

# OUR COMMUNITY ACCESS HUBS

Packed with Adventure, Fun and Life Skills





## ABOUT US

At Unisson Disability, we know how important it is to feel a sense of fulfilment from day-to-day activities. We also understand that everyone has different needs, goals and preferences which is why we offer a personalised plan for our clients so we can develop a program to suit their individual needs. With that in mind, we offer both centre-based and community-based services from our six Community Access Hubs.

Our Community Access Hubs provide an opportunity for clients to participate in a range of activities of their choice, make friends and build long lasting connections. Our hubs are located in

- Terrey Hills
- Beaumont Hills
- Lane Cove
- St Ives
- Hamilton
- Raymond Terrace

Read all about our different Community Access Hubs and learn about the different activities that take place at your local hub!

## A FARM DAY WITH ELLIE

Our client Ellie and our support worker Maddison had a fabulous outing to Calmsley Hill City Farm at Abbotsbury, as part of our Community Services offerings. The farming of the land at Abbotsbury has a rich history going back almost 120 years and it's a great way to experience rural life in the city. Interestingly, the Sydney Olympics Mountain Bike competition was held there back in 2000.

Ellie was the leader of the day! It was great to see her independence shining through - using her Discover NSW voucher, buying her own ticket, speaking to the farm staff and answering any questions they asked her.

Ellie loved the animal nursery and this is where they spent the longest time. Ellie got to pet the goats and sheep - one of the sheep even stealing her feed bag from her! Maddison encouraged Ellie to learn more by asking the farmers about the animals and supported her communication where necessary.

Ellie and Maddison engaged with a young family after a goat bit one of the children's clothes and was now scared to feed the rest of the animals. Ellie took initiative and showed the child that it was okay to feed the animals and demonstrated how to feed one of the cows. It was great to see Ellie using encouraging words - "see, like this", "you can do it, you're brave", "I can help you if you want". The mother was very appreciative and thanked Ellie for her kindness towards her child.

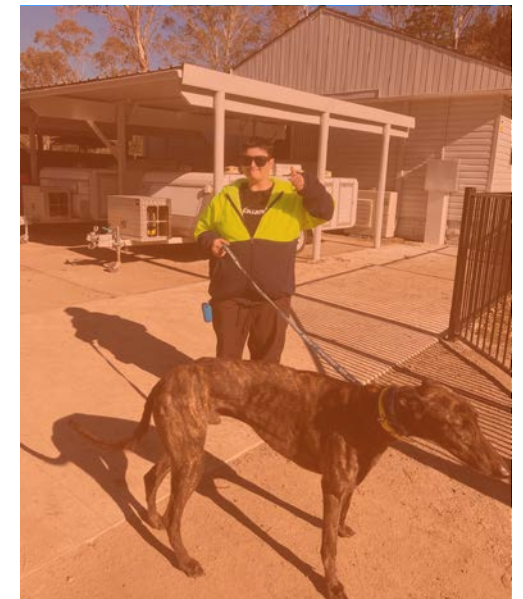
Ellie and Maddison also went on a tractor ride around parts of the farm, looking at some of the cattle. Ellie got the chance to milk one of the dairy cows and they watched the whip cracking show. When the farmer asked if anyone would like a turn, Ellie approached him and independently asked for a turn.

It was great to see Ellie take control over her day, maximise every moment and really be independent in her choices through Community Services.

Ellie also named these horses - spotted one: Maddi. Brown one: Bernice, the dark one next to brown one: Julie, and the one next to the spot one: Shirley. These are all names of her housemates and Direct Support Professionals (DSPs).



**Team Leader Taylor said, "Maddison provided and found so many ways to help Ellie build skills. She was able to recognise the Active Support Principles she is embedding in her support too."**





## TERREY HILLS

Our Terrey Hills Hub is nestled within tranquil bushland surrounds. It is bright, spacious and has an open plan design with custom-built facilities including a kitchen, dining space, chill out room, sensory room, and music room. The Terrey Hills hub is situated next to our Blue Apple Art Studios where clients can take part in painting and drawing workshops.

