

2023 NDIS Programs of Support

The South West Disability Services at South West TAFE aims to partner with people of all abilities and their communities to create life enhancing opportunities.

At South West Disability Services (SWDS), we offer programs of support for a maximum of 12 weeks in line with school terms. These are designed to target specific goals for participants during each program.

OUR PROGRAMS

Daily

- Kickstarters
- Uplifters

Mondays

- Celebrating Friendships
- Command Centre
- The Right Mix

Tuesdays

- Empowerment Brigade
- Transport Me
- Fur, Feathers, Scales and Shells

Wednesdays

- Performance and Dance
- Choose Your Style
- Magazine Maker

Thursdays

- Taste the Flavour
- CLS in the Community
- Move Your Body

Fridays

- Wellbeing Retreat
- New Life Recycling
- Visual Content Creator

During school holiday breaks

- STRIVE Holiday Program, each day Monday-Friday

Participants can elect to take part in one program separately or engage in all four programs each term throughout the year.

We often have waiting lists for our programs and we will liaise with you to advise of availability.

Our programs do not run on public holidays and will only be offered if there is enough interest.

Programs are subject to change based on availability of activities and capacity.

HOW TO REGISTER YOUR INTEREST FOR A PROGRAM

To express your interest in any of our programs, visit swtafe.edu.au/ndis to submit your interest online or to download the expressions of interest form and to submit it to us.

Office: Disability Services,
SWTAFE Warrnambool Campus

Email: disability.support@swtafe.edu.au

PAYMENTS FROM YOUR NDIS PLAN

Support costs utilise the social and community participation line item in your NDIS plan.

Our programs of support incur a centre capital cost as per the NDIA Price Guide. For more information please see our SWDS NDIS Programs fact sheet and Service Agreement Statement at swtafe.edu.au/ndis

PARTICIPANT CONTRIBUTION

Your NDIS plan will not fund resources utilised within the programs. Therefore, a participant contribution has been detailed for each Program of Support. This will be shown on each program as a weekly cost. The participant contribution will be invoiced directly to you with the total cost for that term.

THE PROGRAMS:



KICKSTARTERS

Timetable: Monday – Friday, 8am-9am

Duration: Four, 12-week sessions throughout the year

Start: New Program starts at the beginning of each school term

Participant contribution: \$1 per day

The Kickstarter aims to set up your day in the most positive way. The programs offer the chance to come in early and get settled into your environment before the flurry of NDIS programs begin. The program will cover a monthly meeting to discuss the wants and needs of participants. A monthly breakfast and other great morning routines such as meditation, exercise and preparing our days.

Program objectives:

- Positive social interaction.
- Be part of team meetings.
- Focus on morning nutrition and healthy habits.



UPLIFTERS

Timetable: Monday – Friday, 3pm-5pm

Duration: Four, 12-week sessions throughout the year

Start: New program starts at the beginning of each school term

Participant contribution: \$1 per day

This program focuses on individuals' self-directing support based on their passions. The group will aim to make connections and opportunities based on participants' goes and interests. Individuals can join each night or one night a week.



CELEBRATING FRIENDSHIPS

Timetable: Mondays – 9am-3pm

Duration: One school term, maximum of 10 weeks per program

Start: New program starts at the beginning of each school term

Participant contribution: \$3.30 per week, billed per term

During this program, participants will develop social connections and community opportunities supporting inclusion, wellbeing and respect. Participants are guided and supported to learn and practice self-care, build their social networks, meaningful friendships and respect of peers.

Program objectives:

- Improve social connection and participation.
- Develop respectful friendships.



COMMAND CENTRE

Timetable: Mondays – 9am-3pm

Duration: One school term, maximum of 10 weeks per program

Start: New program starts at the beginning of each school term

Participant contribution: \$2 per week, billed per term

During this program, participants will have the opportunity to both enhance and share their current knowledge of various computer programs. Participants will be encouraged to demonstrate and share what they currently know and then also increase their skills in: Microsoft office programs, emailing, basic coding and basic animation techniques.

Program objectives:

- Peer teaching and socialization.
- Increasing ability to utilise computer-based technologies.



THE RIGHT MIX

Timetable: Mondays – 9am-3pm

Duration: One school term, maximum of 10 weeks per program

Start: New program starts at the beginning of each school term

Participant

contribution: \$5 per week, billed per term

During this program, participants will be focusing on the art of cake and cupcake design. Piping techniques, different flavours and baking skills will be the core of each term's activities. Participants are encouraged to showcase their own creative flair and customise as much or as little as they want.

