

TERM THREE

5 July 2021 –
23 September 2021

Site:

Northcote

Contact:

Shannon Gregory 0466 455 661

Email:

AACS@autismspectrum.org.au or sgregory@autismspectrum.org.au

Health and wellbeing



MASTERCHEF

Venue: 30B Union Street Northcote

Days: Friday

Time: 9.00am – 12.00pm

Our MasterChef program aims to provide participants with foundation skills of cooking/preparing and executing a recipes.

Participants will be supported to explore cooking through sensory experiences.



BAKING

Venue: 30B Union Street Northcote

Days: Monday

Time: 9.00am – 12.00pm

Our Baking program aims to provide participants with foundation skills of cooking/preparing simple baking recipes.

Participants will be supported to explore a variety of different baking techniques..

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COMMUNITY GARDENING

Venue: Westvale Community centre

Days: Wednesday

Time: 12.00pm – 2.00pm

This program enables participants of all abilities to be supported to research, plant, vegetate and eventually eat the food they have chosen to grow in their own herb garden / vegetable patch. The Gardening Program provides participants with the opportunity to learn or perhaps develop new skills in gardening. Participants will get to learn about different vegetables and herbs, which plants are better suited to growing in certain seasons and they will also broaden their knowledge and excitement when it comes to making healthier food choices. Participants will also improve on their communication and social skills



LANDSCAPING

Venue: 30B Union Street Northcote

Days: Thursday

Time: 9.00am – 12.00pm

This program enables participants of all abilities to be supported to maintain all Northcote grounds.

Participants will be supported to ensure that all grounds in and around Northcote are free and clear of rubbish, leave, weeds and light maintenance works to up keep the Grounds.

This Program aims to improve on participant team work, communication skills, dexterity and health and wellbeing.

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Sport and Recreation



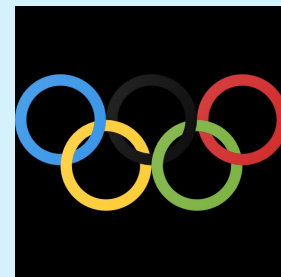
FROM COUCH TO 5KM

Venue: Various Locations

Days: Tuesday

Time: 12.00pm – 3:00pm

This program has been designed for people of all abilities to participate in low impact exercise movements in order to improve their overall health and wellbeing. Improving cardiovascular health in a slow paced manner, and building on distance and speed over time.



OLYMPICS

Venue: Brimbank Park

Days: Wednesday

Time: 9:00am – 12:00pm

This program has been designed for people with all abilities to participate in modified Olympic style activities. Two Aspect Adult community services will come together weekly to promote team work, improving social skills and communication.

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MUSIC

Venue: 30B Union Street Northcote**Days:** Thursday**Time:** 12.00pm – 2.00pm

This program is a facilitated program by a music specialist that will support participants to engage in group projects and making our projects as inclusive as possible, taking into consideration communication levels, diversity and so forth.

This program also aims to support participant's recognition and cognitive skills as they adapt to the process of the program



MEDITATION

Venue: 30B Union street Northcote**Days:** Monday**Time:** 9.00am – 12.00pm

The Mediation and Relaxation program aims to provide participants the opportunity to work on their health and wellbeing goals by using a combination of positive affirmations and imagery during the meditation / yoga sessions to reduce anxiety, stress, and negativity.

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GYM

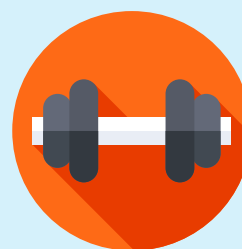
Venue: Fitness Gym in local community

Days: Monday

Time: 9.00am – 12.00pm

This program has been designed for people of all abilities to participate in a fun low impact workout at a local gym.

The gym circuit has been designed to support participant to improve health and wellbeing with low impact high restraint workout that will develop skills using weight machines and other gym equipment.



OUTDOOR GAMES

Venue: Various locations

Days: Tuesday

Time: 9.00am – 12.00pm

This program has been designed for people of all abilities to participate in low impact exercise movements in order to improve their overall health and wellbeing. These exercises range from seated workouts, arm workouts, leg workouts, light seated yoga flow and low impact cardio workouts.