For those seeking to unwind, learn new musical skills or embark on a creative art journey all while seeking independence and building social skills – Terrey Hills Community Access is the place to be!

## ACTIVITIES

At Terrey Hills, clients can choose to do a spot of shopping, hydrotherapy swimming, yoga, zumba, sensory room activities and so much more.

### Regular Incursions at Terrey Hills



### Regular Excursions at Terrey Hills





## BLUE APPLE ART STUDIOS

Blue Apple is a collaborative art space located in Terrey Hills, among a tranquil bush setting. This modern art space is a place for people of all abilities, ages, and experience to use the space to explore their inner creativity.



## OUR DIFFERENCE

Blue Apple was created to bring to life opportunities for artists from the broader community to express themselves through art and learn new creative skills. Our classes are small and individualised, so our clients have the best opportunities to create something unique with our trained arts professionals.

Specialising in a collection of mediums our art facilitators teach a diverse range of skills including ceramics, paper making, painting, and drawing. We have made a space where clients feel inspired and

supported by those around them to boost creativity and ignite creative passions.

We believe that art is for everyone, for people of all ages, abilities, backgrounds and skill levels and joy is often found in the experiences we have and the connections we make through shared moments - especially when creating art.



## BEAUMONT HILLS

Our Beaumont Hills Hub is the ideal space to learn new skills, socialise with friends and participate in fun and interactive group activities. It features multiple activity areas, including a sensory music room and chill out area. Beaumont Hills also has spacious lounge areas, a fully furnished kitchen, a dining room and a courtyard area for those looking to relax in the sunshine.

### Weekly activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SENIORS PROGRAM	BOWLING AND FISHING	AQUA GOLF AND KARAOKE	MUSIC THERAPY AND ARTS & CRAFTS	COOKING/ BAKING AND BUSH WALKING

## ACTIVITIES

Beaumont Hills Hub run day-to-day activities, excursions and provide a wide variety of learning and development opportunities to help enhance your social and independent life skills.

### Regular Incursions at Beaumont Hills

Arts and Crafts	Puzzles and Card Games	Movie Days	Nail Art
Music Man	Cooking	Gardening OR Sensory Garden	Karaoke

### Regular Excursions at Beaumont Hills

Bowling	Tennis	Horse Riding	Visits to the Secret Garden Nursery	Visit and BBQ at the Narranginy reserve
Bushwalking	Indoor basketball	Library visits	Visits to local cafes	Visits to local beaches
Visits to local parks	Trips to the zoo	Fishing	Aqua golf	Swimming



## LANE COVE

Lane Cove is our newest Community Access Hub and provides an opportunity for our clients to enjoy a wide range of social and skill-based programs all in a safe and welcoming environment. The space features an open floor plan to enable more varied activities, a sensory room, a café style eating area and is close to local shops and restaurants.

## ACTIVITIES

### Regular Incursions at Lane Cove

 Cooking	 Computer Skills	 Indoor Sports	 Dancing	 Karaoke
 Therapy Dog Visits	 Arts, Crafts and Puzzles	 Sensory Activities	 Cooking Programs & Food Theme Days	

### Regular Excursions at Lane Cove

 BBQs	 Bushwalking	 Visits to Art Galleries Museums	 Bowling	 Swimming
 Trampolining	 Sports Day	 Movies	 Gym	 Lunch at Local Cafes



## ST IVES

Located within a quiet suburban neighbourhood, St Ives Community Access Hub is ideal for those seeking to learn new skills and make lifelong friends. It features multiple activity areas including an art room and a theatre room. St Ives also has a spacious lounge and dining area and a fully equipped kitchen. It also features a peaceful courtyard and sheltered patio area where clients can enjoy the outdoors and peaceful surrounds.

## ACTIVITIES

St Ives is the place to release your creativity and imagination with day-to-day activities and outings on offer daily.

