

A Story Every Second



“We like being heard on the radio. Yackety Yak at Distinctive Options Noweyung is always fun!”
- Vanessa and Mary Lou. Group supports

BAIRNSDALE | BENDIGO | BRIMBANK | SUNBURY & MACEDON RANGES
SCHEDULE OF SERVICES BAIRNSDALE



Distinctive
Options
In Life



DistinctiveOptions Noweyung

Group Supports



All Inclusive

9 am to 4 pm

Mon Tue Wed Thu Fri

You tell us what you would like to achieve and we will assist you to achieve it, whether it be an individual interest, community inclusion or an opportunity to build social and communication skills.

Program goal: achieving outcomes, interpersonal skills and communication.



Colour Gang

9 am to 4 pm

Mon Tue Wed Thu Fri

Develop artistic skills and techniques. Artists improving skills and knowledge, enjoying a sense of pride and achievement through completing artworks.

Program goal: Artists are encouraged and supported to exhibit and sell their paintings.



Creative Arts^{ball}

9 am to 4 pm

Mon Tue Wed Thu Fri

To develop fine motor skills by engaging in a variety of craft projects, both individual and as part of a team in a fun and social environment.

Program goal: Create a variety of craft projects for gifts, personal use and appreciation.



Electronics

9 am to 4 pm

Mon Tue Wed Thu Fri

Learning safety skills and a basic understanding of how electronics is involved in our day to day lives. Investigate and identify faults in appliances, research and implement repair options, all recyclable components are taken to the community recycling depots. Learn how to complete diagnostics and explore the world of robotics eg. remote control vehicles with our qualified staff.

Program goal: To gain the skills and understanding of electricity, diagnostics and robotics, learning how they assist us in our day to day lives.



Gardening & Horticulture

9 am to 4 pm

Mon Tue Wed Thu Fri

Experience our Bloom and Grow program and put your green thumbs to work. This program will provide you with skills in all aspects of horticulture and landscaping.

Program goal: To provide the knowledge and the skills required for: Landscaping, nurturing plants and gardening. Participants to be able to engage within the community by volunteering at the Bairnsdale gardens, Dahlsens, and Bunnings.



Healthy Cooking & Lifeskills

9 am to 4 pm

Mon Tue Wed Thu Fri - available every day subject to numbers

A new healthy eating program that take participants through the cooking process from start - (planning, budgeting, shopping and cooking) to the finish - (enjoying the meal and cleaning up.)
Program goal: To learn real life transferable cooking and life skills. Encouraging teamwork and interpersonal communications.



IT Technology

9 am to 4 pm

Mon Tue Wed Thu Fri

Internet and technology based skill development, gaming and computer skills in a safe environment

Program goal: To develop computer and technology skills.



Mechanical Workshop

9 am to 4 pm

Mon Tue Wed Thu Fri

Hands-on experience working with tools and small engines, learning maintenance, repairs, and servicing.

Program Goal: To develop skills and gain education in a professional workshop environment



Men's Group

9 am to 4 pm

Mon Tue Wed Thu Fri

We offer activities improving men's Health, mental and physical well-being, fishing, Being involved in the community through the Men's Shed, and creating group projects to create meaningful connections. Promoting social interactions and friendships providing a supportive environment to discuss mens issues.

Program goal: To build communication and life skills



Music and Movement

9 am to 4 pm

Mon Tue Wed Thu Fri

Music and Movement is a program that provides the participants the opportunity to express themselves through music and movement. Exploring areas such as Chair Yoga, line dancing, Zumba. Participants are offered a range of choices in wellness and to develop their musical skill through learning percussion and being involved in community groups through the Bairnsdale Hub.

Program goal: To encourage physical movement through various music related activities and techniques



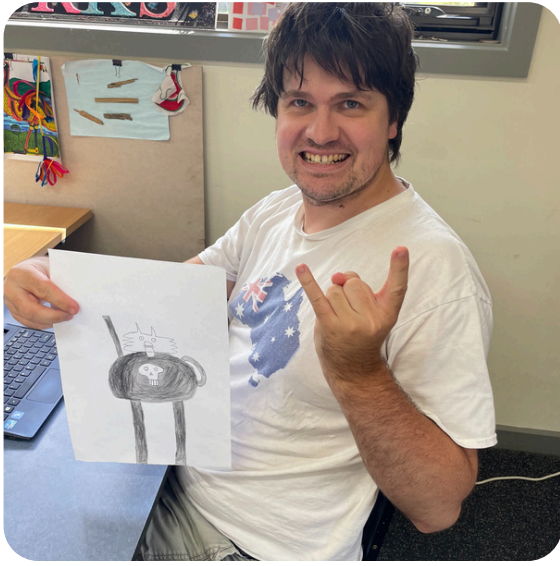
Nature & Photography

9 am to 4 pm

Mon Tue Wed Thu Fri

Learning photography and digital media skills while exploring our East Gippsland area.

