multicap tasmania
empowering capability

devonport hub program

10 fenton st, devonport | 03 6433 5000

Personalised 1:1 support is available for participants who require additional assistance, helping them maximise their involvement in all activities.

MONDAY

9.00am - 12.00pm

lets get messy

Develop larger or more complex art pieces over several weeks. Add your touch to individual or group art activities and explore different styles using different materials.

12.00pm - 3.00pm

fun & games

Play games and have a great time with your friends at the hub. Test your skills and bring along your competitive side against peers in a range of games available onsite, the lucky dip or bring in your favourite games to share with everyone.

3.00pm - 5.00pm

kidz club

A fun, engaging program for school-aged children focused on building social skills, confidence, and creativity through games, group activities and hands-on experiences. Participants are supported to develop communication, teamwork, and everyday life skills in a structured and inclusive environment.

TUESDAY

9.00am - 12.00pm

meal masters

Get creative and have fun making delish dishes from all over the world. Cook, eat and create your very own cookbook along the way!

12.00pm - 3.00pm

let's get moving

Get your body moving with some fun games at the Hub or out in the community. A swim, bowling with the Burnie group and join the Reclink crew at athlete 42! Finish up with some fun games.

WEDNESDAY

9.00am - 12.00pm

hub swim club**

Start the day with social activities at the Hub before heading to the pool for the Reclink Swim Program. Build confidence in the water while improving health and coordination.

12.00pm - 3.00pm

community life

Take skills into the real world through community-based activities that focus on building independence. Develop practical life skills such as using public transport, meal planning, budgeting and navigating community spaces.

6.00pm - 9.00pm

gym

In partnership with Athlete 42 in Ulverstone, we offer an inclusive fitness program that promotes physical health and overall wellbeing in a supportive social environment. Participants gain confidence using gym equipment and improve their strength and fitness, while working towards their individual goals.

THURSDAY

9.00am - 3.00pm

adventure day

Get out and about for the day and discover Tasmania, whether it be a hike, exploring a local beach, visiting a wildlife park or attending an event within the community. Put on your walking shoes and join in the fun!

6.00pm - 9.00pm*

*New time as of 17.09.26

social club

A vibrant Thursday night program bringing together around 25 participants for fun, social, and community-based activities. From craft and sports to pub meals, bowling, mocktail nights and local outings like the penguins at Lillico, participants build friendships while developing everyday life skills such as social communication, planning outings, and confidently engaging in the community.

FRIDAY

9.00am - 12.00pm

body & soul

Slow down, breathe and calm your mind with some relaxation and wellness activities. Get flexible with yoga, chill with meditation or go on a sensory stroll. Either in at the Hub or in the beautiful surrounds of the beach or park.

12.00pm - 3.00pm

new hub cafe

The Café Hub Program is designed to build independence, confidence, social skills, creativity, and teamwork in a fun and supportive environment – all while enjoying some delicious food together!

Participants are split into groups and alternate each week between running the café and being our café guests. Once a month, participants will enjoy visits to local cafés and restaurants to explore different menus, food ideas, customer service styles, and café set-ups.

SATURDAY

9.00am - 3.00pm

social club

A relaxed, weekend-based program offering a mix of fun, social, and community activities in a supportive group setting. From themed events and day trips to games, food outings, and local experiences, participants have the opportunity to build friendships while strengthening confidence and independence. The program also supports the development of everyday life skills such as social interaction, decision-making, budgeting, and engaging safely in the community.

** Currently taking expressions of interest









BOOK TODAY!



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