

# Programs of Support

## Autumn/Winter 2025

March 24 to September 11, 2025

## Hawthorn

# Activities overview

This booklet refers to specific activities on offer during the semester.

[Download our weekly schedule](#)

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### Mondays

1. **Swimming**
2. **Backyard games**
3. **Trivia**
4. **Meditation**

### Tuesdays

5. **Cooking**
6. **Vinnies**
7. **Seeing the suburbs**
8. **Podcasting**

### Wednesdays

9. **Baking**
10. **Stationeers**
11. **Local gardening**
12. **Newsletter**

### Thursdays

13. **So dramatic!**
14. **Cultural and community connections**
15. **YMCA gym**
16. **Hospitality**
17. **Community gardening**
18. **Yoga and meditation**

### Fridays

19. **Get creative**
20. **Indoor / outdoor games**
21. **Social games**
22. **Social connections**

# 1. Swimming



### Area of skills development:

Health and Wellbeing

### What to bring?

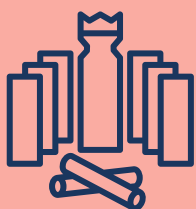
- Bathers
- Towel
- Goggles
- Water bottle
- Money for entry fee

### What to expect:

In this program, you will:

- access a **local swimming pool** as a group
- **be assisted to get ready** and supported to use changerooms, showers and facilities at the pool
- **be supported to pay for your entry ticket** and store your receipt and change safely in your wallet
- **learn about pool safety**
- **participate in activities** like swimming, floating and aerobic-based exercises
- **use pool resources** like water weights, pool noodles and kick boards

# 2. Backyard games



### Area of skills development:

Social and Communication

### What to bring?

- Water bottle
- A hat
- Sunscreen
- Comfortable clothes

### What to expect:

In this program, you will be able to:

- **participate in a variety of outdoor games** each week, including bean bag toss, ring toss, bowling, giant Jenga, giant connect 4, target games, backyard tennis, tag, limbo, the floor is lava, and other fun and active games
- **socialise and have fun** with other participants and staff through game play
- enjoy some **healthy competition** with your friends and staff in a range of different games

We will **explain the rules of each game** in a clear and simple way, with visuals if needed.

You will **practice social skills** through group engagement, turn taking, communication, positive reinforcement, healthy competition and sportsmanship.

### 3. Trivia



#### Area of skills development:

Social and Communication

#### What to bring?

- Water bottle

#### What to expect:

In this fun program, you will be supported to:

- engage within a group and **communicate with your peers**
- **test your knowledge** and answer trivia questions designed around topics of interest
- **keep track of your results and progress**
- **discover new facts**

# 4. Meditation



### Area of skills development:

Health and Wellbeing

### What to bring?

- Water bottle

### What to expect:

During our *Meditation* program, you will be in a quiet room with soft music, guided meditation videos, instructions and a calming space.

Through various types of meditation, you will:

- learn and practice **mindfulness** and promote **self-awareness**
- learn about the importance **of self-regulation and being present in the moment**
- be guided through a **meditation sequence** that promotes inner calm, and mindfulness and breathing with purpose
- be able to do a variety of mindfulness activities including **mindfulness meditation, walking meditation** and **movement meditation**

# 5. Cooking



### Area of skills development:

Independent living

### What to bring?

- Water bottle
- A container if you wish to bring food home

### What to expect:

During the *Cooking* program, you will:

- learn how to **prepare delicious and healthy meals**
- learn about **safety** around hot surfaces, how to handle knives and other kitchen utensils and how to maintain a **clean working environment**
- be assisted to **follow recipes**, with clear visuals and instructions
- be able to **eat the meals you have prepared** or take them home with you
- use **different appliances and kitchen equipment**, such as ovens, stoves, bbq, blenders, rice cookers and microwaves
- make a variety of meals and **cuisines from around the world**

# 6. Vinnies



### Area of skills development:

Independent living

### What to bring?

- Water bottle

### What to expect:

As part of the *Vinnies* program, you will be supported to:

- **gain work experience** by volunteering at a local Vinnies
- **prepare items for donation** to the local Vinnies
- **help ensure the quality of items** by checking they are clean, complete and in order, such as puzzles, games, etc.
- **practice social skills** by communicating with each other and the volunteering team at Vinnies

# 7. Seeing the suburbs



### Area of skills development:

Independent living

### What to bring?

- Water bottle
- Hat
- Sunscreen

### What to expect:

Our *Seeing the suburbs* program will allow you to access areas within your local community to learn more about your community and local cultures.

