

# Programs of Support

## Weekly schedule

## Autumn / Winter 2026

March 24 to September 4, 2026

## Hawthorn

"The Black Sheep" centre  
546 Burwood Rd  
Hawthorn VIC 3122

### You have choice and control

We offer a range of fun and meaningful activities to choose from. Activities are located at our centre or in the community. Each activity focuses on developing independent living, social and communication and/or health and wellbeing skills.

The activities are created based on your goals and the skills you want to achieve. We run programs in a 24-week semester, giving you time to explore and grow your skills.

On the days you attend, you can choose one morning activity and one afternoon activity, or you can choose an all-day activity, if offered.

### Activity overviews

Learn more about all the activities on offer, including skills development areas and what to expect by clicking below:

[Download our activities handbook](#)



Adult Community  
Services



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to  
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Adult Community  
Services

## MORNING

For each day of attendance at Aspect, choose one morning program and one afternoon program.  
If you select ALL DAY ACTIVITY, it will run for both morning and afternoon.

- Activity cost - Fee for service
- BYO (Bring your own) cost

Monday	Tuesday	Wednesday	Thursday	Friday
Program fee: \$2.50 per day	Program fee: \$2.50 per day	Program fee: \$2.50 per day	Program fee: \$2.50 per day	Program fee: \$2.50 per day
<p>9:30 AM – 10:00 AM <b>Transition</b></p> <p>10:00 AM – 12:00 AM <b>Activity options:</b></p> <p><b>Swimming</b> Cost: \$3.00 <span style="color: purple;">●</span> Location: YMCA Hawthorn</p> <p><b>Seasonal crafts</b> Location: Hawthorn Bowls Club</p>	<p>9:30 AM – 10:00 AM <b>Transition</b></p> <p>10:00 AM – 12:00 AM <b>Activity options:</b></p> <p><b>Cooking</b> Cost: \$10.00 <span style="color: green;">●</span> Location: 546 Burwood Rd, Hawthorn</p> <p><b>Shopping</b> Location: 546 Burwood Rd, Hawthorn</p>	<p>9:30 AM – 10:00 AM <b>Transition</b></p> <p>10:00 AM – 12:00 AM <b>Activity options:</b></p> <p><b>Baking</b> Cost: \$10.00 <span style="color: green;">●</span> Location: Uniting Church, Hawthorn</p> <p><b>Sensory science</b> Cost: \$3.00 <span style="color: green;">●</span> Location: 546 Burwood Rd, Hawthorn</p> <p><b>Interactive cycling</b> Cost: Aspect funded program Location: YMCA Hawthorn</p>	<p>9:30 AM – 10:00 AM <b>Transition</b></p> <p>10:00 AM – 12:00 AM <b>Activity options:</b></p> <p><b>The discovery crew</b> ALL DAY ACTIVITY Cost: \$15.00 <span style="color: purple;">●</span> Location: Various</p> <p><b>Aspect Barista Club</b> Location: 546 Burwood Rd, Hawthorn</p> <p><b>So dramatic!</b> Cost: \$10.00 <span style="color: purple;">●</span> Location: 546 Burwood Rd, Hawthorn</p>	<p>9:30 AM – 10:00 AM <b>Transition</b></p> <p>10:00 AM – 12:00 AM <b>Activity options:</b></p> <p><b>Bike building volunteer day</b> ALL DAY ACTIVITY Cost: \$10.00 (taxi/ride share) <span style="color: green;">●</span> + train travel <span style="color: purple;">●</span> Location: Footscray</p> <p><b>Get creative</b> Location: 546 Burwood Rd, Hawthorn</p> <p><b>Fun lab day</b> ALL DAY ACTIVITY Cost: \$10.00 (taxi/rideshare) <span style="color: green;">●</span> +train travel <span style="color: purple;">●</span> Location: Various</p>
		12:00 PM – 1:00 PM		
<b>Preferred activity and lunch</b>				

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## AFTERNOON

For each day of attendance at Aspect, choose one morning program and one afternoon program. If you select ALL DAY ACTIVITY, it will run for both morning and afternoon.

