

2024 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.

OUR PROGRAMS

Daily

- Kickstarters (8.30am - 9am)

Mondays

- Taste the Flavour - level 2
- The Tech Troops
- My Identity

Tuesdays

- Brain Busters
- Lets Get Local
- Performance and Dance

Wednesdays

- 3D Art
- Independence Builder
- The Right Mix

Thursdays

- Fur, Feather and Scales
- Culture and Connection
- Move Your Body

Fridays

- Gardening and Wellbeing
- CLS in the Community

During school holiday breaks

- STRIVE Holiday Program

HOW TO REGISTER YOUR INTEREST FOR A PROGRAM

If you want to join any of our programs, visit swtafe.edu.au/ndis

Our expression of interest form can be completed online or download the form and to submit it to us:

Office: Disability Services,
SWTAFE Warrnambool Campus

Email: disability.support@swtafe.edu.au

We often have waiting lists for our programs, we will work with you if you need to seek another program/day. 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.

PAYMENTS FROM YOUR NDIS PLAN

Support costs can be covered by 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 11 week period.

THE PROGRAMS:



KICKSTARTERS

Timetable: Monday – Friday, 8.30am-9am

Duration: Four, 12-week sessions throughout the year

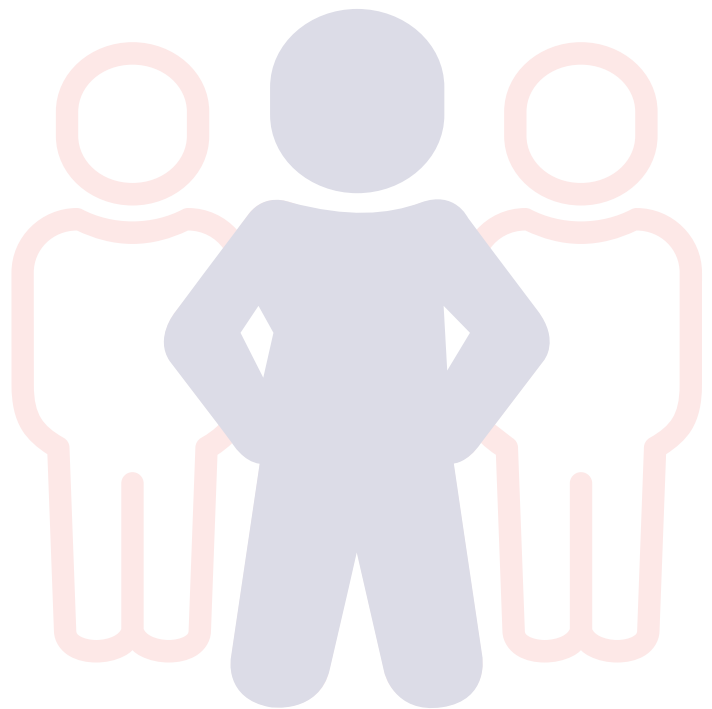
Start: New Program starts at the beginning of each school term

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.





TASTE THE FLAVOUR - LEVEL 2

Timetable: Mondays – 9am-3pm

Duration: Block 1 & 2: 5 February to 28 June.
Block 3 & 4: 8 July to 6 December.

Participant contribution: \$5 per week, billed every 11 weeks.

The Taste the Flavor Program has been such a joy that 2024 will introduce 'Level 2'. Taste the Flavor – Level 2 will continue to explore different flavors, tastes and textures while also learning more about aromas, food appearance and the secrets to delicious food.

Program objectives:

- Food Safety skills
- Food Preparation skills
- Increasing confidence and independence
- Building hospitality skills

THE TECH TROOPS

Timetable: Mondays – 9am-3pm

Duration: Block 1 & 2: 5 February to 28 June.
Block 3 & 4: 8 July to 6 December.

Participant contribution: \$3.30 per week, billed every 11 weeks.

The Tech Troops will empower you to use technology for meaningful purposes. Participants You will have opportunities to develop skills in different software's, different types of technology, create videos, edit photos and focus on design tools. The Program will also highlight the importance of being safe online.

Program objectives:

- Increasing technology-based skills
- Development of cyber safety skills
- Team Work and Peer Learning.



