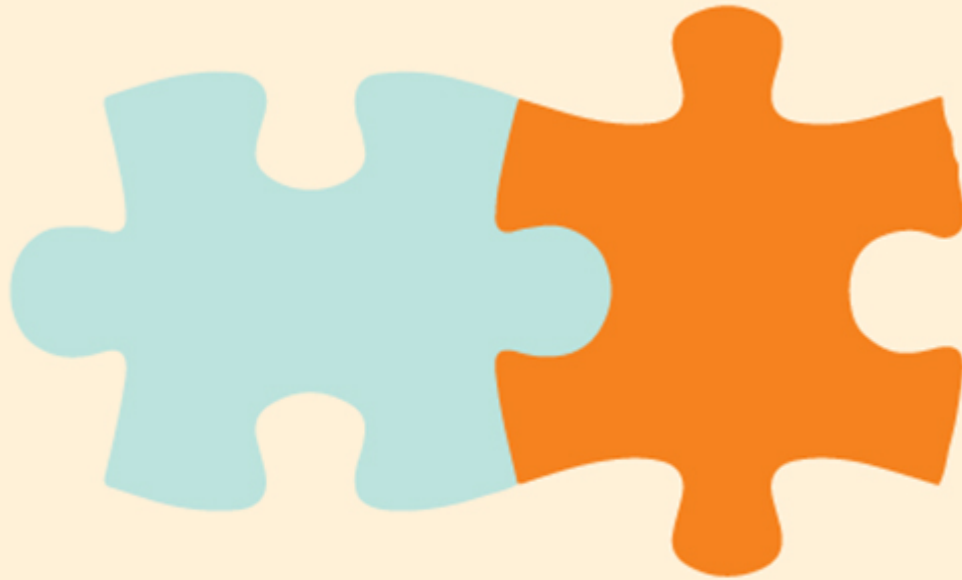




Bedford



**Day Options and  
Community Access  
& Lifestyle  
Programs**

# Community Access & Lifestyle ..and Day Options Programs`



## COMMUNITY ACCESS & LIFESTYLE

<i>LIFE SKILLS – SUPPORTING GREATER INDEPENDENCE IN YOUR HOME AND WORK SKILLS</i>																									
<b>At Home Support (Individual Support)</b>	Client receives 1:1 support offered at home - individualised based on each Clients goals and interests. Skill areas may include meal planning, shopping, cooking, cleaning, budgeting, paying bills, and technology for everyday use, etc.																								
<b>Individual Support in the community</b>	Client receives 1:1 support in the community - individualised based on each Client's goals and interests.																								
<b>Better Budgets</b>	12-week budgeting program facilitated by Uniting Communities. Content is personalised to the group. Focussed on learning basic budgeting skills. Maximum of six Clients per session and one DSW supporting three Clients.  <i>Group sessions coming soon.</i>																								
<b>Technology – Computer Basics</b>	Group technology classes offered at Panorama and Elizabeth. Maximum of six Clients per session and one DSW supporting three Clients. Booklets to complete and optional technology projects, suitable for all skill levels.  Clients can select 1:1 individualised technology sessions, in-home or in a community setting (eg at a library).																								
<b>Cooking</b>	Group cooking classes offered at Torrensville, Panorama, Elizabeth and Gepps Cross with support provided for all processes, including shopping, recipe selection, cooking and cleaning up.  Clients can select 1:1 individualised cooking support offered in-home.  Monthly skills focus with a maximum of six Clients per session and one DSW supporting three Clients.  <table style="width: 100%; border: none;"> <tr> <td><b>January:</b></td> <td><i>Mixing with hands</i></td> <td><b>February:</b></td> <td><i>Mashing</i></td> <td><b>March:</b></td> <td><i>Boiling</i></td> </tr> <tr> <td><b>April:</b></td> <td><i>Grating</i></td> <td><b>May:</b></td> <td><i>Baking</i></td> <td><b>June:</b></td> <td><i>Kneading</i></td> </tr> <tr> <td><b>July:</b></td> <td><i>Cleaning up</i></td> <td><b>August:</b></td> <td><i>Measuring</i></td> <td><b>September:</b></td> <td><i>Peeling</i></td> </tr> <tr> <td><b>October:</b></td> <td><i>Rolling</i></td> <td><b>November:</b></td> <td><i>Chopping</i></td> <td><b>December:</b></td> <td><i>Frying</i></td> </tr> </table>	<b>January:</b>	<i>Mixing with hands</i>	<b>February:</b>	<i>Mashing</i>	<b>March:</b>	<i>Boiling</i>	<b>April:</b>	<i>Grating</i>	<b>May:</b>	<i>Baking</i>	<b>June:</b>	<i>Kneading</i>	<b>July:</b>	<i>Cleaning up</i>	<b>August:</b>	<i>Measuring</i>	<b>September:</b>	<i>Peeling</i>	<b>October:</b>	<i>Rolling</i>	<b>November:</b>	<i>Chopping</i>	<b>December:</b>	<i>Frying</i>
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<b>Literacy &amp; Numeracy</b>	Client receives 1:1 individualised support in developing literacy and numeracy skills, focussed on theoretical knowledge and application of skills in everyday situations.																								

