

OCTOBER



MONDAY

Sizzling Summer Cooking DAY

As the name suggests, we want to stay nice and warm while we're cooking our food to make us even warmer! \$10

TUESDAY

Art 'n' Motion DAY

Dance & Art - name a better duo. We'll wait. Come and let your creative flare loose \$5

Girls Night Out *Evening

@ The Hub. Think 'treat yourself', Slumber Party, Rom Com's, Face Masks & Takeout

WEDNESDAY

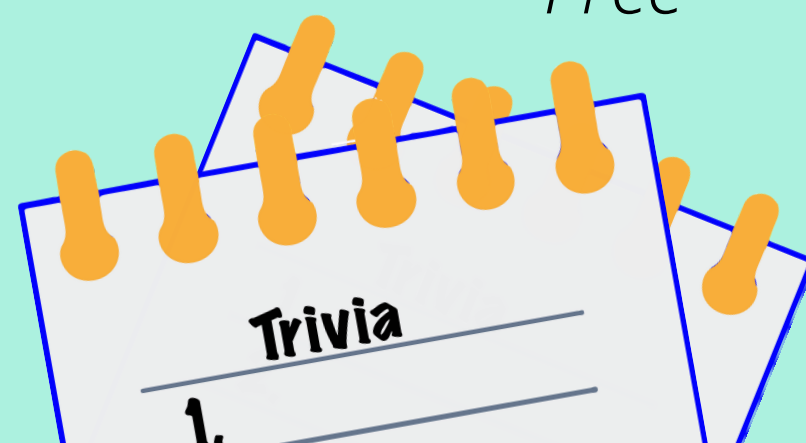
Outdoor Adventure DAY

After spending a lot of time inside, let's get outside and let's get moving! \$10

THURSDAY

Gaming Day DAY

Come and play the newest games in the warmth of the 4U Hub. You're welcome to BYO device Free



SHARED SUPPORT



THURSDAY CONT..

4U Masterchef DAY

Cook up some of your favourite meals...and of course you'll be able to enjoy them afterwards! \$10

Trivia & Dinner EVENING

@ Club Charlestown \$5 + \$Dinner

FRIDAY FUN DAY! DAY

2nd- Karaoke & Lunch @ Dullboy's Social Co \$10 +Lunch\$

9th - Beach Adventure @ Catherine Hill Bay \$10 Lunch

16th - Mega Creatures @ Hunter Valley Gardens \$27

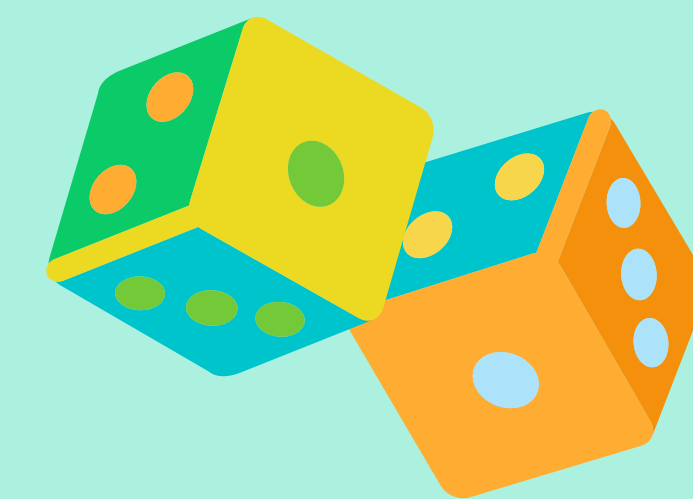
23rd - Bowls & Lunch @ Bar Beach Bowling club \$10 + Lunch

30th - Irukandji Shark & Ray Encounters @ Bobs Farm \$19.50

Live Sport & Dinner EVENING

@ Wests League Club Dinner \$





IMPORANT INFORMATION

All activities will be carried out in compliance with restrictions and practising the highest level of safety possible.

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

EVENING 5pm- 9pm (Meet and collect from 4u Care Hub – 8 Bean St, Wallsend)

**"Girl's Night Out" runs from 4:30- 8:30pm*

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.
- *Friday Evenings activity at Wests will require participants to become a member, in order to comply with their policy.

Please note: Tickets will be pre-purchased for: Mega Creatures and Irukandji Shark & Ray Encounters

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 (85c in a carer vehicle and \$1.30 if a 4u Van is being used), 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.

