

2025 NDIS Programs of Support



South West Disability Services aims to partner with people of all abilities and their communities to create life enhancing opportunities.



How to register your interest for a program

If you want to join any of our programs, visit swtafe.edu.au/ndis
Our expression of interest form can be completed online or download the form and to submit it to us:

OFFICE Disability Services,
SWTAFE Warrnambool Campus

EMAIL disability.support@swtafe.edu.au

We often have waiting lists for our programs, we will work with you if you need to seek another program/day. Our programs do not run on public holidays and will only be offered if there is enough interest.

Programs are subject to change based on availability of activities and capacity.

Scan for more info





Payments from your NDIS plan

Support costs can be covered by your NDIS plan. Our programs of support incur a centre capital cost as per the NDIA Price Guide.

For more information please see our SWDS NDIS Programs fact sheet and Service Agreement Statement at swtafe.edu.au/ndis

Participant contribution

Your NDIS plan will not fund resources utilised within the programs. Therefore, a participant contribution has been detailed for each program of support.

This will be shown on each program as a weekly cost. The participant contribution will be invoiced directly to you with the total cost for that 11 week period.



Term Breakdowns

In 2025 for we will only align to one week of school holidays every term. This is based on participant and team member feedback that the STRIVE program can at times be disruptive to participants progress towards their program goals.

Should you not wish to attend over the school holiday periods please let us **know prior to the development of your service schedule** to ensure you are not charged for this time.

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TERM 1

3 February – 13 April

STRIVE program: 14th April – 20th April

TERM 2

21 April – 4 July

STRIVE program: 5th July – 13th July

TERM 3

14 July – 19 September

STRIVE program: 20th – 28th September

TERM 4

29 September – 5 December

STRIVE program: 6th December – 19th December

SWTAFE Closure: 20th December – 31st December

Our programs

Daily

- ▶ Kickstarters (8.30am - 9am)

Mondays

- ▶ Choose Your Style
- ▶ Tech Troops
- ▶ Transport Me
- ▶ Swimming Program

Tuesdays

- ▶ Performance and Dance
- ▶ 3D Art
- ▶ My Identity
- ▶ Move Your Body: Gym Goers
- ▶ The Board Gamers (3pm – 5pm)

Wednesdays

- ▶ Performance and Dance
- ▶ 3D Art
- ▶ CLS
- ▶ Hiking Program

Thursdays

- ▶ Skill Builder: Cooking
- ▶ Move Your Body
- ▶ Culture and Connection
- ▶ Footy Fanatics (3pm – 5pm)

Fridays

- ▶ Choices and Goals
- ▶ Let's Get Local
- ▶ Sensory and Wellbeing



KICK-STARTERS

Kickstarters aims to set up your day in the most positive way. The program offers a chance to come in early and get settled into your environment before programs begin.

Great morning routines such as meditation, exercise and preparation for the day will be a focus of the program.

WHEN every day 8.30am - 9am

- ▶ Positive social interactions
- ▶ Creating healthy habits



CHOOSE YOUR STYLE

Fashion and creativity. Choose Your Style will include creation and expression through fashion.

The program will focus on recycled fashion, accessories and using colour. The program is open to anyone who likes to be creative.

WHEN Mondays 9am - 3pm during term dates

PARTICIPANT CONTRIBUTION \$5.00 per week

- ▶ Develop individual style and increase confidence
- ▶ Explore and try new styles
- ▶ Develop design and textiles skills





TECH TROOPS

The Tech Troops will empower participants to use technology for meaningful purposes. Learn about different software, types of technology, create videos, edit photos and focus on design tools. The program will also highlight the importance of being safe online.

WHEN Mondays 9am - 3pm, during term dates

PARTICIPANT CONTRIBUTION \$3.30 per week

- ▶ Increasing technology-based skills
- ▶ Development of cyber safety skills
- ▶ Team Work and Peer Learning

TRANSPORT ME

Transport Me endorses a strong focus on pedestrian safety and public transport skills in the community. The program will include building skills in ticket purchasing, navigating a map, reading and understanding timetables.

Participants will have the opportunity to practice these skills while accessing a variety of transport types to explore Warrnambool and other neighbouring towns via public transport.

