








Communities@Work

2019

Young Adult Activities Gungahlin | April

Contact the Lifestyle Services Team to book: (02) 6293 6500

Work/General Skills			Independent Living Skills Training Theme Week 1: Using a Diary or Calendar	
MON 1 Lunch provided	TUES 2 Please bring a packed lunch or money for lunch	WED 3 Please bring a packed lunch or money for lunch	THU 4 Lunch provided	FRI 5 Please bring a packed lunch or money for lunch
MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS				
				
Meal plan, shop and cook	Environmental clean up	Swimming	Cooking	Bunnings workshop
Skill Building Workshops <ul style="list-style-type: none"> • Reading a calendar • Using a diary/organiser and calendar • Identifying key information • Associated literacy and numeracy • Estimating timing and duration 				
				
Write a safety rules manual	Autism Awareness	Gardening	Sports at the park	Literacy and Numeracy Skills

*Meditation and Mindfulness exercises will take place on a daily basis

Games, computer, tablets, TV, pre-vocational skills and walking are available as alternative activities every day.

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Work/General Skills			Independent Living Skills Training Theme Week 2: Using the Telephone or mobile phone (work/general use)	
MON 8 Lunch provided	TUES 9 Lunch provided	WED 10 Please bring a packed lunch or money for lunch	THU 11 Please bring a packed lunch or money for lunch	FRI 12 Please bring a packed lunch or money for lunch
MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS				
				
Meal plan, shop and cook	Cooking	Travel Training Bus trip to Zone Bowling Belconnen	Swimming	Sports at the park
Skill Building Workshops <ul style="list-style-type: none"> • Practical Workshop: using a telephone or mobile • Conversation skills • Identifying important information • Writing a note and text messaging • Online/Phone Safety • Comparing phone plans 				
				
Gardening	Using technology	Zone Bowling Cost: \$6.45 per game	Car wash	Communication Skills

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Work/General Skills			Independent Living Skills Training Theme Week 3: Personal Appearance (at work or in the community)	
MON 15 Lunch provided	TUES 16 Please bring a packed lunch or money for lunch	WED 17 Please bring a packed lunch or money for lunch	THU 18 Lunch provided	FRI 19
MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS				
				PUBLIC HOLIDAY
Meal plan, shop and cook Creamy sausage pasta	Swimming	Sports at the park	Cooking	
Skill Building Workshops <ul style="list-style-type: none"> • Personal hygiene workshop • Grooming and dressing • Deciding what to wear • Creating a daily routine • Buying clothes • Using make-up and other products 				
				CENTRE CLOSED
Self-confidence workshop	Charades	Problem Solving skills	Gardening	

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Work/General Skills		Independent Living Skills Training Theme Week 4: Identifying Mistakes (receiving feedback for improvement)		
MON 22	TUES 23 Lunch provided	WED 24 Please bring a packed lunch or money for lunch	THU 25	FRI 26 Please bring a packed lunch or money for lunch
MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS				
PUBLIC HOLIDAY			PUBLIC HOLIDAY	
	Meal plan, shop and cook	Gardening		Swimming
Skill Building Workshops <ul style="list-style-type: none"> • Self-reflection activities • How to receive feedback or criticism • How to give feedback or make a complaint • Role-play activities • Creating a plan for improvement 				
CENTRE CLOSED			CENTRE CLOSED	
	Easter morning tea party	War Memorial visit		Clean up day at the centre

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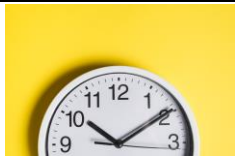







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Work/General Skills		Independent Living Skills Training Theme Week 4: Task Completion (work or general life tasks)		
MON 29 Lunch provided	TUES 30 Please bring a packed lunch or money for lunch	WED 1 Please bring a packed lunch or money for lunch	THU 2 Please bring a packed lunch or money for lunch	FRI 3 Lunch provided
MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS				
				
Meal plan, shop and cook	Interpersonal skills	Travel Training Bus trip to Zone Bowling Belconnen	Time Management	Sports at the park
Skill Building Workshops <ul style="list-style-type: none"> • Estimating time and effort needed • Identifying personal skills and gaps • Seeking help • Setting and sticking to deadlines • Organisation techniques • Creating an action plan 				
				
Work Ethic workshop	Swimming	Zone Bowling Cost: \$6.45 per game	Gardening	BBQ

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