



Kew
Neighbourhood
Learning Centre

Inclusive Communities Program

2022

Kew Neighbourhood Learning Centre 2-12 Derby Street Kew

www.kewnlc.org.au

9853 3126

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What is the Inclusive Communities Program?

The inclusive Communities Program is a group of programs designed to provide positive social, physical and emotional outcomes for a diverse range of people with varying needs.

All programs within the ICP are designed so that they can be delivered to people with a range of skill levels and experience levels, providing an opportunity to have fun and develop new skills.

Everyone is welcome at Kew Neighbourhood Learning Centre.

Am I eligible to participate in the program?

The ICP is funded through HACC/PYP and My Aged Care, however participants can also use NDIS funding or fee for service to participate in the program. If you are unsure if you are eligible for the program, please contact the centre on 98533126 or icp@kewnlc.org.au.

Gardening Group: Monday 12 - 1:30am

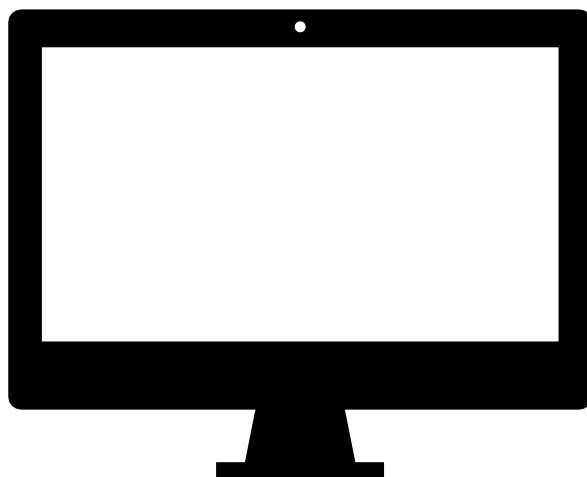
If you have a love for gardening and would like to learn more about it, this is the right program for you! A chance to get out into the sunshine in the Kew Neighbourhood Learning Centre garden under the guidance of a tutor and do some gardening. Participants plant seeds, tend to the plants, weed the garden and practice many other gardening activities both at the Centre, and KNLC's plot at the community garden down the road.

The KNLC garden is accessibility friendly, with raised garden beds and step-less entrance to the garden!



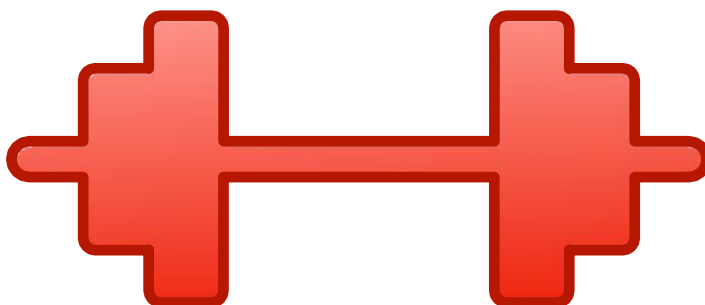
Social Computers: Tuesday 1 - 3pm

Social Computer is an ICP computer session designed to practise skills with computers, in a social setting. If you want to practise how to use emails, print out documents, watch videos on Youtube, or any number of other activities and projects on the computer, then come along on a Tuesday afternoon.



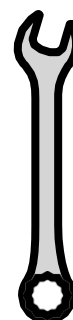
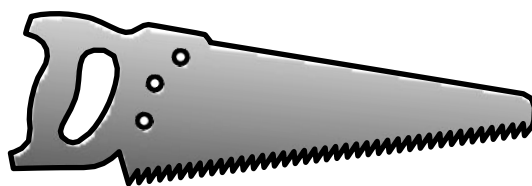
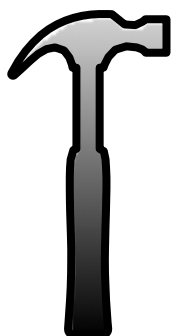
Fit at Home: Tuesdays 10:15am - 11:15 & Thursdays at 11:15am - 12:15pm

Fit at Home is a low impact exercise class focusing on strength and conditioning for individuals of all abilities. All exercises can be tailored towards your individual needs and can be progressed or regressed depending on the strength and fitness levels of the individual. Fit at Home is a great place to meet and socialise with a wide variety of people, as you all strive towards your own health and fitness goals.



