

# Quarterly Program of Supports

2<sup>nd</sup> December 2024 – 28<sup>th</sup> March 2025



**Rainbow Care**

## Monday's 10AM – 2PM

### Pop-Up Community Shop – Facilitated by CSO Oli

The Pop-Up Shop will consist of donated clothes supplied by various individuals and companies and will be available to anybody in need. The only rule is to 'Take only what you need and leave what you don't' 😊

There is no cost and bookings aren't required. Drop in any time during the activity hours.

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## Tuesday's 10AM – 12PM

### Groovy Grooming DIY Classes – Facilitated by Gypsy Jo

Weekly workshop to build your skills with hair styling, make-up, skin care, nutrition, wardrobe advice and shopping on a budget. The goal being to feel confident that you always look great.

Workshops will consist of small groups (6-8 NDIS participants) and is appropriate for 16yrs+. Support workers are welcome to assist clients. \$40 per session through your NDIS plan and bookings for the 10-week program must be made by 1/12/2024. Spaces limited.

## Tuesday's 1PM – 3PM

### Colour Me Happy Connections

A new crafty creation each week! Art supplies and nibbles are provided. The focus being good conversation and building connections.

Workshops will consist of small groups (8-10 NDIS participants) and is appropriate for 16yrs+. Support workers are welcome to assist clients. \$40 per session through your NDIS plan and bookings for the 10-week program must be made by 1/12/2024. Spaces limited.

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## First Wednesday of each month 9:30AM – 11:30AM

### Free Monthly Seniors Morning Tea

Encouraging our young at heart seniors to come together once a month to build connections and stay informed. There will be a monthly key speaker. Nibbles and refreshments provided.

Email [info@rainbowcarehomeservices.com.au](mailto:info@rainbowcarehomeservices.com.au) or call 07 3110 1633 to be sent the monthly invite, details of the guest speaker and for RSVP's.

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## Thursday's 10AM – 12PM

### Cooking on a Budget for Independence

Basic cooking classes focusing on quick and budget-friendly meals to build skills for independent living.

Workshops will consist of small groups (6-8 NDIS participants) and is appropriate for 16yrs+. Support workers are welcome to assist clients. \$50 per session through your NDIS plan and bookings for the 10-week program must be made by 1/12/2024. Spaces limited.

## Thursday's 3:30PM – 5:30PM

### Kids Cooking Class

Basic cooking classes for kids focusing on quick and budget-friendly meals to build skills for independent living.

Workshops will consist of small groups (6-8 NDIS participants) and is appropriate for 7 – 14yrs. Support workers are welcome to assist clients. \$50 per session through your NDIS plan and bookings for the 10-week program must be made by 1/12/2024. Spaces limited.

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## Friday's 12PM – 4PM

### Board Games Session

Focused on building social skills and connections, we invite you to join us in an afternoon of board games and a sausage sizzle.

\$10 per person and bookings for the 12-week program must be made by 1/12/2024. Spaces limited.

*Pride . Connection . Community*