

# **DAY PROGRAMS - NARRE WARREN**

**Email:**  
disabilityvic@outlookaust.org.au

**Phone:**  
1300 137 140

|            | Program                 | Additional Information                                                                                                                                                                                                                                                                                                     |
|------------|-------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>MON</b> | Tablet Tech - iPads     | Supports participants to develop their confidence and skills in using an iPad for everyday tasks, learning, communication, and recreation. Participants will expand their understanding of iPad functions, explore a variety of apps, and learn practical digital skills tailored to their individual goals and abilities. |
|            | Gain The Edge           | A structured capacity-building program designed to support participants to develop life, employability, and digital skills that are essential for everyday independence, volunteering, and future employment opportunities.                                                                                                |
| <b>TUE</b> | Literacy & Numeracy     | A friendly classroom environment to help participants learn numeracy and literacy skills for everyday life. Lessons focus on practical skills that support independence and confidence.                                                                                                                                    |
|            | Creative Ability        | The creative ability art program is a structured, inclusive group atmosphere designed to support participants to explore creativity, self-expression, and wellbeing through art.                                                                                                                                           |
|            | Look Out Cover Band     | Through regular practice and performance opportunities, members build confidence in their musical talents and stage presence. Participants learn the importance of collaboration by working together in a band, developing teamwork and communication skills.                                                              |
| <b>WED</b> | All-In FIT              | An inclusive gym program run by an experienced personal trainer to ensure participants can have a great workout while safely learning to use the machines and equipment.                                                                                                                                                   |
|            | Reclink Cardinia Tigers | Take part in the Reclink all-abilities football league. Have a lot of fun while being part of a team, developing skills and fitness in a supportive and inclusive environment.                                                                                                                                             |
|            | All-In SWIM             | An inclusive swimming program offering small group lessons with a swimming instructor where participants can build confidence in the water and learn new skills.                                                                                                                                                           |
|            | Work & Life Success     | Person-centered, inclusive, and flexible, focusing on real-life practice and individual goals. Participants are supported to build and develop skills, confidence, independence, access their communities which are essential for everyday life.                                                                           |
| <b>THU</b> | The Kitchen is Yours    | Develop numeracy and literacy skills such as following and communicating step by step instructions, measuring and weighing ingredients, counting and sorting items, using timers and clocks all while making delicious food.                                                                                               |
|            | Community Navigators    | Capacity-building program designed to develop confidence and practical skills when using public transport. Emphasis on supporting participants to practice planning trips, navigating stations/stops, managing time, and responding to changes while travelling in the community.                                          |
|            | Work Education          | The Certificate I in Work Education supports participants with intellectual disability to explore work options and access pathways to further vocational education and training, improve employability and work readiness                                                                                                  |

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|            | Program              | Additional Information                                                                                                                                                                                                                                                            |
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| <b>FRI</b> | Community Champions  | Person-centered, inclusive, and flexible, focusing on real-life practice and individual goals. Participants are supported to build and develop skills, confidence, independence, access their communities which are essential for everyday life.                                  |
|            | All-In SPORT         | Develop numeracy and literacy skills such as following and communicating step by step instructions, measuring and weighing ingredients, counting and sorting items, using timers and clocks all while making delicious food.                                                      |
|            | Ladies Day           | Capacity-building program designed to develop confidence and practical skills when using public transport. Emphasis on supporting participants to practice planning trips, navigating stations/stops, managing time, and responding to changes while travelling in the community. |
|            | Community Navigators | The Certificate I in Work Education supports participants with intellectual disability to explore work options and access pathways to further vocational education and training, improve employability and work readiness                                                         |

**Information:**

- All day programs run from **9am to 3pm**. Days include the programs listed above as well as community engagement, transport time, meals and breaks, quiet time, etc.
- Groups start/finish the day at Narre Warren. However, travel as a group is required for some programs.
- Some programs carry a small out-of-pocket cost (up to \$10 per session) for materials, entry price, ingredients etc.
- Participants should bring a healthy lunch, snacks, water, myki, sunscreen and hat whenever they attend Outlook programs, unless stated.
- Groups travel by public transport to/from programs unless stated. Travel training and transport support is also available, please enquire.