As a participant in this program, you will:

- explore interesting and exciting **places within your community**
- visit a variety of important **buildings, sites, landmarks** and **natural environments** within your local community
- engage in **light exercise** through walking and build on **social interaction** with you staff, peers and members of the community

Come along and enjoy exploring topics of interest and exciting areas within your local community!



# 8. Podcasting



### Area of skills development:

Social and Communication

### What to bring?

- Water bottle

### What to expect:

During the *Podcasting* program, you will be supported to:

- engage in a **podcast, following scripts** and converse with your peers
- record and edit your podcast to **create 'Episodes'** that can then be shared within the site or with other Aspect sites
- research and express **information of interest to you** and **showcase who you are**
- cover different topics in your podcasts including **animals, countries, space** and **music**

# 9. Baking



### Area of skills development:

Independent living

### What to bring?

- Water bottle
- A container if you wish to bring food home

### What to expect:

During the *Baking* program, you will:

- learn how to **prepare various baked goods**
- learn **safety** around hot surfaces, how to handle knives and other **kitchen utensils** and how to maintain a **clean working environment**
- be assisted to **follow recipes**, with clear visuals and instructions
- practice making **precise measurements**, mixing and baking
- be able to **eat the meals** you have prepared or **take them home** with you

# 10. Stationeers



### Area of skills development:

Independent living

### What to bring?

- Myki card
- Hat
- Sunscreen
- Water bottle

### What to expect:

During the *Stationeers* program, you will be able to:

- help volunteers to do gardening at various **train stations** in your local community area
- **develop gardening skills** as you learn how to care for different plants – watering, weeding, planting, mulching, raking and sweeping
- commute with Aspect staff and your peers, and be supported to **practice traveling skills**, including using your Myki, understanding public transport timetables, etc.
- **engage in social interactions** with members of your local community
- be supported to use **protective and safety equipment**
- be provided with appropriate gardening **equipment**

# 11. Local gardening



### Area of skills development:

Independent living

### What to bring?

- Hat
- Sunscreen
- Water bottle
- A bag to bring home any fresh produce

### What to expect:

As a participant in our *Local gardening* program, you will:

- attend our **local garden**
- learn how to **care for plants** – watering, weeding, harvesting, raking and sweeping
- learn about the **seasons** and when to plant
- make lists and shop at a **local garden centre**
- **buy seeds and seedlings**
- **design your own pot plant** to take home
- **take home** fresh herbs, fruits and vegetables

# 12. Newsletter



### Area of skills development:

Social and communication

### What to bring?

- Water bottle

### What to expect:

In this program, you will be supported to:

- **create an informative newsletter** expressing knowledge across a series of topics
- **express yourself creatively**, putting on your own flair and style
- **use a variety of resources** including, computers, iPads, newsletter templates and photographs
- **focus on a range of topics**, including who we are, programs at Aspect, personalised research topics, hobbies and art
- **share your newsletter** with other Aspect sites to showcase your interests and abilities

# 13. So dramatic! (facilitated)



### Area of skills development:

Social and Communication

### What to bring?

- Water bottle
- Closed shoes
- Comfortable clothing

### What to expect:

This program will be run by our external facilitator who will be supported throughout the session by your Active Support Worker.

During the session, you will be supported to:

- practice **drama skills** in a classroom setting
- **identify emotions** and **how to express them**
- **creatively express yourself** in a series of scenes and situations

## 14. Cultural and community connections



### Area of skills development:

Social and Communication

### What to bring?

- We will let you know prior to the day if you are required to bring anything

### What to expect:

In this program, you will:

- **learn about various cultural, environmental and social events**
- **learn about history** in a hands-on, interactive way
- **visit buildings, sites, landmarks and natural environments**, including museums, botanical gardens, wildlife parks, temples, mosques, sports fields, parks and beaches
- **attend celebrations and events** within the community

# 15. YMCA Gym



### Area of skills development:

Health and Wellbeing

### What to bring?

- Water bottle
- Running shoes

### What to expect:

In this program, you will:

- **have access to a local YMCA Gym**, with a range of exercises machines, weights, exercise balls, skipping ropes, exercise equipment and boxing equipment
- practice a range of **physical activities and exercises**
- be shown **how to use various gym equipment**
- receive a tailored **workout schedules and routines**
- **be supported in any focus areas** within the gym
- participate in group **warmups, stretching** and **cooldowns**
- be able to **take breaks** whenever you need



## 16. Hospitality



### Area of skills development:

Independent living

### What to bring?

- Water bottle
- Enclosed, slip-resistant shoes
- Clothes that you don't mind getting dirty

### What to expect:

During this program, you will be supported to:

- **volunteer at the local *Sonny Ray* café**
- **gain work experience** within a hospitality environment
- **learn hospitality skills**, such as coffee making, kitchen skills and customer service
- **learn basic safety** and **Work Health and Safety skills**
- **meet and interact with your local community**, forming connections and relationships

## 17. Community gardening



### Area of skills development:

Independent living

### What to bring?

- Water bottle
- Sunscreen
- Hat
- A bag to bring home any fresh produce

### What to expect:

In our *Community gardening* program, you will:

- attend a **local community garden**
- learn how to **care for plants** – watering, weeding, harvesting, raking and sweeping
- learn about the **seasons** and when to plant
- make lists and shop at a **local garden centre**
- buy **seeds and seedlings**
- design **your own pot plant** to take home
- take home fresh **herbs, fruits and vegetables**

## 18. Yoga and meditation



### Area of skills development:

Health and Wellbeing

### What to bring?

- Water bottle

### What to expect:

For our *Yoga and meditation* program, you will be in a quiet room with soft music, voice and music bowls.

You will practice a variety of gentle activities including seated chair yoga, standing and floor yoga using our yoga mats.

Through the practice of yoga, you will:

- **move your body mindfully**
- practice **self-regulation** and **being present** in the moment
- be guided through **meditations** promoting inner calm, mindfulness and breathing with purpose

We will also practice **mindfulness meditation, walking meditation** and **movement meditation**.

# 19. Get creative



### Area of skills development:

Health and Wellbeing

### What to bring?

- An apron or clothing that is ok to get dirty

### What to expect:

In our art therapy *Get creative* program, our facilitator will support you to express yourself in fun and creative ways, using a range of art materials.

You will get to use different materials from paint, clay, crayons, texters and a variety of crafts.

Some activities include:

- **canvas art**
- **mosaic**
- **paper mâché**
- **clay sculptures**
- **water colours**
- **paint sprayers**

Things may get a little messy as we will use paints and other materials that may get your clothes dirty, so you may want to wear an apron or have a change of clothes.

## 20. Indoor / outdoor games



### Area of skills development:

Social and Communication

### What to bring?

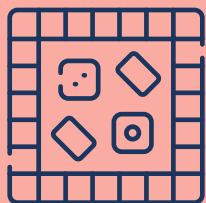
- Water bottle
- Hat

### What to expect:

During our *Indoor / outdoor games* program, you will be able to:

- **choose new games** to participate in every week
- have the **rules of each game explained** in clear and simple ways, **with visuals** if needed
- learn social skills through **turn taking, communication, positive reinforcement** and **sportsmanship**
- participate in a variety of games including **bean bag toss, ring toss, indoor bowling, board games, hula hoops, active games** and **musical games**

# 21. Social games



### Area of skills development:

Social and Communication

### What to bring?

- Water bottle

### What to expect:

During our *Social games* program, you will be able to:

- **choose new indoor games** to participate in every week
- have the **rules of each game explained** in clear and simple ways, with visuals if needed
- learn social skills through **turn taking, communication, positive reinforcement** and **sportsmanship**
- participate in a variety of games including **bean bag toss, ring toss, indoor bowling, board games, hula hoops, active games** and **musical games**

## 22. Social connections



### Area of skills development:

Independent living

### What to bring?

- \$10 – 15 in cash or your debit card, to buy a drink or snack at the café

### What to expect:

In our *Social connections* program, you will be able to:

- access different **local cafés** to go to as a group
- **order drink(s) and/or snacks** of your choice
- **be supported through visuals** to help make your choice
- practice social and communication skills through **having conversations** in the café with your peers and the staff
- practice other skills such as **money handling** by paying for your items and receiving your change and receipt