- Activity cost - Fee for service
- BYO (Bring your own) cost

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1:00 PM – 3:00 PM</p> <p><b>Activity options:</b></p> <p><b>Trivia</b> Location: 546 Burwood Rd, Hawthorn</p> <p><b>Yoga</b> Cost: Aspect funded program Location: YMCA Hawthorn</p>	<p>1:00 PM – 3:00 PM</p> <p><b>Activity options:</b></p> <p><b>Volunteer Vinnies/Bottle recycling</b> Location: 546 Burwood Rd, Hawthorn and local community</p> <p><b>Music</b> Cost: Aspect funded program Location: 546 Burwood Rd, Hawthorn</p>	<p>1:00 PM – 3:00 PM</p> <p><b>Activity options:</b></p> <p><b>Local gardening</b> Location: 546 Burwood Rd, Hawthorn and Uniting Church</p> <p><b>Swimming</b> Cost: \$3.00 <span style="color: purple;">●</span> Location: YMCA Hawthorn</p> <p><b>Handmade haven</b> Cost: \$5.00 <span style="color: green;">●</span> Location: 546 Burwood Rd, Hawthorn</p>	<p>1:00 PM – 3:00 PM</p> <p><b>Activity options:</b></p> <p><b>The discovery crew</b> (continued) ALL DAY ACTIVITY</p> <p><b>YMCA Gym</b> Cost: \$8.90 <span style="color: purple;">●</span> Location: YMCA Hawthorn</p> <p><b>Journalism</b> Location: 546 Burwood Rd, Hawthorn</p>	<p>1:00 PM – 3:00 PM</p> <p><b>Activity options:</b></p> <p><b>Bike building volunteer day</b> (continued) ALL DAY ACTIVITY</p> <p><b>Fun lab day</b> (continued) ALL DAY ACTIVITY</p> <p><b>Social connections</b> Cost: \$10.00 <span style="color: purple;">●</span> Location: 546 Burwood Rd, Hawthorn</p> <p><b>Yoga and meditation</b> Location: 546 Burwood Rd, Hawthorn</p>
<p><b>* April 13-15 only</b></p> <p><b>Melbourne Airport tour and training program – 3-day program</b> Location: Melbourne airport</p>				
<p>3:00 PM – 3.30 PM</p> <p><b>Transition</b></p>	<p>3:00 PM – 3.30 PM</p> <p><b>Transition</b></p>	<p>3:00 PM – 3.30 PM</p> <p><b>Transition</b></p>	<p>3:00 PM – 3.30 PM</p> <p><b>Transition</b></p>	<p>3:00 PM – 3.30 PM</p> <p><b>Transition</b></p>

# Fees

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Our aim is to keep fees simple, transparent, and easy to understand.

## **Important information about additional program and activity costs**

Under NDIS rules, Programs of Support fees and activity costs **cannot** be funded through NDIS plans. These costs are paid directly by participants (or their family/support network) and are separate from NDIS funded support hours. If you have any questions about payment options, your ACS Team Leader is available to support you before the semester begins.

### **Daily program fee ( Fees for service)**

A small daily fee of **\$2.50** helps cover the shared costs of running our Programs of Support, including facilitators and group resources. You are only charged the daily fee only on the days you attend ACS.

The daily is confirmed and invoiced before the semester begins.

### **Aspect funded programs**

Some programs, such as yoga and other facilitated programs, are fully funded by Aspect. There is no additional cost to participants. *If funding arrangements change in future semesters, participants will be notified in advance.*

### ● **Activity costs ( Fees for service)**

Some programs include additional activity costs such as entry fees, program materials, facilitated program costs and grocery costs for cooking programs. These are invoiced before the start of a Program of Support semester. Activity costs are invoiced before the semester begins. The Activity Cost applies only to programs where additional resources are required.

### **Payment process**

An invoice will be issued to the participant or the nominated support person prior to the semester. Payment is required before participation.

### ● **BYO (Bring your own) costs**

BYO costs apply to community-based activities that focus on social and independent living skills. Examples include café outings, events, swimming pools, and MYKI or travel top-ups. Participants bring their own spending money and staff support money-handling budgeting skills as part of the activity.