WHEN Mondays 9am - 3pm during term dates

PARTICIPANT CONTRIBUTION \$2.00 per week

Cash or card required for additional daily costs including public transport, entry and activities to be covered by the participant.

- ▶ Understanding public transport timetables
- ▶ Gain confidence in utilising various modes of transportation
- ▶ Safe and rewarding social and community participation



SWIMMING GROUP

The Swimming Group will meet weekly on a Monday to enjoy the benefits of physical movement in the form of swimming.

Goals of the program will include water safety awareness, enhancing wellbeing and accessing the community.

WHEN Mondays 9am - 3pm, during term dates

PARTICIPANT CONTRIBUTION \$2.00 per week

Cash or card required for additional daily costs including public transport, entry and activities to be covered by the participant. Alternatively an aqua zone membership may be beneficial for engagement with this program.

- ▶ Enhance physical fitness and wellbeing
- ▶ Water safety awareness
- ▶ Social and community participation



PERFORMANCE & DANCE

Performance and Dance offers participants the freedom to experience and practice a range of performing styles including public speaking, acting, singing, dancing, music and instruments, and trialling make up and costume design.

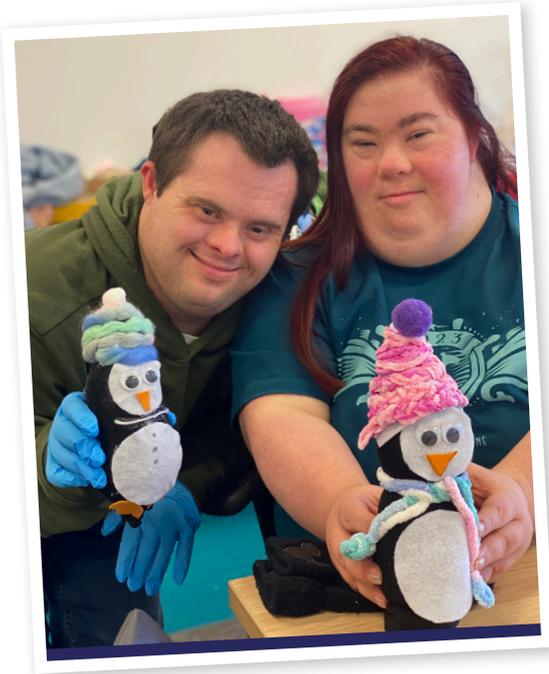
The focus of the program is to gain confidence in performing in front of an audience and develop new skills that can be applied to daily life.

WHEN Tuesdays 9am - 3pm during term dates
Wednesdays 9am - 3pm during term dates

PARTICIPANT CONTRIBUTION \$5.00 per week

- ▶ Socialisation connection and team work
- ▶ Increased confidence through performance

3D ART



A hands-on opportunity to work in a three-dimensional space. You will explore different mediums such as clay works, textiles, sculpture, basic wood work, upcycling and more. Sensory exploration for hands, eyes, ears and nose will be a key focus of the program. Come along and join to enhance your creative flair.

WHEN Tuesdays 9am - 3pm during term dates
Wednesdays 9am - 3pm during term dates

PARTICIPANT CONTRIBUTION \$5.00 per week

- ▶ Develop individual style
- ▶ Develop design and textiles skills
- ▶ Increase confidence
- ▶ Develop safety awareness and skills

MY IDENTITY

As part of the My Identity program you will be supported to explore and celebrate your identity in a safe environment. My Identity will foster an environment to allow you to express yourself and explore what is important to you and what you want in life. The program will focus on individualised expression and support the five pillars of identity – body, social environment, job, relationships and values.

WHEN Tuesday 9am - 3pm during term dates

PARTICIPANT CONTRIBUTION \$3.30 per week

Cash or card required for additional daily costs including public transport, entry and activities to be covered by the participant.

