





#### **ABOUT McCALLUM** MIMUNIITY CONN

McCallum Community Connections offers a wide range of centre based and community based support programs.

These programs are facilitated in safe and secure environments which encourage Participants to develop their skills, reach their NDIS goals and build confidence.

#### This includes:

Increasing independence and self belief Stimulates creativity Provides opportunities to socialise Increases community inclusion and engagement

All programs are facilitated by professionally trained McCallum staff.

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#### CONTACT



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#### www.mccallum.org.au













### LIFE SKILLS DEVELOPME

The Life Skills Development Program encourages Participants to learn new skills and to develop existing skills. This enables Participants to maximise their indepedence and experience new opportunities within the community.

- Cooking Skills
- Travel Training (Bus, trains etc.)
- Wood Working (Ballarat Men's Shed)
- Workplace Volunteering
  - Increased customer interactions
  - Numeracy & literacy skill development
  - Animal nurturing & care
  - Environmental maintenance
  - Inventory management
  - Merchandise presentation skills
- Independent Skills (shopping, banking etc.)
- Garden Maintenance
- Certificate I Transition into Education

### **ACTIVE RECREATIONAL OPTIONS**

Active Recreation encourages Participants to engage in sports and physical activity to increase or maintain their fitness, health and wellbeing in a fun and safe environment.

- Sailability (sailing on Lake Wendouree)
- 10 Pin Bowling
- Gym & Gymnastics
- Swimming (Ballarat Aquatic Centre)
- Yoga
- Rowing
- Ball Games (Boccia, cricket, soccer, basketball etc.)
- Walking

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- Jeté Dance (contemporary dance)
- Bounce Trampoline Park
- Access for All Abilities Sports Programs

## **SOCIAL & LEISURE PROGRAMS**

McCallum's Social & Leisure Programs are designed to enhance Participant's socialisation skills whilst engaging in passive leisure programs. These programs are based primarily in the community to build confidence and increase community inclusion.

- Fishing
- Gardening
- Volunteering
  - Increasing socialisation opportunities
  - Numeracy & literacy skill development
- Arts & Crafts
- Cooking
- Movies
- Massage
- Communication & Social Interaction



# LIFESTYLE & CREATIVE OPTIONS

Lifestyle & Creative Options enables Participants to select from a range of activities to help develop art, music and creative skills which helps enhance Participant's lifestyles.

- Camps & Holidays (music festivals, fairs, coastal getaways etc.)
- Drama (music, dance, singing etc.)
- Dirt Bombers Gardening Group (horticulture)

#### ADDITIONAL SERVICES

We understand that some Participants want to receive additional services outside regular program hours. These programs are available upon request.

- Friday (Extended Hours Program 1.30pm to 5pm)
- Saturday (Weekend Program)
- School Holiday (Extended Program Periods)