MY IDENTITY

Timetable: Mondays – 9am-3pm

Duration: Block 1 & 2: 5 February to 28 June.
Block 3 & 4: 8 July to 6 December.

Participant contribution: \$3.30 per week, billed every 11 weeks.

As part of the My Identity program you will be supported to explore and celebrate your identity in a safe environment. My Identity will foster an environment to allow you to express yourself and explore what is important to you and what you want in life. The program will focus on individualised expression and support the 5 pillars of identity – body, social environment, job, relationships and values.

Program objectives:

- Upholding and supporting the rights of people with disabilities
- Understanding dignity and respect
- Social participation
- Inclusion
- Community involvement



BRAIN BUSTERS

Timetable: Tuesdays – 9am-3pm

Duration: Block 1 & 2: 5 February to 28 June.
Block 3 & 4: 8 July to 6 December.

Participant contribution: \$5 per week, billed every 11 weeks.

The Brain Busters will be a hands-on experience. This Program aims to build your knowledge and exploration of the sciences. The Program will have opportunities to complete a wide range of experiments, experiences and explore new ideas. Computer skills, writing skills and data collection will all be a focus of the program.

Program objectives:

- Development of team work and collaboration skills
- Enhancement of Problem-Solving skills
- Critical thinking and analysis skills.



PERFORMANCE AND DANCE

Timetable: Tuesdays – 9am-3pm

Duration: Block 1 & 2: 5 February to 28 June.
Block 3 & 4: 8 July to 6 December.

Participant contribution: \$3.30 per week, billed every 11 weeks.

Explore the world of Performing Arts, within a fun and exciting environment with likeminded people. Performance and Dance will offer the freedom to experience and practice a range of performing styles including public speaking, acting, singing, dancing, music, instruments while trialling make up and costumes.

The focus of the program is to gain confidence in performing in front of an audience and develop new confidence that can be applied to daily life.

Program objectives:

- Socialisation and team work
- Enhancing creative skills
- Build confidence through performance



LET'S GET LOCAL

Timetable: Tuesdays – 9am-3pm

Duration: Block 1 & 2: 5 February to 28 June.
Block 3 & 4: 8 July to 6 December.

Participant contribution: \$2 per week, billed every 11 weeks.

By joining Let's get Local you will experience a variety of transportation to access local services, community Programs and business. Let's get local will foster independence and confidence when in the community and accessing transport. The Program 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
- Making meaningful community connection
- Increasing confidence in community tasks

Cash or card required for additional daily costs including public transport, entry and activities to be covered by the participant.



THE RIGHT MIX

Timetable: Wednesdays – 9am-3pm

Duration: Block 1 & 2: 5 February to 28 June.
Block 3 & 4: 8 July to 6 December.

Participant contribution: \$5 per week, billed every 11 weeks.

Explore the world of dessert creation and food art. The right mix will focus on learning the basics of reading a recipe, to designing a variety of different dessert types. Connect with international celebrations and local events through making desserts and showcase your skills to the wider community and SWTAFE.

Program objectives:

- Culinary skill development
- Recognising how food is celebrated around the world
- Socialisation and team work
- Community participation and contribution



3D ART

Timetable: Wednesdays – 9am-3pm

Duration: Block 1 & 2: 5 February to 28 June.
Block 3 & 4: 8 July to 6 December.

Participant contribution: \$5 per week, billed every 11 weeks.

A hands-on opportunity to work in a 3-dimensional space. You will explore different mediums such as clay works, textiles, sculpture, basic wood work, upcycling and more. Sensory exploration for hands, eyes, ears and nose will be a key focus of the Program. Come along and join to enhance your creative flair.

Program objectives:

- Building confidence
- Safety Skills and learning OHS requirements
- Tools resources fine motor movement
- Collaboration and team work
- Self-awareness and self-expression



INDEPENDENCE BUILDER

Timetable: Wednesdays – 9am-3pm

Duration: Block 1 & 2: 5 February to 28 June.
Block 3 & 4: 8 July to 6 December.

Participant

contribution: \$2 per week, billed every 11 weeks.