# Community Access & Lifestyle ..and Day Options Programs`



SOCIAL AND RECREATIONAL																									
<b>Art</b>	Classes at the Art Space in Panorama. Clients select their own project and are supported with skills and techniques to create an individual project from a broad range of style, including paint, sculpt, mould, draw, or be creative in their own individual way. A maximum of six Clients per session and one DSW supporting three Clients.																								
<b>Paint &amp; Sip</b>	An informal art group, similar to the Art program and focused on a relaxing evening with drinks provided to enjoy whilst painting. Maximum of six Clients per session and one DSW supporting three Clients.  <i>Group sessions coming soon.</i>																								
<b>Social Saturday (Community and centre-based activities)</b>	Social groups offered at our Panorama, Torrensville and Elizabeth sites. Community-based activities include day trip visits to local destinations such as galleries, museums, animal sanctuaries, national parks, and events. Centre-based activities include themed celebrations, games, arts and crafts, sports, karaoke and cooking.																								
<b>Bedford Beats</b>	Offered at Elizabeth and Panorama.  At Elizabeth, karaoke-style session. Individual and group sing-a-long with Clients selecting the songs.  At Panorama, first half of session is choir-style and second half is karaoke-style. As a group, the choir select a song on which they focus and can perform at events. Karaoke is both individual and group sing-a-longs with songs chosen by Clients.																								
<b>Cooking Group</b>	Group cooking classes offered at Torrensville, Panorama, Elizabeth and Gepps Cross. Monthly focus skill to learn specific skills. Maximum of six Clients per session and one DSW supporting three Clients.  <table border="0"> <tr> <td><b>January:</b></td> <td><i>Mixing with hands</i></td> <td><b>February:</b></td> <td><i>Mashing</i></td> <td><b>March:</b></td> <td><i>Boiling</i></td> </tr> <tr> <td><b>April:</b></td> <td><i>Grating</i></td> <td><b>May:</b></td> <td><i>Baking</i></td> <td><b>June:</b></td> <td><i>Kneading</i></td> </tr> <tr> <td><b>July:</b></td> <td><i>Cleaning up</i></td> <td><b>August:</b></td> <td><i>Measuring</i></td> <td><b>September:</b></td> <td><i>Peeling</i></td> </tr> <tr> <td><b>October:</b></td> <td><i>Rolling</i></td> <td><b>November:</b></td> <td><i>Chopping</i></td> <td><b>December:</b></td> <td><i>Frying</i></td> </tr> </table> Clients can also select in-home, 1:1 cooking support. Support provided for all processes including shopping, recipe selection, cooking and cleaning up.	<b>January:</b>	<i>Mixing with hands</i>	<b>February:</b>	<i>Mashing</i>	<b>March:</b>	<i>Boiling</i>	<b>April:</b>	<i>Grating</i>	<b>May:</b>	<i>Baking</i>	<b>June:</b>	<i>Kneading</i>	<b>July:</b>	<i>Cleaning up</i>	<b>August:</b>	<i>Measuring</i>	<b>September:</b>	<i>Peeling</i>	<b>October:</b>	<i>Rolling</i>	<b>November:</b>	<i>Chopping</i>	<b>December:</b>	<i>Frying</i>
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<b>Pub &amp; Grub</b>	Social group meeting at Torrensville, Panorama and Elizabeth sites. Clients choose where they'd like to visit each week for dinner.  <i>Group sessions commencing 5 July 2021</i>																								

# Community Access & Lifestyle ..and Day Options Programs`



SOCIAL AND RECREATIONAL...continued	
<b>Soccer</b>	Soccer group facilitated by Sturt Lions Football Club. Players participate in weekly training and games in the Bedford Community League competition. Uniforms provided. Program runs for 12 weeks each year throughout the soccer season.
<b>Markets on Sundays</b>	A social group for Clients to visit local food, clothing and craft markets around Adelaide. Clients choose where they would like to go each session. Groups run on 1 <sup>st</sup> and 3 <sup>rd</sup> Sunday of each month.  <i>Group sessions commencing soon.</i>
<b>Lawn bowls</b>	Lawn bowls competition run through Bowls Australia. Clients meet-up at Torrensville, Elizabeth, Gepps Cross and Panorama site and then travel to a local bowling club for a Jack Attack format game.  <i>Group sessions commencing soon.</i>
<b>Holiday activities</b>	Over the Christmas period when Bedford's employment services close, CAL offers both community and centre-based social group holiday activities that run at Panorama and Elizabeth sites.  <i>Group sessions at Torrensville site TBC for 2021</i>