Program objectives:

- Develop baking skills.
- Socialisation and connection.
- Follow step by step process.



THE EMPOWERMENT BRIGADE

Timetable: Tuesdays – 9am-3pm

Duration: One school term, maximum of 10 weeks per program

Start: New program starts at the beginning of each school term

Participant

contribution: \$5 per week, billed per term

Taking two great 2022 programs and combining into one. The Empowerment Brigade will be focusing on enhancing the opportunities individuals have to be a positive part of the Warrnambool (and wider) community. The Empowerment Brigade will be focusing on both volunteering and fundraising skills.

Program objectives:

- Access to community.
- Improved social connection.
- Development of volunteering and work ready skills.



TRANSPORT ME

Timetable: Tuesdays – 9am-3pm

Duration: One school term, maximum of 10 weeks per program

Start: New program starts at the beginning of each school term

Participant contribution: \$2 per week, billed per term

Participants will be required to pay for their own public transport costs throughout the program to empower and develop ticket purchasing and budgeting when accessing public transport.

Participants will experience a variety of transportation throughout the program and practice reading and understanding timetables. Transport me will foster independence and confidence when in the community and accessing transport.

The group will regularly catch different types of transport and will be a community-based activity.

Program objectives:

- Build capacity in road safety, utilizing public transport, and planning a trip.
- Gain independent skills.



FUR, FEATHERS, SCALES AND SHELLS

Timetable: Tuesdays – 9am-3pm

Duration: One school term, maximum of 10 weeks per program

Start: New program starts at the beginning of each school term

Participant contribution: \$3.30 per week, billed per term

This program is for animal and nature lovers alike. The program takes a look at what it takes to be a pet owner and how to care for all animals within the Australian environment. There will be lots of opportunity to get hands on with various animals and different ways to care for the environment.

Program objectives:

- Increase knowledge of animal care and pet ownership.
- Build confidence around animals.



PERFORMANCE AND DANCE

Timetable: Wednesdays – 9am-3pm

Duration: One school term, maximum of 10 weeks per program

Start: New program starts at the beginning of each school term

Participant contribution: \$3.30 per week, billed per term

Participants will have an opportunity to discover and adapt performance and art skills and practice these skills to perform at the end of each term. The group will experience a range of the performing arts including acting, public speaking, singing, dancing, music and costumes.

The focus of the program is to gain confidence in performing and develop new skills that will be used in daily life.

Program objectives:

- Socialisation and team work.
- Creative skills.
- Build confidence through performance.



MAGAZINE MAKER

Timetable: Wednesdays – 9am-3pm

Duration: One school term, maximum of 10 weeks per program

Start: New program starts at the beginning of each school term

Participant contribution: \$3.30 per week, billed per term

Magazine maker is a photography and literacy-based program with participants working together to create content based on their own interests. The program will focus on learning different photography techniques as well as utilising different programs to design newsletters, magazines and other digital and hard copy content.

Program objectives:

- Social connection.
- Increase knowledge around various forms of communication.



CHOOSE YOUR STYLE

Timetable: Wednesdays – 9am-3pm

Duration: One school term, maximum of 10 weeks per program

Start: New program starts at the beginning of each school term

Participant contribution: \$5 per week, billed per term

Embrace you through fashion and creativity. Choose Your Style will focus on the different ways we can create and utilise fashion to express who we are and what we like. The program will focus on recycled fashion, accessories and using colour. The program is open to anyone who likes to be creative.

Program objectives:

- Build confidence.
- Develop various textiles skills.



TASTE THE FLAVOUR

Timetable: Thursdays – 9am-3pm

Duration: One school term, maximum of 10 weeks per program

Start: New program starts at the beginning of each school term

Participant contribution: \$5 per week, billed per term

Is it time to try new things? During this program, participants will build on their senses around food, sweet, sour, bitter, savoury and how different cooking techniques change the flavour. Participants are supported to explore different ingredients and food, discover new flavour profiles and what works well together in a meal.

Program objectives:

- Increase confidence in the kitchen.
- Learn safe knife and food preparation skills and food safety.



CLS - IN THE COMMUNITY

Timetable: Thursdays – 9am-3pm

Duration: One school term, maximum of 10 weeks per program

Start: New program starts at the beginning of each school term

Participant

contribution: \$2 per week, billed per term

During this program, participant will build on their communication, language and speech skills in real world environments. Participants are supported to implement their communication strategies from their speech therapist (if they have one) and practice daily language and communication within various community situations.