The focus of the Independence Builder Program is to tailor skill and capacity building activities in areas of home living and day-to-day tasks and personal goals. Road safety, community-based skills, volunteering and networking will be a recurring focus throughout the year to help build independence. The program that you engage in will be matched to your overall goals and experiences.

Program objectives:

- Build confidence in out of home living
- Create and maintain community connections
- Increase independence in daily living activities e.g doctors' appointments, haircuts, cooking etc

Cash or card required for additional daily costs including public transport, entry and activities to be covered by the participant.



FUR, FEATHERS AND SCALES

Timetable: Thursdays – 9am-3pm

Duration: Block 1 & 2: 5 February to 28 June.
Block 3 & 4: 8 July to 6 December.

Participant

contribution: \$3.30 per week, billed every 11 weeks.

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 opportunities to get hands on with various animals and different ways to care for the environment.

Program objectives:

- Build confidence around animals
- Community Access



CULTURE AND CONNECTION

Timetable: Thursdays – 9am-3pm

Duration: Block 1 & 2: 5 February to 28 June.
Block 3 & 4: 8 July to 6 December.

Participant contribution: \$5 per week, billed every 11 weeks.

Explore a variety of different cultures from around the world in 5-week blocks. Throughout the year the Program will have celebrated different cultures and will be introduced to different ways of life. You will have the opportunity to learn greetings in a different language, explore international foods and fashion, cultural practices and religions from around the world. Participants will link in with local community programs to expand their knowledge of other cultures and to experience the diversity Warrnambool has to offer.

Program objectives:

- Creating inclusion and cultural connections
- Connecting with the local community
- Empowering diversity
- Effective communication
- Building friendships and acknowledging differences

MOVE YOUR BODY

Timetable: Thursdays – 9am-3pm

Duration: Block 1 & 2: 5 February to 28 June.
Block 3 & 4: 8 July to 6 December.

Participant contribution: \$2 per week, billed every 11 weeks.

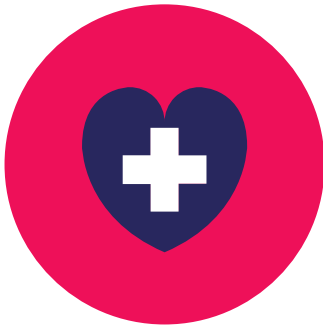
The Move Your Body Program will be empowered to identify will try different sports and physical activities including hiking around local trails. You will be encouraged to research and link in with ideal sporting groups independently. Move your body will be a community-based activity, with participants spending majority of time in different locations throughout the local area.

Program objectives:

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

Cash or card required for additional daily costs including public transport, entry and activities to be covered by the participant.





GARDENING AND WELLBEING

Timetable: Fridays – 9am-3pm

Duration: Block 1 & 2: 5 February to 28 June.
Block 3 & 4: 8 July to 6 December.

Participant

contribution: \$5 per week, billed every 11 weeks.

This program will focus on wellbeing practices and how being part of nature assists wellbeing. In this program you will have opportunities to explore different practices for self-care, mindfulness and connections with nature – including gardening!

Program objectives:

- Building self-awareness
- Building knowledge around self-care and emotional regulation
- Social connection
- Environmental Connection

CLS IN THE COMMUNITY

Timetable: Fridays – 9am-3pm

Duration: Block 1 & 2: 5 February to 28 June.
Block 3 & 4: 8 July to 6 December.

Participant

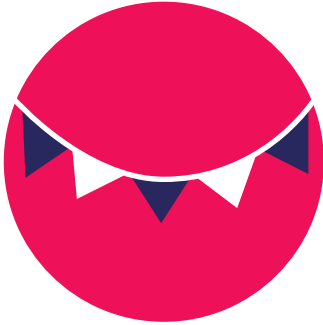
contribution: \$3.30 per week, billed every 11 weeks.

CLS in the Community will aim to build on communication, language and speech skills in real world environments. You will be supported to implement communication strategies from their speech therapist (if you have one) and practice daily language and communication within various community situations.

Program objectives:

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





STRIVE PROGRAM

Timetable and duration details coming soon.

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:**

Disability Services,
SWTAFE Warrnambool Campus

Email: disability.support@swtafe.edu.au

Phone: (03) 5564 8720