



Contact us to join in the fun for your selected activities.

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Individual volunteer/community participation program

No fixed session time

Get involved and work or volunteer with community groups that interest you.

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>Creative Minds program Focus and develop your skills and unleash your imagination on creative projects.</p> <p>Photography for all abilities Use your camera or phone to take photos of local landscapes and streetscapes.</p> <p>Individual goal programming We will support you in working towards your NDIS goals in a custom one-on-one program.</p>	<p>Trip out Take a trip out and explore Tasmania.</p> <p>Cooking Learn how to make healthy meals for yourself or to share with family and friends. Enjoy baking, cookies, cakes, stews, toasted sandwiches, pasta and more.</p> <p>Individual goal programming We will support you in working towards your NDIS goals in a custom one-on-one program.</p>	<p>Music with Greg Enjoy the rhythm, sound and feel of creating music.</p>	<p>Art (projects) Develop larger or more complex art pieces over several weeks.</p> <p>Coffee club Explore Launceston and the surrounding area with a small group, enjoying good company while sampling coffee, cake and slices.</p>	<p>Walking group / trip out wheelchair friendly Increase your fitness while visiting local sites, parks or beach-combing.</p> <p>Cooking Learn how to make healthy meals. Enjoy baking, cookies, cakes, stews, toasted sandwiches, pasta and more.</p>
Afternoon	<p>Creative Minds program Focus and develop your skills and unleash your imagination on creative projects.</p> <p>Art Explore your creativity with a variety of materials and produce artwork for display or a gift.</p> <p>Individual goal programming We will support you in working towards your NDIS goals in a custom one-on-one program.</p> <p>Sensory / Zen Den Interact with various elements designed to tap into your senses and stimulate.</p>	<p>Trip out Take a trip out and explore Tasmania.</p> <p>Cooking Learn how to make healthy meals. Enjoy baking, cookies, cakes, stews, toasted sandwiches, pasta and more.</p> <p>Individual goal programming We will support you in working towards your NDIS goals in a custom one-on-one program.</p>	<p>Community garden Grow and gather fresh produce.</p> <p>Art Explore your creativity with a variety of materials and produce artwork for display or a gift.</p> <p>Sewing craft Use sewing skills to create tactile craft pieces.</p>	<p>Community garden Grow and gather fresh produce.</p> <p>In-house games Play a variety of games at the hub.</p> <p>Coffee club Explore Launceston and the surrounding area with a small group, enjoying good company while sampling coffee, cake and slices.</p>	<p>Craft Explore your creativity with a variety of materials including paint, paper, crayons and fabric.</p> <p>Pamper parlour Feel like a pamper experience? Go on, spoil yourself.</p> <p>Computers Are you currently completing an online course? Would you like some help with a resume? Want to edit photos or videos? Or just want to explore the internet? Learn and explore in a safe, friendly environment with support to help you along the way.</p>
Daily	<p>Individual swimming programs Dependant on pool availability Join us for a swim in line with your abilities and goals.</p>		<p>Individual Rebound Therapy programs Dependant on booking availabilities Participate in a tailored Rebound Therapy program with trained practitioners. Build confidence in movement and increase fitness with the aid of trampolines.</p>		