



# The Inclusion Centre

by  hands on people

5 Foelsche St  
Darwin City, NT 0800

Opening hours :  
Monday - Friday  
9 AM - 4 PM

**08 7915 4555**

**[handsonpeople.com.au](http://handsonpeople.com.au)**

## What is the Inclusion Centre?

The Inclusion Centre is our very own **adult day centre** where NDIS participants can come and increase their social participation, skill development and take care of their mind and wellbeing.

## What are the Facilities?

- ✓ Comfortable lounge
- ✓ Tea, coffee & refreshments
- ✓ Communal kitchen
- ✓ Reading room
- ✓ Computer & media room
- ✓ Music instruments
- ✓ Meeting room
- ✓ Sensory room
- ✓ Outdoor sitting area
- ✓ Gardening facility
- ✓ Arts & crafts room
- ✓ Disability friendly toilet
- ✓ HOP SKIP bus
- ✓ Darwin CBD within reach

## Where is it located?

The Inclusion Centre is easily accessible at **5 Foelsche St, Darwin City**. It is open from Monday to Friday at 9 AM - 4 PM.



Hands On People acknowledges the traditional owners of this land and pays respect to elders both past and present

# Achieve your NDIS Goal.

Our programs are tailor-made to support each participant according to their NDIS goals. Our team is a group of qualified, positive and friendly individuals ensuring that each participant that comes through our centre's doors gets the correct support and encouragement to enhance their wellbeing.

9 AM - 12 PM

## SOCIAL PARTICIPATION

- ✓ Meet new people in an inclusive and safe space
- ✓ Increase fine motor skills
- ✓ Increase gross motor skills
- ✓ Discover and boost self esteem
- ✓ Make meaningful connections and interactions

1 PM - 4 PM

## SKILL DEVELOPMENT

- ✓ Gain knowledge and learn according to each's own phase
- ✓ Learn to care for self and others
- ✓ Increase motor skills
- ✓ Keep the mind occupied and learning
- ✓ Positive encouragement to improve and achieve

## To register as an NDIS participant,

Please contact our consumer officer **Bibin** on **0466 439 806** and sign a service agreement with us. First visit is free, afterwards a signed service agreement is required to continue attending the Inclusion Centre. We also offer transport service to and from the centre.

Participants are welcome to use our facilities and self-moderate their own activities. We do however encourage participants to join the day programs that consist of, but not limited to :

## Monday

9 AM - 12 PM

### SOCIAL PARTICIPATION

Coffee & Chat,  
newspaper reading, card  
making, TV, board games

12 PM - 1 PM

Lunch time\*

1 PM - 4 PM

### SKILL DEVELOPMENT

Craft Activities :  
DIY Project, Jewellery  
making, canvas painting,  
pot painting, flower  
arranging



## Tuesday

9 AM - 12 PM

### SOCIAL PARTICIPATION

Coffee & Chat,  
newspaper reading, card  
making, TV, board games

12 PM - 1 PM

Lunch time\*

1 PM - 4 PM

### SKILL DEVELOPMENT

Sewing :  
Sewing basics, pattern  
making, cutting & fixing,  
embroidery, designing &  
upcycling



## Wednesday

9 AM - 12 PM

### SOCIAL PARTICIPATION

Coffee & Chat,  
newspaper reading, card  
making, TV, board games

12 PM - 1 PM

Lunch time\*

1 PM - 4 PM

### SOCIAL PARTICIPATION

Outing with HOP Skip Bus  
Darwin City & Surrounds



## Thursday

9 AM - 12 PM

### SOCIAL PARTICIPATION

Coffee & Chat,  
newspaper reading, card  
making, TV, board games

12 PM - 1 PM

Lunch time\*

1 PM - 4 PM

### SKILL DEVELOPMENT

Cooking Classes :  
Traditional dishes, Aussie  
classics, food preparation,  
dessert days



## Friday

9 AM - 12 PM

### SOCIAL PARTICIPATION

Coffee & Chat,  
newspaper reading, card  
making, TV, board games

12 PM - 1 PM

Lunch time\*

1 PM - 4 PM

### SKILL DEVELOPMENT

BBQ Day  
Meet and greet



\*Lunch Provided. Please notify if there is any dietary requirements.

### MORE PROGRAMS COMING UP

Keep an eye on our social media on program updates!

 [facebook.com/hands-on-people](https://facebook.com/hands-on-people)

 [@handsonpeople](https://instagram.com/handsonpeople)