### Regular Incursions at St Ives



### Regular Excursions at St Ives







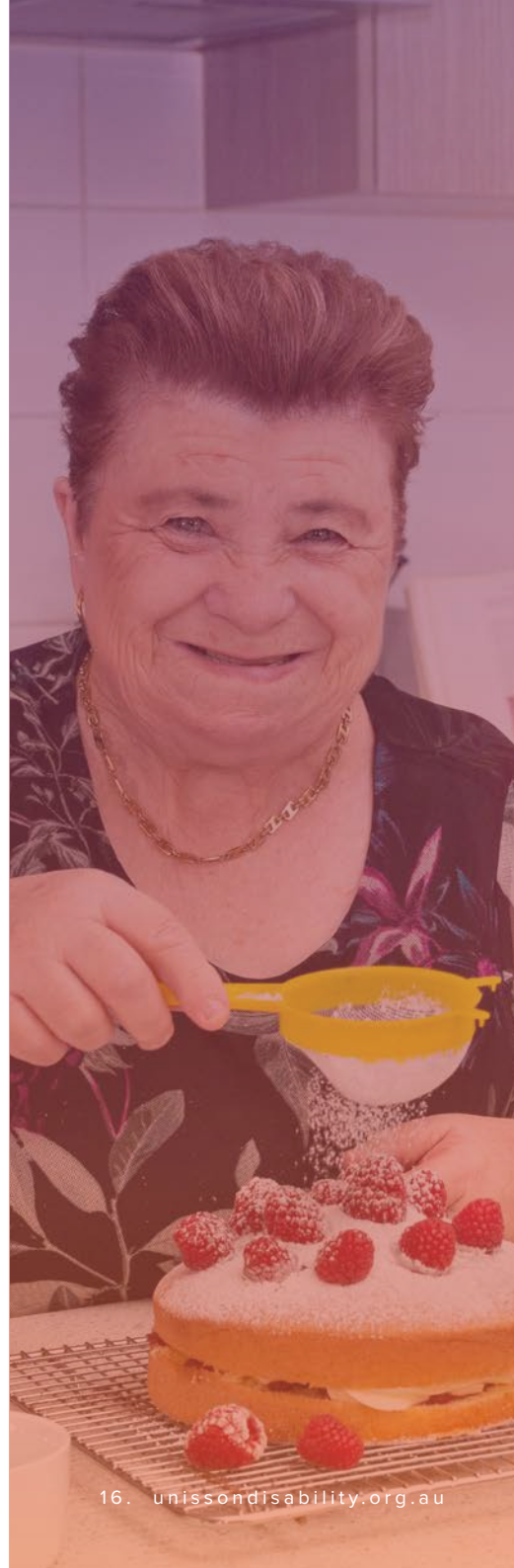
## HAMILTON

Located in Newcastle, our Hamilton Community Access Hub is a multi-functional space perfect to learn new skills or unwind with friends. It features multiple activity areas, an outdoor garden area, a lounge and dining room and a fully equipped kitchen. Hamilton run several programs throughout the week including a cooking and gardening program giving clients the chance to learn a new skill or a fun activity.

### Regular Incursions at Hamilton



Weekly activities			
TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DIAMOND ART	COOKING CLASS, GROCERY SHOPPING AND BUDGETING	ART / PAINTING	SCRAPBOOKING, CRAFTS AND EXCURSION DAY



## RAYMOND TERRACE

Located in the town centre, this dynamic space is the perfect location to learn new cooking skills, attend our gardening program, or join in the exercise with our PCYC gym program.

Our Raymond Terrace Community Access Hub offers day to day activities, outings, and learning and development to help build social and independent life skills.

The centre includes an open activity space, lounge space, kitchen and garden for everyone to enjoy.



## ENQUIRE NOW



To book a tour at your nearest Community Access Hub, scan the QR code above or alternatively, contact us on the below channels.



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