- ▶ Upholding and support the rights of people with disabilities
- ▶ Social participations
- ▶ Focusing on areas for inclusion and self-advocacy



MOVE YOUR BODY: GYM GOERS

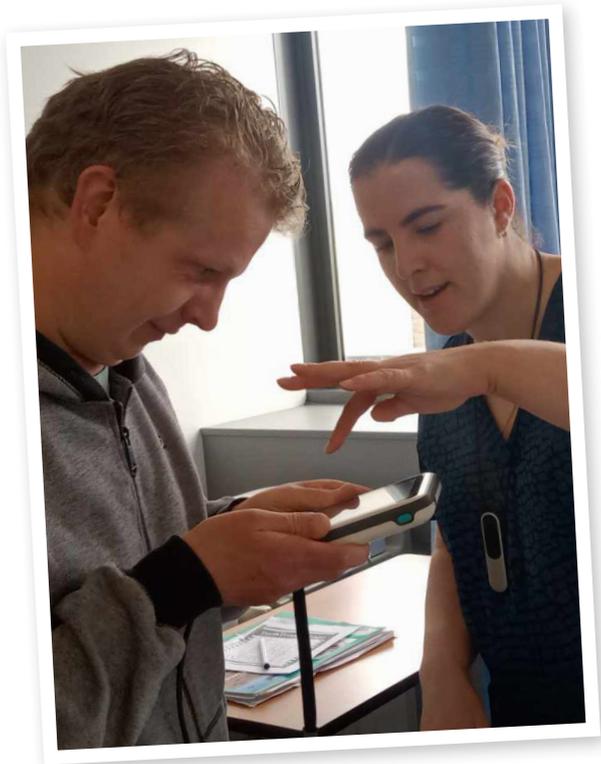
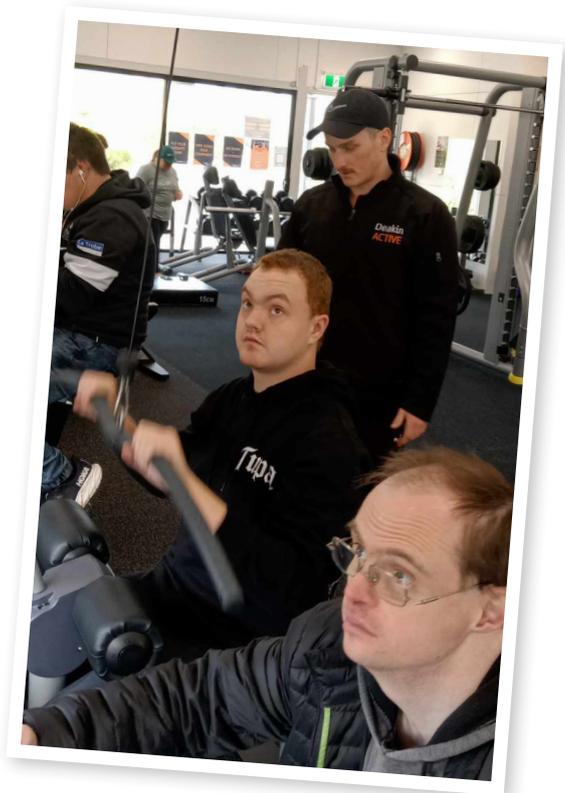
The Gym Goers will be empowered to build healthy habits each week with a visit to the gym.

The program will focus on safety while in the gym and learning about different gym equipment/activities.

WHEN Tuesdays 9am - 3pm

PARTICIPANT CONTRIBUTION \$7.00 per week

- ▶ Community engagement
- ▶ Increase physical activity and build healthy habits



THE BOARD GAMERS

The Board Gamers will be an opportunity for those with a competitive nature to get together for some fun competition. The group will focus on learning new games, following rules and even creating their own games.

