

Programs of Support

Weekly schedule

Autumn / Winter 2026

March 24 to September 4, 2026

Northcote

30B Union Street
Northcote VIC 3070

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



Programs of Support Northcote

March - Autumn

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to
September 4, 2026



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>9:00 AM – 10:00 AM Transition</p> <p>10:00 AM – 11:30 AM Activity options:</p> <p>Swimming Cost: \$8.90 ● Location: Northcote Leisure Centre</p> <p>Bush exploration Location: Various</p> <p>Handmade haven Cost: \$5.00 ● Location: 30B Union Street, Northcote</p>	<p>9:00 AM – 10:00 AM Transition</p> <p>10:00 AM – 11:30 AM Activity options:</p> <p>Travel training/cafe Cost: \$10.00 ● Location: Various locations</p> <p>Gym Cost: \$10.00 ● Location: Victoria University, St Albans Campus Gym</p> <p>Art therapy Cost: \$15.00 ● Location: 30B Union Street, Northcote</p>	<p>9:00 AM – 10:00 AM Transition</p> <p>10:00 AM – 11:30 AM Activity options:</p> <p>The discovery crew, Including Bike ed. ALL DAY ACTIVITY Cost: \$15.00 ● (+ Bike ed. costs) Location: Various</p> <p>Bike ed. Cost: \$11.00 – \$15.70 ● Location: Brimbank Bike Education Centre</p> <p>Baking Cost: \$10.00 ● Location: 30B Union Street, Northcote</p>	<p>9:00 AM – 10:00 AM Transition</p> <p>10:00 AM – 11:30 AM Activity options:</p> <p>Gym Cost: \$10.00 ● Location: Victoria University, St Albans Campus Gym</p> <p>Shopping Location: Various</p> <p>Indoor Olympic games Location: 30B Union Street, Northcote</p> <p>Volunteer at VU Location: Various</p>	<p>9:00 AM – 10:00 AM Transition</p> <p>10:00 AM – 11:30 AM Activity options:</p> <p>Swimming Cost: \$8.90 ● Location: Northcote Leisure Centre</p> <p>X marks the spot Location: Various</p> <p>Healthy meal prep Cost: \$10.00 ● Location: 30B Union Street, Northcote</p>
<p>11:30 PM – 12:30 PM Preferred activity and lunch</p>				

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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>12:30 PM – 2:30 PM</p> <p>Activity options:</p> <p>Shopping Location: Various</p> <p>Exploring senses Location: 30B Union Street, Northcote</p> <p>Linking leaves community volunteering Location: Various</p>	<p>12:30 PM – 2:30 PM</p> <p>Activity options:</p> <p>Interactive aerobics Cost: \$9.30 – \$15.50 ● Location: Northcote Aquatic and Recreation Centre</p> <p>Tenpin bowling Cost: \$10.00 ● Location: Wyn City</p> <p>Independent living skills/maintenance Location: 30B Union Street, Northcote</p>	<p>12:30 PM – 2:30 PM</p> <p>Activity options:</p> <p>The discovery crew, including Bike ed. (continued) ALL DAY ACTIVITY</p> <p>Fitness yoga Cost: Aspect funded program Location: Northcote Aquatic and Recreation Centre</p> <p>Journalism Location: 30B Union Street, Northcote</p>	<p>12:30 PM – 2:30 PM</p> <p>Activity options:</p> <p>Volunteering Location: Jika Jika Community Garden</p> <p>Cafe Cost: \$15.00 ● Location: Various locations</p> <p>Independent living skills/maintenance Location: 30B Union Street, Northcote</p> <p>Social stitch Location: Jika Jika Community Centre</p>	<p>12:30 PM – 2:30 PM</p> <p>Activity options:</p> <p>Library Location: Various</p> <p>Gardening Cost: Aspect funded program Location: St John's Riverside Community Garden</p> <p>Indoor Olympic games Location: 30B Union Street, Northcote</p> <p>Community sing-along Location: Jika Jika Community Centre</p>
<p>2.30 PM – 3 PM</p> <p>Transition</p>	<p>2.30 PM - 3 PM</p> <p>Transition</p>	<p>2.30 PM - 3 PM</p> <p>Transition</p>	<p>2.30 PM - 3 PM</p> <p>Transition</p>	<p>2.30 PM - 3 PM</p> <p>Transition</p>

Fees

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.