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# Your mate to discover your Ability!

**Life Skills Development | Community  
Participation | Behaviour Management |  
Employment Skills Training |  
Case Management**

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# WEEKEND SOCIAL GROUPS

(Saturday and Sunday  
from 10:00 AM to 4:00 PM)

## Centre Based Activities



## Community Outings



Ability Skill-mate organises various group activities in the centre and the community...

We provide engaging activities in the disability centre and in the community to enhance the social experiences of the participants...

# AFTERSCHOOL PROGRAMS

(Monday - Friday) | 3:30 PM - 6:30 PM



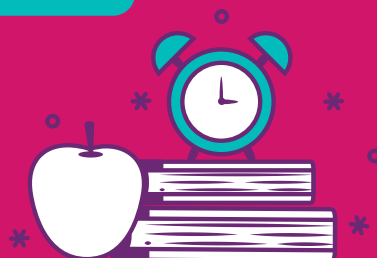
We provide activities that kids can do after school time in our disability centre. We have social educators and qualified skill-mates that could help your loved ones learn many things and discover their true Ability.

We have different options that you could consider for your kids!

# DAY PROGRAMS FOR ADULTS

Centre-Based Activities  
for People with Disabilities

(MONDAY - FRIDAY)  
9:30 AM - 3:30 PM



We provide day programs to help adults with disabilities the opportunity to develop life skills and other activities that will support them to become more independent and socially engaging.

We have developed a program to help participants be confident and build an active social lifestyle.





### Get your hands dirty

This activity is designed for participants to get in touch with nature in the centre, such as gardening. Participants will have the opportunity to have their plants and monitor their growth. Participants will learn to be responsible and this is a progressive and rewarding activity.



### Moment of Art

This session teaches participants arts and crafts such as watercolour, ink and oil painting, various styles of drawing such as portraits, landscapes or inanimate objects. It also includes crafts like Pom Pom, pottery or rock painting. This will also include calligraphy or Chinese brush painting in terms of cultural diversity and learn some new things through similar tools. It can build up patience and hobbies throughout the sessions.



### Become a culinary artist

This program teaches entry-level skills for cooking. For example, proper ways to use tools, understanding of different seasoning, and understanding of safety in the kitchen. Activities in this program include baking, colouring, icing, kneading, rolling, decorating, moulding and fermenting. It will give our participants an image of what cooking is like through interesting and interactive sessions.



### Brain Training

This involves various games or quizzes to stimulate participants' brains to learn and think. It may include a card or board games, schoolwork hub, literacy and numeracy. Not only for academics but also for participants to have fun or build up their interest through this activity.



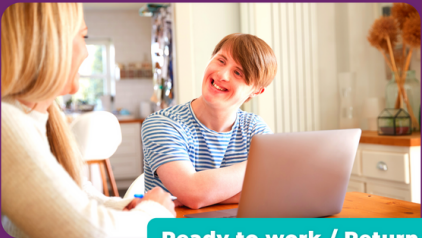
### Learn to be wealthy

Teaching about money recognition and providing fundamental knowledge about money which is directly related to daily basis and personal development. It will include how to save, spend, budget money in daily life to build up a good habit. This will allow participants to learn financial skills and will have a better approach to dealing with financial challenges in the future.



### Enjoy the unique moment

This program is specifically designed for different age, gender or hobby. It includes Kids Zone, Teens Group, Young Adult Club, Men's Hours, Women's Moment, and Silver Hair Social Group. It can promote the build-up of relationships of the participants within the group with commonality by sharing of knowledge, skills or experience.



### Ready to work / Return to work training program

This program provides education on general skills for work or specific to the work chosen. For example how to write a cover letter and resume, use of Microsoft Office, preparation for an interview or any specific skills needed for work. We will provide computers and software for you to access and learn for any new skills depending on your needs and wants. Be ready to work and step forward to your next journey!



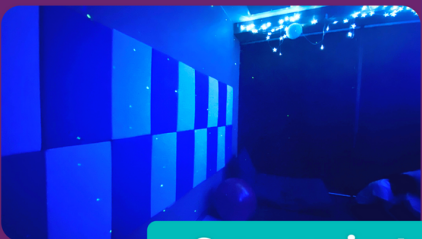
### Cast your own theatre

This is a role-play style activity that provides an opportunity for our participants to demonstrate their talent and characteristics. It will be a drama based activity for participants to take part in different roles and duties. It may include dancing, posture, singing, acting or speaking up. It can encourage our participants to express themselves and cooperate with others as a team with different responsibilities.



### Modern Technology

Innovative, accessible, cost-efficient and time saving, enhance lifestyle and quality of life by learning and implementing modern technology. It can also improve wellbeing, have higher productivity and a higher level of motivation. It also teaches how to use modern technology properly and avoid traps on the internet and education on disadvantages of social media (i.e. cyberbullying or misleading information). It can assist our participants to adapt and prepare for the universality of modern technology in the future.



### Spare a minute

This is a special session for our participants to have a break or calm themselves down in our designed sensory room, enjoying the lights and soft music. It can provide various sensory stimulation for our participants and this can eventually give a refreshment for them to continue their activities or sessions.