WHEN Tuesdays 3pm - 5pm during term dates

PARTICIPANT CONTRIBUTION \$2.00

- ▶ Positive social skills.
- ▶ Building team work and social connection

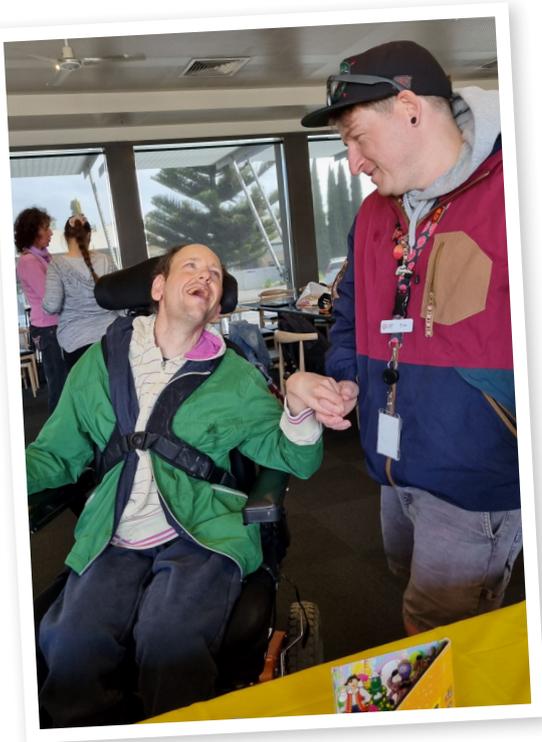
CLS

CLS in the Community will aim to build on communication, language and speech skills in real world environments. You will be supported to implement communication strategies from their speech therapist (if you have one) and practice daily language and communication within various community situations.

WHEN Wednesdays 9am - 3pm during term dates

PARTICIPANT CONTRIBUTION \$2.50 per week

- ▶ Build communication skills with peers
- ▶ Increase confidence in community tasks
- ▶ Enhance Independence



HIKING PROGRAM

This year hiking program is a chance to explore the wonderful South West environment while being fit and active.

The group will be out moving each week and will have a secondary focus on conservation and land care.

WHEN Wednesdays 9am - 3pm during term dates

PARTICIPANT CONTRIBUTION \$3.30 per week

This program will have a high KM usage to access different locations

- ▶ Increase physical fitness and wellbeing
- ▶ Social connection
- ▶ Caring for the local environments



MOVE YOUR BODY

The Move Your Body Program will be empowered to identify will try different sports and physical activities. You will be encouraged to research and link in with ideal sporting groups independently. Move your body will be a community-based activity, with participants spending majority of time in different locations throughout the local area.

WHEN Thursday 9am - 3pm during term dates

PARTICIPANT CONTRIBUTION \$5.00 per week

Cash or card required for additional daily costs including public transport, entry and activities to be covered by the participant.



- ▶ **Community engagement**
- ▶ **Increase physical activity and build healthy habits**

CULTURE AND CONNECTION

Explore a variety of different cultures from around the world in five-week blocks. Throughout the year the program will have celebrated different cultures and will be introduced to different ways of life. You will have the opportunity to learn greetings in a different language, explore international foods and fashion, cultural practices and religions from around the world. Participants will link in with local community programs to expand their knowledge of other cultures and to experience the diversity Warrnambool has to offer.

WHEN Thursday 9am - 3pm during term dates

PARTICIPANT CONTRIBUTION \$5.00 per week

- ▶ **Creating inclusion and cultural connections**
- ▶ **Connecting with the local community**
- ▶ **Empowering diversity**
- ▶ **Effective communication**





FOOTY FANATICS

Come aboard footy lovers. This group will get together each Thursday to focus on all things football.

Having a kick, footy tipping, dream teams and more. The footy fanatics will focus on a variety of competitions like WDFNL, HFNL and the AFL.

WHEN Thursdays 3pm - 5pm during term dates

PARTICIPANT CONTRIBUTION \$2 per week

- ▶ Increase physical fitness and wellbeing
- ▶ Social connection

SKILL BUILDER: COOKING

During this program, participants will be supported to learn how to cook the basics with the aim of becoming more independent in the kitchen! We will explore food preparation and safety skills whilst learning to make everyday meals and snacks.

WHEN Thursdays 9am - 3pm during term dates

PARTICIPANT CONTRIBUTION \$6 per week

- ▶ Food safety skills
- ▶ Food preparation skills
- ▶ Increasing confidence and independence in the kitchen



CHOICES & GOALS

Choices and Goals will empower participants to explore their own interest and skills to develop lifelong achievements. Each participant will have the opportunity to follow their own goals, enhancing their creative skills and self-advocacy. Participants will support each other to achieve their dreams while developing peer mentoring skills and positive support strategies

WHEN Fridays 9am - 3pm during term dates

PARTICIPANT CONTRIBUTION \$3.30 per week

- ▶ Work towards individual goals and dreams
- ▶ Access the community
- ▶ Development of work ready skills
- ▶ Form connections with peers



LET'S GET LOCAL

By joining Let's Get Local you will experience a variety of access local services, community Programs and business. Let's Get Local will foster independence and confidence when in the community.

