

# Day Activities Program

*Growing care  
in our community*



# Growing care in our community since 1947

**Eskleigh started as a not-for-profit organisation over 70 years ago right here in Tasmania, with a mission to care for Tasmanians living with a disability.**

Today, Eskleigh is one of Tasmania's most experienced disability providers. We provide a range of services from high needs based care in our group homes to in-home support, community nursing and respite care options as well as a range of day activity programs.

All Eskleigh services can be accessed through the National Disability Insurance Scheme (NDIS),

the Motor Accidents Insurance Board (MAIB), Disability Support for Older Australians Program (DSOA) or can also be funded privately.

While much has changed in the disability support sector over the last 70 years, Eskleigh is still not-for-profit and still providing the best in care to Tasmanians right across the state.

**If you have questions about Eskleigh support and services or your funding options, visit our website or contact us today:**

 [www.eskleigh.com.au](http://www.eskleigh.com.au)

 [enquiry@eskleigh.com.au](mailto:enquiry@eskleigh.com.au)

 **03 6398 7100**



**A range of comprehensive services offering unparalleled care**



Community  
Access



Community  
Nursing



Specialist  
Disability  
Accommodation



Short Term  
Accommodation



In Home  
Support



Supported  
Independent  
Living



Support  
Coordination



# Welcome to Eskleigh's Day Activities Program

**Enjoy a range of activities in the north and south of the state at our Eskleigh facilities and on the road.**

Our Day Program provides a wide range of activities based on needs and interests for personal fulfilment and family respite.

Eskleigh can also offer a range of tailored activities in a one-on-one environment throughout the week.

We will work with you to choose activities you want to do and every week we will meet up so you can tell us if you're happy with

your program or if you want to try something else. We're flexible and will make changes as needed.

Phone one of our friendly Day Activities Program Co-ordinators on **(03) 6398 7100** who can answer questions and confirm your participation.

## *Why choose Eskleigh's Day Activities Program*

- ✓ Eskleigh offers an extensive Day Activity Program where participants can choose from over 20 activities conducted from our fully resourced centre located at Perth in northern Tasmania.
- ✓ Activities are available statewide from our centres in the north and south of the state or on a one-on-one basis from your home.
- ✓ Eskleigh operates a fleet of accessible vehicles, and offer a pick-up and drop-off service ensuring you get to where you need to be safely and conveniently.
- ✓ Eskleigh provides Community Access programs to NDIS, MAIB, DSOA and Private participants.
- ✓ Eskleigh Support Workers are qualified, caring and professional.

## Program timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
9am-12pm	<b>Fitness with Crystal from Longford Health</b> 10:30am-11:30am  <b>Upskills Tech</b> 9am-12pm	<b>Recipe Book Cooking</b> 9am-12pm  <b>Upskills Practical</b> 9am-12pm  <b>Crafty Creative</b> 9am-12pm	<b>Mindfulness and Movement with Crystal from Longford Health</b> 10:30am-11:30am  <b>Gardening Group</b> 9am-12pm  <b>The Shed Program Build</b> 9am-12pm	<b>The Shed Program Build</b> 9am-12pm  <b>Passport Cooking</b> 9am-12pm  <b>Eskleigh In The Sun Games in The Grass</b> 9am-12pm  <b>Gardening Group</b> 9am-1pm	<b>The Shed Program -Upcycle-</b> 9am-12pm  <b>DJ Skip and Trivia</b> 10:30am-12pm 10:30am-11:30am  <b>Gardening Group</b> 9am-12pm
Lunch Block					
1pm-3pm	<b>Art Society Visit</b> 1pm-2pm  <b>Book Club In the Sanctuary</b> 2pm-3pm	<b>Perth School Visit</b> 12:40pm-2:30pm  <b>The Shed Program Build</b> 1pm-3pm  <b>Upskill Practical</b> 1pm-3pm	<b>Book Club In the Sanctuary</b> 2pm-3pm  <b>Movie and Trivia</b> 1pm-3pm  <b>Gardening Group</b> 1pm-3pm  <b>The Shed Program Build</b> 1pm-3pm	<b>The Shed Program Build</b> 1pm-3pm  <b>Scrapbooking Group</b> 1pm-3pm  <b>Gardening Group</b> 1pm-3pm	<b>The Shed Program -Upcycle-</b> 1pm-3pm  <b>Bingo and Boardgames</b> 1pm-3pm  <b>Happy Hour (Non Alcoholic)</b> 1pm-3pm  <b>Gardening Group</b> 1pm-3pm
Off-site activities	<b>Coffee Club</b> 10:30am  <b>Driving Range Country Club</b> 1pm-3pm	<b>Explore Tasmania Walking Group</b> 10am-12pm	<b>Culture Club</b> 9am-12pm	<b>Sailability Program</b> Fortnightly from 10:00am TBC  <b>Bowling</b> Fortnightly from 10:00am	<b>Aqua Fitness</b> 10am-10:45pm
Available for use throughout program	<b>Sensory Room</b> <b>Esk Beauty</b>	<b>Sensory Room</b> <b>Esk Beauty</b>	<b>Sensory Room</b> <b>Esk Beauty</b>	<b>Sensory Room</b> <b>Esk Beauty</b>	<b>Sensory Room</b> <b>Esk Beauty</b>

**Costs Incurred:** Please contact Eskleigh on 03 6398 7100 for pricing.



# Off-site Activities Program

## Activities delivered within the community

### Aqua Fit Classes

These classes are fully supervised and accessible for a range of people including those not confident in swimming. Staff will support residents to attend.