# Community Access & Lifestyle ..and Day Options Programs`



TRAVEL & TRANSPORT	
<b>Get your Learners</b>	Support to study for L Plate Theory test
<b>Public Transport and Road Safety Awareness</b>	<p>Client's offered 1:1 support to learn how to independently access public transport and practice road safety.</p> <p>Skills focus on:</p> <ol style="list-style-type: none"> <li>1. Finding the correct transport and route to destination and back</li> <li>2. Using road safety awareness</li> <li>3. Catching the correct transport to destination and back</li> <li>4. Purchasing and validating card or ticket</li> <li>5. Travelling safely on public transport</li> <li>6. Exiting transport at the correct location</li> <li>7. Knowing and implementing a back-up plan</li> </ol>

# Community Access & Lifestyle ..and Day Options Programs`



## DAY OPTIONS

<i>LIFE SKILLS – SUPPORTING GREATER INDEPENDENCE IN YOUR HOME AND WORK SKILLS</i>	
<b>Cooking</b>	Group cooking classes available in a 12-week block. Clients are supported to learn basic skills in the kitchen and prepare meals choosing recipes that appeal to the group. Following the cooking session, Clients sit back and enjoy a lunch of their own creation.
<b>Volunteering</b>	Group activities supporting the community at various organisations including; RSPCA, Meals on Wheels and Op-Shop, etc
<b>Work Skills</b>	Clients supported in the development of workplace skills followed by experiencing ‘everyday’ work in Bedford supported employment.
<b>Dude Crew</b>	Men’s group, offering a variety of skill development opportunities, for example, home and bike maintenance, men’s health and hygiene and community outings.
<b>Girls Group</b>	Women’s group, offering community outings and a variety of learning, for example, female health and hygiene, skincare and make up application.
<b>Better Budgets</b>	Clients attend a 12-week budgeting program facilitated by Uniting Communities with content personalised to the group with a focus on learning basic budgeting skills including financial literacy basics (identifying notes and coins), counting, checking for correct change, addition and subtraction and more.  Maximum of six Clients per session and one DSW supporting three Clients.
<b>Literacy &amp; Numeracy</b>	Support to develop literacy and numeracy skills. Learning focusses on theoretical knowledge and application of skills in everyday life situations.
<b>Art – SALA</b>	Clients can either create individual art pieces or join in on a group creation with art pieces submitted as part of Bedford Client’s SALA exhibition.
<b>Micro Enterprise (dog treats)</b>	Offers a range of activities related to setting up and running a micro enterprise – clients create new items ideas, resource, budget and create dog treats. Clients also design, package and create displays and support sale of the products and practice money handling and develop financial literacy skills.
<b>Gardening</b>	Clients spend time working on a raised garden bed; planting and access a plot at the Bedford community garden to grow produce which is then utilised during our cooking programs.

# Community Access & Lifestyle ..and Day Options Programs`



SOCIAL & RECREATIONAL	
<b>Swimming</b>	Lots of fun with recreational swimming at local aquatic centres.
<b>Sport</b>	Basketball, AFL, Tennis – just a few of the sporting activities the group explores
<b>Get Fit</b>	Walking, Hiking, Swimming – Get fit and have fun doing it by walking, hiking, swimming – a focus on health and wellbeing through community and centre based sessions.
<b>Art</b>	Classes run at Panorama’s Art Space. Clients choose their own project and are supported to learn skills and techniques to create their project. Clients may like to paint, sculpt, mould, draw, or create in any way they like. Group projects are also created with a collaborative, creative approach.
<b>Wildlife Warriors</b>	Learn about Wildlife at nature reserves, national parks and the Adelaide Zoo through community outings and centre-based sessions.  Clients can even learn how to care for Day Options own Guinea Pigs and participate in hatching programs with Henny Penny Hatching.
<b>Social &amp; Recreation - Community outings to see what Adelaide has to offer</b>	Coming along to Bounce, Hahndorf Farm Barn, Museum visits are just some of the destinations Clients can choose to explore. Programs change every 12 weeks and include annual events such as the Royal Show, Tour down Under and The Adelaide Fringe.