
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.

Inclusive Communities Program



2022

Kew Neighbourhood Learning Centre
2-12 Derby Street Kew
www.kewnlc.org.au
9853 3126
icp@kewnlc.org.au

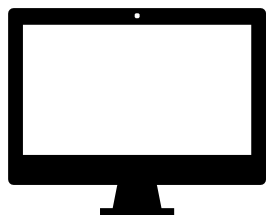
Gardening Group: Monday 12 - 1:30am

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 practise many other gardening activities both at the Centre, and KNLC's plot at the community garden down the road.

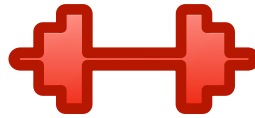
The KNLC garden is accessibility friendly, with raised garden beds and step-less entrance to the garden!

**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

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

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 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. This session is suitable for all abilities and skill levels!

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

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 focus is fun and enjoyment.

**Friday Art: 10-12pm and 1:00 - 3:00 pm**

Looking to have a fun afternoon 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!