Program objectives:

- Build communication skills.
- Increase confidence in community tasks.
- Utilise your individualised speech therapists' programs.



MOVE YOUR BODY

Timetable: Thursdays – 9am-3pm

Duration: One school term, maximum of 10 weeks per program

Start: New program starts at the beginning of each school term

Participant

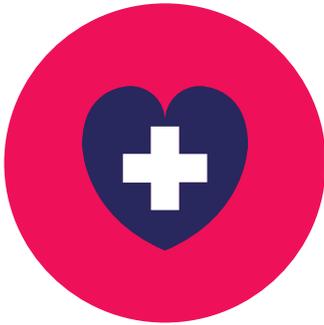
contribution: \$2 per week, billed per term

Participants will be empowered to identify different sporting groups they would like to link in with and encouraged to research and link in with their ideal sporting group independently.

Move your body will experience a variety of sports and fitness styles to engage in to keep your body moving.

Program objectives:

- Community engagement.
- Increase physical activity and build healthy habits.



WELLBEING RETREAT

Timetable: Fridays – 9am-3pm

Duration: One school term, maximum of 10 weeks per program

Start: New program starts at the beginning of each school term

Participant

contribution: \$3.30 per week, billed per term

During this program, participants will explore the relationship between health and wellbeing. Participants will be supported to engage in a variety of physical and mental health skill building activities and make themselves feel wonderful while doing so! Self-care is the key.

Program objectives:

- Build knowledge around self-care and wellbeing.



NEW LIFE RECYCLING

Timetable: Fridays – 9am-3pm

Duration: One school term, maximum of 10 weeks per program

Start: New program starts at the beginning of each school term

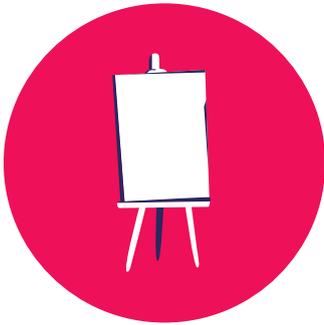
Participant

contribution: \$5 per week, billed per term

Participants will explore and learn the benefits of recycling and reusing throughout this program. The program aims to highlight many environmentally friendly practices like renewable energy and upcycling. Participants will focus on learning and operating handheld tools and design equipment.

Program objectives:

- Team work.
- Confidence in utilizing various equipment and developing hands-on skills.
- Design skills.



VISUAL CONTENT CREATOR

Timetable: Fridays – 9am-3pm

Duration: One school term, maximum of 10 weeks per program

Start: New program starts at the beginning of each school term

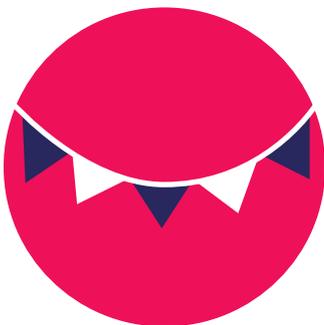
Participant

contribution: \$400 per term, billed per term

The visual content creator is a collaboration between SWDS and the amazing arts department of SWTAFE. The program will be hosted by visual creators for two hours each day with participants able to work on projects for the rest of the day while being supported. Various mediums will be explored. Your opportunity to deepen your expression through art lies in this program.

Program objectives:

- Try new mediums.
- Learn new techniques from industry experts.
- Develop your art styles.



STRIVE PROGRAM

Timetable: Monday - Friday – 9am-3pm
during school holidays

Duration: Two weeks during the term one, two and three breaks.
Two and six weeks at the end of term four
(summer school holidays).

Start: New program starts at the beginning of each school term

Participant

contribution: \$2.50 per day of engagement –
billed per program unless noted otherwise.

During this program, participants will explore a variety of social and community activities during holiday periods. They will build on their friendships, explore their local area and try something new.

Participants will be supported to access and try a range of new activities and build social connection with peers in a fun and friendly environment. If you elect to engage in the STRIVE Holiday Program, the program of support will fall on your regular days of engagement.

Program objectives:

- Explore and try new activities.
- Build confidence in community access.
- Build social connection with peers.

**FOR MORE INFORMATION
PLEASE CONTACT:**

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SWTAFE Warrnambool Campus

Email: disability.support@swtafe.edu.au

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