

IMPACT

TAG5
we are all in this together

PROGRAM

TERM 3 2020

FLEXIBLE RESPITE PROGRAM

TAG 5 invites you to participate in our Impact Flexible Respite Program for young people transitioning into adulthood from school. The Impact program targets specific life skills required for independent living.

1. Acquire skills promoting independent living
2. Encourage self-awareness and confidence
3. Develop life skills through the participation of structured activities
4. Enhance appreciation for nature and sustainability
5. Develop social awareness and the ability to work within a team

An example of our program subjects are outlined below, however we are more than happy to discuss any personalised requirements you may have.

Life Skills: includes personal hygiene, love your laundry, basic first aid, general housekeeping, shopping and cooking.

Let's Get Physical: promotes a healthy lifestyle and general wellbeing through daily exercise, gym, sport and healthy eating.

Public Transport: how to access and use public transport as well as accessing driver education.

Budgeting Skills: banking, budgeting and money management.

Relationships and Teamwork: building and maintaining healthy safe relationships, working in teams and playing team sports.

Discovery: focuses on the importance of sustainability and environmental awareness.

Social Skills: building social awareness, interpersonal and communication skills to help you interact with others politely and communicate clearly.

Occupational Skills: assisting you to build skills to help you gain work experience and part-time work.

ACTIVITY OUTLINE

A brief outline of the IMPACT schedule and the activities is listed below.

AFA FUTSAL

Every second Monday, participants can get involved in games of futsal. Before playing, participants do a full stretch, warm-up drills and sprint training. Teams are randomly selected and four round-robin games are played within 20-minute full games. After playing, participants have the opportunity to freshen up before departing for lunch.

CBJ Gym Health Club

Every Wednesday, participants have the opportunity to complete a gym session at the CBJ Health Club. Participants can choose to either complete their pre-planned workout session or workout alongside one of our support staff who will create a workout program for them on the day. Gym sessions are approximately 2 hours in length. Everyone is given time to freshen up at the gym before heading to a shopping centre for lunch.

TAG 5 Centre Workshop

TAG 5's centre workshop, based in Rocklea, has been specifically designed to provide IMPACT participants the opportunity to develop a range of skills that are useful in everyday life. Workshops run throughout the term that include skill-based learning of: cooking, woodwork, public transport education, job-employment skills, housekeeping skills, nutritional classes, budgeting and loads more!

Games Box

TAG 5's Games Box is an activity pack that our staff bring to IMPACT filled with equipment like sporting gear, arts & crafts and board games that participants are able to use at their leisure.

\$5 BBQ Lunch

Every Friday, TAG 5 hold a \$5 BBQ Lunch for all participants. This lunch includes a water bottle and on average, two to three wraps/burgers per person. We provide food including marinated chicken and vegetable wraps, Mexican mince and bean wraps, chicken schnitzel burgers, mince patty burgers or a sausage sizzle. The food available will vary depending on the day, however, we are able to cater for all dietary requirements.

Night Events

Every second Friday, we welcome all participants to come along to an IMPACT Night Event. Each Night Event throughout the term is a different activity, with exciting opportunities for all participants to enjoy. Night Event costs will vary depending on the activity, and costs must be paid to TAG 5 accounts prior to the due date. TAG 5 support services will still be invoiced as per usual at the evening price.

TERM 3 IMPACT PROGRAM 2020

PLEASE NOTE: this schedule and locations are subject to change dependent on TAG 5 making arrangements for wet weather and the reopening of all venues due to covid-19.

IMPORTANT: As of 1 JULY 2020 transport costs will be added for IMPACT activities in accordance with NDIS pricing.

