



Mai·Wel



OUR NDIS PROGRAMS OF SUPPORT ARE NOW IN NEWCASTLE.

Want to get creative, be social and enjoy Summer? You will be supported and guided by staff who are fun, creative professionals to ensure your supports are ones to remember.

SWIM AND SKETCH

Relax, unwind and embrace the beauty of Newcastle's beaches during this program. Our creative staff will support you to sketch the scenery and swim in the crisp, blue ocean to help re-ignite your creative thinking!

LOCATION: Newcastle Baths

DAY: Monday

TIME: 9:30am-1:30pm

LENGTH OF PROGRAM: 6 weeks

COSTS: Participants are required to bring their own morning tea and lunch, or money to purchase.

ITEMS TO BRING: BYO sketch pad, pencil, eraser. These can be supplied for a one off fee of \$20.

WHAT SKILLS WILL I DEVELOP?

- Sketching techniques
- Meeting new people
- Mindfulness and wellbeing
- Increased community awareness and confidence.

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FINE DESIGNING AND DINING

Enjoy a tasty breakfast, snack or coffee at the Civic Digest Cafe before staying put or heading out into Newcastle city to work on a colourful drift wood weaving project.

LOCATION: Civic Digest Café

DAY: Tuesday

TIME: 9:30am-1:30pm

LENGTH OF PROGRAM: 6 weeks

COSTS: \$30 per project (resources provided). Bring enough money for meals or individual purchases.

WHAT SKILLS WILL I DEVELOP?

- Develop a new interest or hobby
- Meeting new people
- Increased community awareness and confidence.

NEWCASTLE SOCIALITES

Meeting at the Civic Digest Café, Newcastle Socialites will check out the sights and seek new adventures around Newcastle City each week! Activities could include, but are not limited to, visiting Newcastle Museum, tours, visiting the local cafés or swimming.

LOCATION: Start at Civic Digest Café

DAY: Wednesday

TIME: 9:30am-1:30pm

LENGTH OF PROGRAM: 6 weeks

COSTS: Participants are required to cover costs for entry fees and meals.

WHAT SKILLS WILL I DEVELOP?

- Increased community awareness and confidence
- Money handling
- Increased confidence in navigating the city
- Meeting new people

ACCESSIBILITY:

Each program will travel around the Newcastle area and accessibility may vary. If you have any questions or concerns, get in contact with us.

TERMS, CONDITIONS AND AGREEMENTS:

By participating in your chosen program of support, you understand that:

- NDIS Core Funding is required for our programs of support.
- Any cost associated to staff for meals or entry fees will be divided among all participants.
- 2 weeks notice is required for non-attendance and/or cancellation of your program of support.

FOR MORE INFORMATION OR TO
REQUEST MORE INFORMATION VISIT

WWW.MAIWEL.COM.AU/PROGRAMSOFSUPPORT

OR CONTACT

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