### Move Your Body

It is a good way to release energy and have fun. We have a lot of sports games and activities such as yoga, Tai Chi, obstacle courses, ball games and games in Nintendo Switch etc. This will allow our participants to stay active and be stronger through physical activity, to deal with any challenges in the future.



### Create your own treasure

This program allows participants to express their creativity to create their treasure by using various materials. There will be activities including jewellery making, flower arrangement or dressing design. It is an interactive, informative and interesting activity and for participants to be a future fashion expert.

# Ability Skill-mate Programs



# Hey Skill-mates!

At Ability Skill-mate, we call each other “Skill-mates”

In our disability centre and community activities, we are each other's skill-mate.

May you be a facilitator, social educator, support worker, or participant, we will call each other skill-mates! Because everyone in Ability Skill-mate will be your partner to learn new and develop your skill.

Our social educators and allied team members are qualified individuals to help participants learn skills that are needed for them to live independently. Our team is composed of compassionate people that empowers client and prioritise their needs.

## What do you we usually do on community outings?

\*Schedules are sent to families, carers and guardian on a regular basis, so they can confirm which activities they would like their participant to join



- Visit museums and appreciate art
- Do beach walks and leisure walks
- Play in the park
- Enjoy interactive learning space
- Outside sensory activities
- Sailability
- Play fun sports and group games
- Visit restaurants and cafe
- Attend community events
- Visit Zoo and leisure parks
- Movie time



Monday	Tuesday	Wednesday	Thursday	Friday
Moment of Art and Fun Day	Master Chef & Music Moment	Socials Day	All-in Thursday	Healthy Living and Lifestyle Improvement
<ul style="list-style-type: none"> <li>• Canvas Painting</li> <li>• Scrapbook Making</li> <li>• Photography</li> <li>• Street Art</li> <li>• DIY Crafts</li> <li>• Social Skills Building</li> <li>• Tenpin Bowling * (Once a month)</li> </ul>	<ul style="list-style-type: none"> <li>• Italian Cuisine</li> <li>• Making Rice Dishes</li> <li>• Burgers</li> <li>• Pastries and Baking</li> <li>• Pizza</li> <li>• Meal Planning and Grocery</li> <li>• Nutrition</li> <li>• Following a recipe</li> <li>• Group Singing Activity</li> <li>• Play Along with musical instrument</li> </ul>	<ul style="list-style-type: none"> <li>• Making and Building new friendships and connections</li> <li>• Build up social skills</li> <li>• Attending Community Events as a group</li> <li>• Visiting Food Establishments, Restaurants and Café</li> </ul>	<ul style="list-style-type: none"> <li>• Making and Building new friendships and connections</li> <li>• Cooking</li> <li>• Baking</li> <li>• Movie Time</li> <li>• Arts &amp; Crafts</li> <li>• Bowling</li> <li>• Day Outings</li> <li>• Interactive Games</li> <li>• Visiting Fun Parks</li> </ul>	<ul style="list-style-type: none"> <li>• Beach and Park Group Walks</li> <li>• Light Exercises</li> <li>• Healthy Habits</li> <li>• Meditation and Breathing Exercises</li> <li>• Zumba, Yoga, Taichi</li> <li>• Team Building Games</li> <li>• Nintendo Switch Games</li> <li>• Board &amp; Card Games</li> </ul>



#### Weekly Schedule for Social Group Activities

\*This schedule serves as a guide for group activities we are organising for the centre and in the community.

\*We group our participants based on their age range so they can get along well during the activities

## What else you should know...

### Personalised Services

- We can provide individual and personalised plan basing on the recommendation of your OT or existing Allied Health providers
- We offer specialised training based on your choices and individual interest
- We have expertise in providing support and guidance to help you reach your goals



### Extensive Services

- Assist when your loved ones need to participate in social and recreational activities
- Provide individual or group-based learning environment
- Finding a suitable group for your participant either based on their age or interests
- Working with you to understand more about the NDIS and how you get support that you need
- Connect you various mainstream, informal, and community-based supports and link you with other government instutions.



1. Activity confirmation will be sent once minimum numbers have been reached. Note that a minimum of 3 participants should be required for any group activity to proceed. Once confirmed, brief information will be sent to all participants who express their intent to participate in the activity which is prior to the day of the activity.
2. Always bring a companion card, opal card, lunch food or money, or any essentials that may be needed for any activity
3. Prices are based on the current NDIS price guide. The support ratio will depend on what type of support a participant may need for any activity.
4. When you need to cancel a confirmed booking, please contact directly Ability Skill-mate at 0492 987 242 / [info@abilityskillmate.com.au](mailto:info@abilityskillmate.com.au) and give at least 24 hours notice.
5. If the event has a ticketed entrance where the entry has been purchased prior to the activity date, an invoice will be sent to you for the cost of it. The invoice of the ticket will need to be paid before we purchase them on your behalf. If you are unable to attend after the tickets have been purchased you are still liable for the cost.
6. We will always continue the social distancing requirements to protect the participants' health. We will always be following hygiene and infection control measures.