WEEK	DATES	TOPIC	ACTIVITIES
1	Monday 13/07/20	Let's Get Physical/ Life Skills/ Budgeting Skills/Social Skills	Fishing at Colmslie Reserve Beach and park walk
	Tuesday 14/07/20	Let's Get Physical/ Social Skills/Life skills/ Occupational Skills	TAG 5 Center Workshop
	Wednesday 15/07/20	Let's Get Physical/ Life Skills/ Budgeting Skills	Gym CBJ Health Club + TAG 5 Workshop
	Thursday 16/07/20	Let's get Physical/ Social Skills/ Life Skills/Occupational skills	TAG 5 Center Workshop
	Friday 17/07/20	Let's Get Physical/ Budgeting Skills/ Social Skills	Doug Larsen Park + \$5 BBQ (Night Event: Victoria Park 18-hole mini golf + Dinner – approx. \$25 per person (cost includes golf and pizza))
2	Monday 20/07/20	Let's Get Physical/ Life Skills/ Budgeting Skills/Social Skills	AFA Futsal @ OXLEY + TAG 5 Workshop
	Tuesday 21/07/20	Let's Get Physical/ Social Skills/Life skills/ Occupational Skills	TAG 5 Center Workshop
	Wednesday 22/07/20	Let's Get Physical/ Life Skills/ Budgeting Skills	Gym CBJ Health Club + TAG 5 Workshop
	Thursday 23/07/20	Let's Get Physical/ Social Skills/Life skills/ Occupational Skills	TAG 5 Center Workshop
	Friday 24/07/20	Budgeting Skills/ Social Skills	The Cube at QUT Gardens Point- Interactive Screening Centre + \$5 BBQ Lunch at Botanical Gardens
3	Monday 27/07/20	Let's Get Physical/ Life Skills/ Budgeting Skills/social skills	Mt Coot-Tha- JC slaughter Creek falls walking track
	Tuesday 28/07/20	Let's Get Physical/ Social Skills/Life skills/ Occupational Skills	TAG 5 Center Workshop
	Wednesday 29/07/20	Let's Get Physical/ Life Skills/ Budgeting Skills	Gym CBJ Health Club + TAG 5 Workshop
	Thursday 30/07/20	Let's Get Physical/ Social Skills/Life skills/ Occupational Skills	TAG 5 Center Workshop
	Friday 31/07/20	Let's Get Physical/ Budgeting Skills/ Social Skills/Relationship & Team work	Calamvale District Park + teamed sporting games + \$5 BBQ lunch (Night Event: Bounce at Tingalpa approx. \$23 per person (if you wish to purchase food at the venue, please bring extra money))
4	Monday 03/08/20	Let's Get Physical/ Life Skills/ Budgeting Skills/Social Skills	AFA Futsal @ OXLEY + TAG 5 Workshop
	Tuesday 04/08/20	Let's Get Physical/ Social Skills/Life skills/ Occupational Skills	TAG 5 Center Workshop
	Wednesday 05/08/20	Let's Get Physical/ Life Skills/ Budgeting Skills	Gym CBJ Health Club + TAG 5 Workshop
	Thursday 06/08/20	Let's Get Physical/ Social Skills/Life skills/ Occupational Skills	TAG 5 Center Workshop
	Friday 07/08/20	Let's Get Physical/ Social Skills/ Life Skills/Discovery/ Occupational Skills	Mount coot-Tha walk-through + \$5 BBQ lunch
5	Monday 10/08/20	Let's Get Physical/ Life Skills/ Budgeting Skills/Social Skills	The Cube at QUT Gardens Point- Interactive Screening Centre Lunch at City Botanical Gardens
	Tuesday 11/08/20	Let's Get Physical/ Social Skills/Life skills/ Occupational Skills	TAG 5 Center Workshop
	Wednesday 12/08/20	Let's Get Physical/ Life Skills/ Budgeting Skills	Gym CBJ Health Club + TAG 5 Workshop
	Thursday 13/08/20	Let's Get Physical/ Social Skills/Life skills/ Occupational Skills	TAG 5 Center Workshop
	Friday 14/08/20	Let's Get Physical/ Budgeting Skills/ Social Skills	Daisy Hill Koala Centre + \$5 BBQ lunch Night Event: Inflatable World at Darra + Dinner, approx. \$20 per person (cost includes 2-hours of bouncing and Dinner)