Inclusive Shed: Monday 10am - 12:00pm

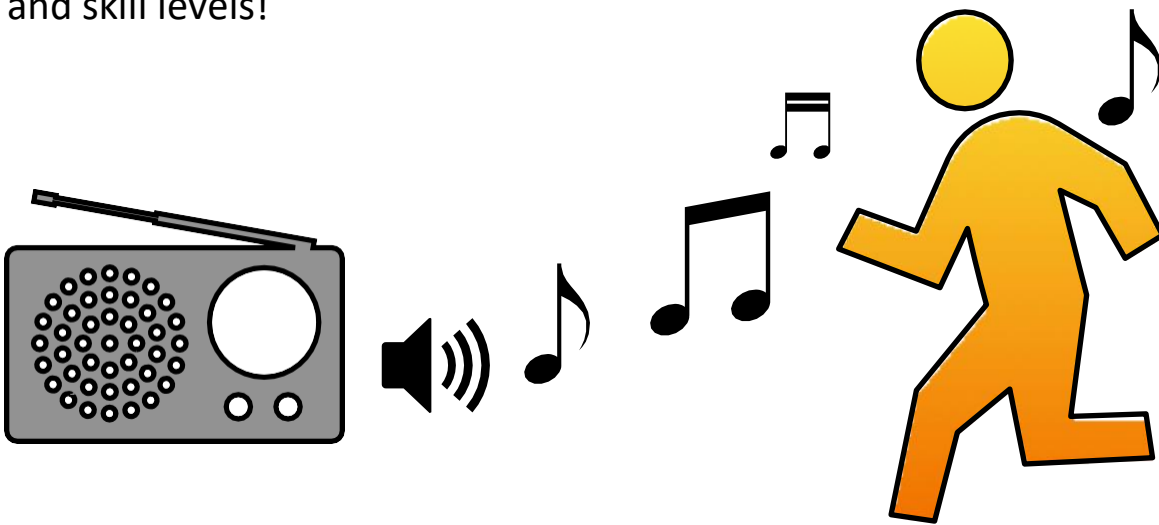
An opportunity for people to come together and work on projects in a disability-friendly workspace. Participants can come together and learn basic carpentry skills in a social setting. No experience or expertise necessary.



Dance: Thursdays 10:15 - 11:15am

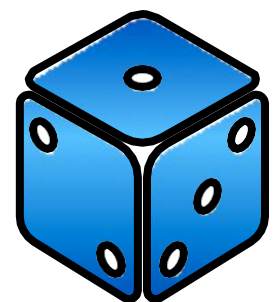
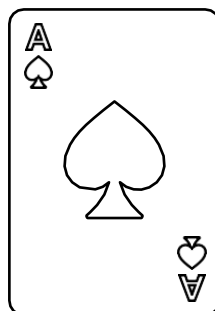
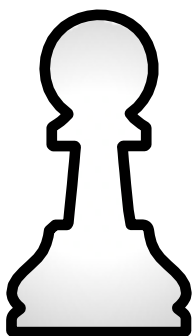
Put your dancing shoes on and join the dance program on Thursday mornings for an hour of movement facilitated by a trained dance instructor. The class works on various projects such as an individual waltz, hip-hop and several well-known pieces including 'Canadian stroll'. This session also also engage in stretches, warm-up and cool- down, free dance and guided movement.

Participants provide input to music requests and we incorporate them as we move throughout each session. This session is suitable for all abilities and skill levels!



Games Group: Thursdays 12:15 - 1:15am

Games Group is a place to come and play many different groups with a friendly, fun group of people. The games that are available include, board games, card games, word games and more! Participants are also welcome to bring their own games from home. Games group is a non-competitive, social environment where the main focus is fun and enjoyment.



Morning Art: Fridays 10:00am - 12pm

Afternoon Art: Fridays 1:00 - 3:00 pm

Looking to have fun creating art? This lively program is filled with colour and conversation as a tutor supports participants with their individual art projects. Access a range of materials provided by the Centre, or bring your own to create with, as we work towards your art goals.

Participants have the opportunity throughout the year to work towards exhibiting their work in the KNLC gallery space!