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Independent living skills



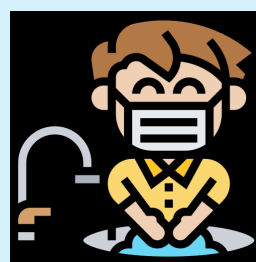
CAFÉ

Venue: various locations

Days: Thursday and Friday

Time: 9.00am – 12.00pm - 12:00pm – 3pm

The aim of this program is to support individuals to access the community, improve their communication skills and to have positive social experiences with their peers. Participants will be given an opportunity to choose and purchase a drink in a community setting. Skills people may be working on as individuals may include money handling skills, making choices using alternative communication and improved social skills



INDEPENDENT LIVING SKILLS

Venue: 30b Union street Northcote

Days: Friday

Time: 12:00pm – 3.00pm

This program focuses on discussing, presenting, teaching and learning a range of useful skills for daily living. The aim of the program is to increase participants' awareness of a variety of daily living skills and to improve their ability to carry out daily tasks independently. The Program of Support will be facilitated in supportive group environments, where there is an emphasis on making the tasks engaging and relevant to participants. The program leader / support staff will take a strengths-based and person-centred approach when working with participants so that even small improvements are acknowledged and encouraged.

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Social and communication skills



RECYCLING

Venue: Kataway East Brunswick
public transfer station

Days: Thursday and Friday

Time: 9.00am – 12.00pm - 12:00pm – 3pm

The aim of this program is to support individuals to access recycle stations to sort through all types of recycling materials.

These skills will be transferred to Northcote site where the participants will sort through all recyclable materials to better sustain their environmental footprint.

Participant will improve communication skills and have positive social experiences with their peers. Handling recyclable materials, making choices using alternative communication and improved social skills



PEN PALS

Venue: 30b Union street Northcote

Days: Friday

Time: 12:00pm – 3:00pm

Pen pals is a program that will allow participants to connect with other participants across three sites.

This program will aid participants to connect to others with common interest and improve their communication skills through the use of a computer.

Participants will be supported to create and use an email to communicate to their pen pal with a structure topics of discussion each week.

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Independent living skills



ART THERAPY

Venue: 30b Union street Northcote

Days: Tuesday

Time: 12:00pm – 3pm

This is a facilitated program that aims to support participants to access Art therapy/ expressive therapy, uses art as a means of communication and lets people explore and express their emotions and thoughts. The process of art therapy includes using paints, marker or chalk to draw and paint their emotions.



CONFIDENCE BUILDING

Venue: 30b Union street Northcote

Days: Wednesday

Time: 12:00pm – 3:00pm

The confidence building program aims to provide participants with a safe environment to explore self expression and build on self esteem and overall confidence.

This program focuses on the following:

- Be kind to yourself add.
- Look after yourself add.
- Focus on the positives add.
- Spend time with people add. ...
- Learn to assert yourself add. ...
- Do things you enjoy add. ...
- Try something new

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CANDLE MAKING

Venue: 30b Union street Northcote

Days: Thursday

Time: 9.00am – 12.00pm

Participants will have access to a range of visual stimuli to understand the modality of candle making. The aim of this 12 week program is to promote artistic skills, stimulate the senses, promote problem solving and social collaboration.

The Candle Making program can be designed for participants to engage in their own designs. The program will enhance participant's fine motor skills and coordination while increasing their self-confidence, social and teamwork skills.

This program forms part of the sensory goal for participants and has been designed to be fun and stimulating.

The candles can be displayed on site, or participants can choose to take them home.



NEWSLETTER

Venue: 30b Union street Northcote

Days: Friday

Time: 9.00am – 12.00pm

This program focuses on discussing, presenting the weeks achievements, Aspect information and general important information about Northcote.

The newsletter program aims to support participants to improving on communication skill negotiating skills, team work. Each newsletter will be distributed to the participant group to share with their support net works the highlights and achievements along with general aspect information of the past week