6	Monday 17/08/20	Let's Get Physical/ Life Skills/ Budgeting Skills/Social Skills	AFA Futsal @ OXLEY + TAG 5 Workshop
	Tuesday 18/08/20	Let's Get Physical/ Social Skills/Life skills/ Occupational Skills	TAG 5 Center Workshop
	Wednesday 19/08/20	Let's Get Physical/ Life Skills/ Budgeting Skills	Gym CBJ Health Club + TAG 5 Workshop
	Thursday 20/08/20	Let's Get Physical/ Social Skills/Life skills/ Occupational Skills	TAG 5 Center Workshop
	Friday 21/08/20	Let's Get Physical/ Budgeting Skills/ Social Skills	Rocks Riverside Park + Games Box + \$5 BBQ lunch

7	Monday 24/08/20	Budgeting Skills/ Social Skills/Life skills	Southbank cinemas for a movie (Please bring \$7 for the movie and a companion card if you hold one)
	Tuesday 25/08/20	Let's Get Physical/ Social Skills/Life skills/ Occupational Skills	TAG 5 Center Workshop
	Wednesday 26/08/20	Let's Get Physical/ Life Skills/ Budgeting Skills	Gym CBJ Health Club + TAG 5 Workshop
	Thursday 27/08/20	Let's Get Physical/ Social Skills/Life skills/ Occupational Skills	TAG 5 Center Workshop
	Friday 28/08/20	Let's Get Physical/ Budgeting Skills/ Social Skills	The Sir Thomas Brisbane Planetarium + \$5 BBQ lunch Night Event: Barefoot Lawn Bowls at Mt Gravatt approx.\$30 per person (Two games of Bowls and Dinner at the venue (set menu))

8	Monday 31/08/20	Let's Get Physical/ Life Skills/ Budgeting Skills/Social Skills	AFA Futsal @ OXLEY + TAG 5 Workshop
	Tuesday 01/09/20	Let's Get Physical/ Social Skills/Life skills/ Occupational Skills	TAG 5 Center - Workshop
	Wednesday 02/09/20	Let's Get Physical/ Life Skills/ Budgeting Skills	Gym CBJ Health Club + TAG 5 Workshop
	Thursday 03/09/20	Let's Get Physical/ Social Skills/Life skills/ Occupational Skills	TAG Center Workshop
	Friday 04/09/20	Budgeting Skills/ Social Skills	Ken Fletcher Park + Games Box + teamed sports + \$5 BBQ lunch

9	Monday 07/09/20	Let's Get Physical/ Life Skills/ Budgeting Skills/Social Skills	Mount Coot-Tha garden walking track
	Tuesday 08/09/20	Let's Get Physical/ Social Skills/Life skills/ Occupational Skills	TAG Center Workshop
	Wednesday 09/09/20	Let's Get Physical/ Life Skills/ Budgeting Skills	Gym CBJ Health Club + TAG 5 Workshop
	Thursday 10/09/20	Let's Get Physical/ Social Skills/Life skills/ Occupational Skills	TAG 5 Center Workshop
	Friday 11/09/20	Let's Get Physical/ Budgeting Skills/ Social Skills	GOMA Art walk-through + \$5 BBQ lunch in South Bank Night Event: To be confirmed (awaiting the reopening of activities)

10	Monday 14/09/20	Let's Get Physical/ Life Skills/ Budgeting Skills/Social Skills	AFA Futsal @ OXLEY + TAG 5 Workshop
	Tuesday 15/09/20	Let's Get Physical/ Social Skills/Life skills/ Occupational Skills	TAG 5 Center Workshop
	Wednesday 16/09/20	Let's Get Physical/ Life Skills/ Budgeting Skills	Gym CBJ Health Club + TAG 5 Workshop
	Thursday 17/09/20	Let's Get Physical/ Social Skills/Life skills/ Occupational Skills	TA5 Center Workshop
	Friday 18/09/20	Let's Get Physical/ Budgeting Skills/ Social Skills	TAG5 IMPACT break-up lunch (VENUE AND PRICING TBC.) NIGHT EVENT: TAG 5 BREAK UP DISCO AT WORKSHOP + DINNER