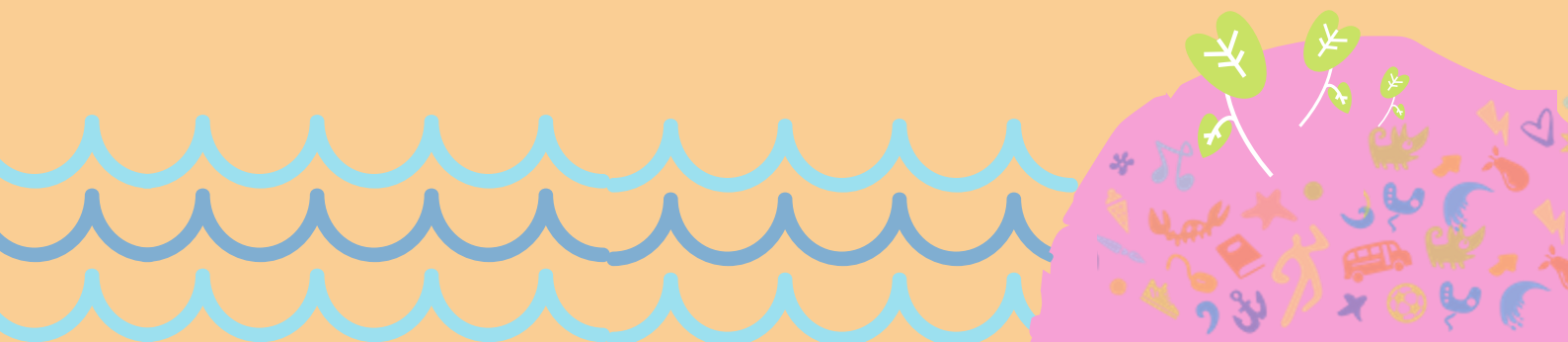
Water World

The day will include activities based around water. Think pools, baths, beaches or water fights in the park !

\$2

FRIDAY Funday!

- 1 Irukandji Shark & Encounters @ Bobs Farm \$27
- 8 Farm Visit @ Dungog \$10
Pat the cows & calves, make cheese & drink fresh milk!
- 15 Sea Cave Tour & Lunch @ Caves Beach \$20 Lunch
- 22 2019 Coates Hire – Newcastle Supercars \$36
- 29 Lawn Bowls & Lunch @ Lowlands Bowling Club \$10





IMPORTANT INFORMATION

Times - Weekday 9am – 3pm (Meet and collect from 4u Care Hub – 8 Bean St, Wallsend)

Cost- “Support Time” costs will vary depending on booking numbers, with the per hour cost being based on 1:1, 1:2, 1:3, 1:4 or 1:5 ratios.

(These prices are reflected in the NDIS Price Guide.)

- Where a day has an extra cost – e.g. Friday Fun Day, we ask that this cost is paid in cash on arrival.

Transport - Public Transport will be used on weekdays.

- If not suitable to use public transport e.g. due to weather or activity location – private staff/business vehicles will be used, with transport cost (78c per Km), to be split between all participants booked in for the day.

Please remember to bring: Water bottle, packed lunch (or money to buy), enclosed shoes, hat, sunscreen, opal card, companion card and positive vibes.

Wet Weather - If an organised activity is no longer suitable due to weather, an alternate activity will be arranged. If possible, prior notification will be given. These activities may include indoor sports, trampolining, movies, ten pin bowling, laser tag or a lunch outing.

