

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



BIKE EDUCATION

Venue: Green Gully Reserve

Days: Tuesday- Thursday

Time: 9.00am – 12.00pm

Bike education program is a program that is designed to education participants about road safety skills, team work, building confidence, balancing and health and wellbeing.

Participants will be able to participant in the program but also will be opening the centre up and welcoming other community groups. This will improve community relationships, social skills, communication skills and money handling skills.



BAKING

Venue: 30B Union Street Northcote

Days: Friday

Time: 9.00am – 12.00pm

The 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: Tuesday

Time: 12.00pm – 3.00pm

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



COMMUNITY LUNCH

Venue: Altona Meadows Community centre

Days: Friday

Time: 12.00pm – 3.00pm

This program enables participants to connect with the local community over a three course meal.

This program aims to improve participants social and communication skills decision making skills, adaptive skills with being in a new environment.

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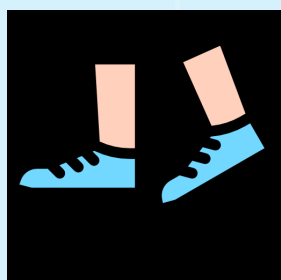
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Sport and Recreation



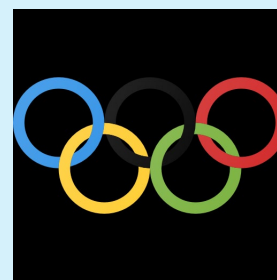
FROM COUCH TO 5KM

Venue: Various Locations

Days: Monday -Thursday

Time: 9:00am – 12:00pm -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 cardio vascular 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: Hall street Altona Meadows

Days: Tuesday -

Time: 12.00pm – 2.00pm

This program has been designed for people of all abilities to participate in a fun and social activity whilst also having the opportunity to improve overall health and wellbeing. The activity is low impact and is all inclusive by allowing participants to actively participate in learning new moves or dancing the way they feel comfortable to



MEDITATION

Venue: Hall street Altona Meadows

Days: Wednesday

Time: 9.00am – 12.00pm

The Meditation 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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Sport and Recreation



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: Thursday

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. 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

Time: 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: Monday

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



COMPUTERS

Venue: Altona Meadows Learning centre**Days:** Wednesday**Time:** 12:00pm – 3:00pm

Computer program that will allow participants to connect to the online world in a safe manner.

This structure program will allow participant to explore interests 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.



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

Venue: Hall street Altona

Days: Tuesday

Time: 12:00pm – 3pm

This is a program that aims to support participants to access Art in an expressive manner, 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.

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Independent living skills



CANDLE MAKING

Venue: Hall street Altona Meadows

Days: Wednesday

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.