The Program will regularly catch different types of transport and will be a community-based activity, exploring different features of the local community, as well as nearby towns and destinations.

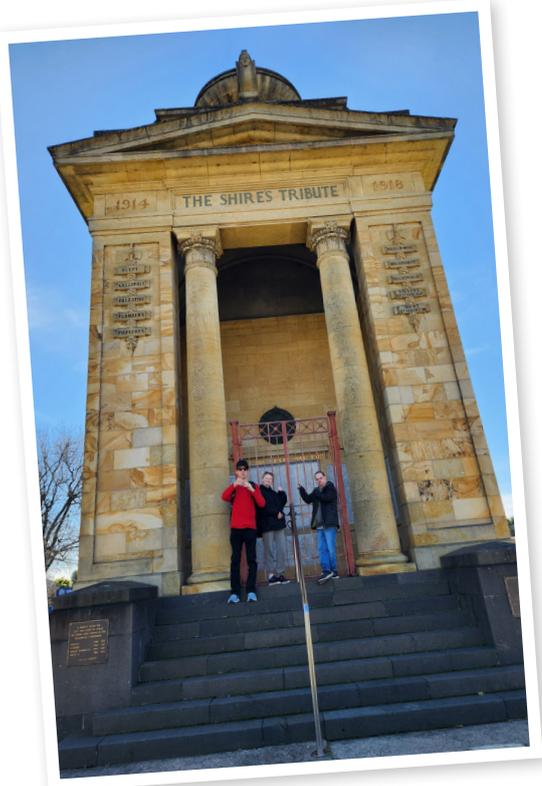
WHEN Fridays 9am - 3pm during term dates

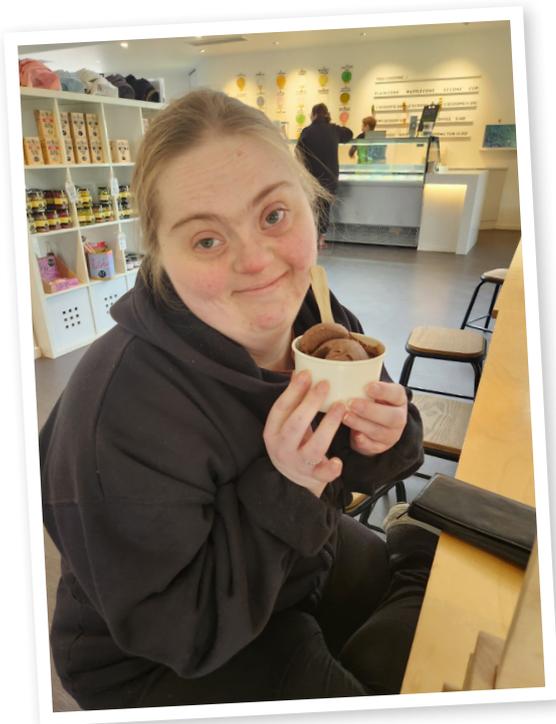
PARTICIPANT CONTRIBUTION \$2.00 per week

This program will have a high KM usage to access different locations

Cash or card required for additional daily costs including public transport, entry and activities to be covered by the participant.

- ▶ Gain independent skills
- ▶ Making meaningful community connection
- ▶ Increasing confidence in community tasks





SENSORY AND WELLBEING

The Sensory and Wellbeing group will explore touch, sound, sight, taste and smell each week through a variety of hands on activities.

The program will also focus on self-care and wellbeing.

WHEN Fridays 9am - 3pm during term dates

PARTICIPANT CONTRIBUTION \$5 per week

- ▶ Learn self-care skills
- ▶ Build confidence and team work skills



STRIVE PROGRAM

During this program, participants will explore a variety of social and community activities. They will build on their friendships, explore their local area and try something new.

Participants will be supported to access and try a range of new activities and build social connection with peers in a fun and friendly environment.

PARTICIPANT CONTRIBUTION
\$2.50 per day of engagement – unless otherwise noted

- ▶ Explore and try new activities
- ▶ Build confidence in community access
- ▶ Build social connection with peers



**FOR MORE INFORMATION
PLEASE CONTACT:**

Disability Services,
SWTAFE Warrnambool Campus

Email: disability.support@swtafe.edu.au

Phone: (03) 5564 8720