### Culture Club

Participants will be supported to attend the Library, Museums Art Galleries and Cinema.

### Driving Range

The Country Club Driving Range is accessible and a fun afternoon to hit some balls.

### Coffee Club

A social activity for participants to go for a coffee and enjoy company while being in the community. This club will go to different cafes in the area.



### Explore Tas Walking Group

This group will drive to the local walking paths and spend the day outside finding new tracks.

### Sailability Program

Run by the Sailability program- participants are supported by our staff to attend a morning or afternoon of sailing. Attendance depending on the weather forecasts due to specific weather requirements needing to be met for sailing.

### Esk Beauty

Esk Beauty- Everyone deserves to look and feel beautiful and Esk Beauty is the ideal place for people of all abilities to indulge in a select range of relaxing and rejuvenating treatments including: manicures, pedicures, hairstyling and massage. Esk Beauty will be available for access throughout program.



### Esk Spa

Esk Spa offers accessible spa facilities for people with disability and therapy needs. Centrally located at Eskleigh's Perth facility, you can relax in the newly refurbished spa room fully equipped with a personal lift, shower facilities, wheelchair access and reserved parking.

### Sensory Room

Our therapeutic sensory room space provides multi-sensory experiences to support emotional and cognitive needs. Sensory Room will be available for access throughout program.

### Events

Further events, markets, fishing and individual programs will be developed in consideration around the surveys taken with participants.

Along with our scheduled program activities, we provide individualized activity options including crafts, mind gym activities, puzzles and support for individual projects, please get in touch with Eskleigh to discuss your ideas.

# On-site Activities Program

## Activities delivered within Eskleigh's facilities

### Mindfulness and Movement with Crystal from Longford Health

Crystal is a local Northern Midlands personal trainer. Currently Crystal's goal is to help her local community be the happiest and healthiest version of themselves supported through physical activity. Crystal will support participants to complete a range of movements and stretches along with mindfulness work. This class is more supportive for people with limited mobility participation.



### Fitness with Crystal from Longford Health

Crystal will be supporting residents to complete a range of exercises using bands and other equipment. Crystal has previous experience supporting the older population to take part in fitness programs including Healthy Hearts.

### Gardening Group

This group will work on the practical side of gardening in the vegetable gardens and Sanctuary space while also developing an understanding around the theory of gardening via online research and group work.

### Upskills Tech

The Upskills Tech group will have a strong focus on building confidence in using technology along with the coordinating the fundraising day program group.

### Upskills Practical

The Upskills Practical group will have a strong focus on independence skill development, washing, cooking, folding laundry, washing cars, gardening- mowing and larger project preparation.

### Art Society Visit

Arts Society Visits are weekly and the Arts Society members support our participants to work on a variety of Art projects.



### Eskleigh Book Club

Partnering with the Libraries Tas we have an official registered book club- Access to 400 titles, we pick the book and are sent 10 copies for the group to read together and discuss.

### The Shed Program – Build

The Shed Program – Build is a program focused on completing individual projects. Eskleigh Home provides a purpose built space to explore all of your woodworking projects and working together as a team to bring these along with other projects to life.

### **The Shed Program- Upcycle**

The Shed Program- Upcycle has a focus on upcycling items and furniture around Eskleigh or personal projects bought to the group.

### **Recipe Book Cooking**

This program will be a mix of theory and cooking. The aim of this program is to research recipes, make the recipe while taking own photos along the way, and work on computers to compile and develop their own cookbooks. These will then be professionally binded and available for the participants of the program.

### **Passport Cooking**

Passport Cooking program is a mix of theory and cooking. The group will be researching different countries and that countries main dishes, the group will then make these dishes for themselves while also opening up purchases on the day. This further supporting the skills in selling, budgeting, marketing.



### **DJ Skip**

DJ Skip plays a variety of songs and karaoke tracks for us to all enjoy. DJ Skip will also be alternating weeks with some movie trivia.

### **Perth School Visit**

Perth Primary School visits and takes part in group work to build an understanding of community and make connections with our Eskleigh participants.

### **Movie and Trivia**

Participants will be watching, reviewing and completing some trivia around movies of your choice.

### **Eskleigh in the Sun**

Eskleigh in the Sun is all about getting participants outside. This group will have picnics, play outdoor games and go walking on the grounds.

### **Crafty Creative**

Crafty Creative will have a focus on individual art projects including mosaics, terrariums, tie dye, painting, ceramics or any interest identified by participants.

### **Bingo and Boardgames**

A weekly social bingo group, come try your luck and have fun with friends. Boardgames will be available in the separate room for those waiting to access these instead.

### **Eskleigh Happy Hour**

Eskleigh Happy Hour will take place during Bingo and Boardgames. We will set up a non-alcoholic cocktail bar each week that participants can purchase from on the day.

### **Scrapbooking Group**

The Scrapbooking will work on paper material based art projects to compile a personal project.





*Growing care in our community*