Program goal: Using photography and digital media skills to produce art, displays and information. Building confidence and learning new skills for video and photography projects.



Creative Writing and Illustration

Mon Tue Wed Thu Fri

9 am to 4 pm

Explore your creative mind, through improving your literacy and drawing skills. This program includes digital illustration, tours to the local libraries for reading sessions to explore ideas, and allows you to create you own stories over a variety of different genres.

Program goal: To improve, reading, writing, technology and artistic skills.



Volunteering & Community Engagement

Mon Tue Wed Thu Fri

9 am to 4 pm

This program supports participants in gaining community engagement through volunteering, in a variety of different settings, based on the participants interests. Participants are supported by staff to learn the knowledge and skills required to become a volunteer.

Program goal: to research and organise avenues in the community, for participants to gain volunteering experience with selected organizations of their choice.



Woodwork & Projects

Mon Tue Wed Thu Fri

9 am to 4 pm

Design and build wood projects, learning to use variety of tools in a safe environment.

Program goal: To develop building and design skills, tool use competency and fine motor skills.



Women's Wellness

Mon Tue Wed Thu Fri

9 am to 4 pm

Women's Health and Wellbeing provide women with a safe environment to express their thoughts and feelings, learning about women's health through practical tasks, associated professionals coming together to talk and educate the importance on safety and self-care.

Program goal: To learn about what it means to be a woman and navigate the world and society, through education and fun.



Yackety Yak

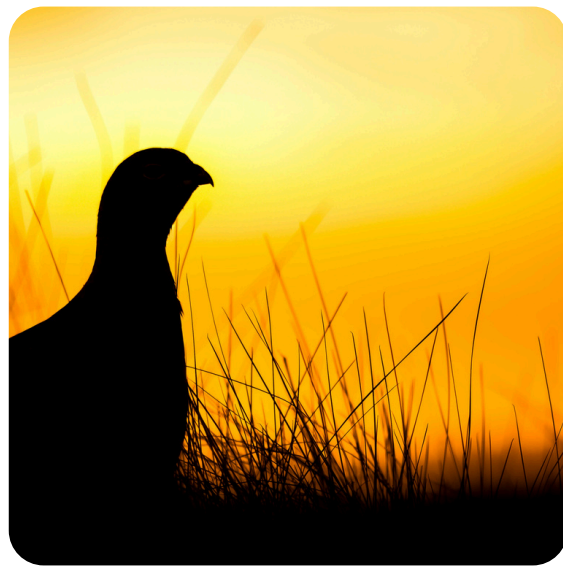
Mon Tue Wed Thu Fri

9 am to 4 pm

Be part of the crew creating the long running Yackety Yak radio show aired on REG FM 105.5 and 90.7FM every Thursday evening. Learn microphone skills, interview guests and play your favourite songs.

Program goal: Yackety Yak - Building communication, teamwork and radio skills.

Extended Hours Options



Before & After Programs

Variable

Mon Tue Wed Thu Fri

If you are requiring support early in the morning before group programs start, or in the afternoons after group programs finish we can accommodate you in our Extended Supports Program. It's a relaxed group tailoring to each individual's interests and needs.

Program goal: To build friendships and have positive social interactions



Movie & Pizza

4 pm to 7 pm

Mon Tue Wed Thu Fri

Watching a movie, socialising and having a snack with friends.

Program goal: To build friendships and have positive social interactions.

Independent Living Supports



Mon Tue Wed Thu Fri Sat Sun

Available at any time

Whether you need help with at home, shopping, in the community to attend your meetings, appointments, markets, concerts, events or your favourite cafe, we have Independent Living Supports available at a time that suits you. Our staff will support you to be as independent as possible while accessing the community and building your Independent Living Skills

Program goal: Helping you to achieve your your independent living skills.

These are just a sample of some of our current activities and they will change according to participants needs and choices. For more information on our programs and activities please go to the Distinctive Options Website:

<https://www.distinctiveoptions.com.au/our-locations/bairnsdale>

or

contact the Support Planning team - Ph 5153 0111

or email: bairnsdale@distinctiveoptions.com.au

Employment in a supported environment



Banksia Fine Foods

9 am to 4 pm

At Banksia Fine Foods, we're not just about making delicious jams, chutneys, and sauces; we're an award winning social enterprise dedicated to providing meaningful employment opportunities for individuals with disabilities. Our commitment to food quality and our mission to empower our employees make us a unique and impactful organisation in Gippsland.



Brew Crew Café

9 am to 4 pm

The Brew Crew Cafe is a new take on the typical cafe, providing purposeful employment for people with disabilities in a cafe environment. We drive inclusiveness because diversity enriches lives. We aim to help others be their best by providing opportunities to excel. We have one simple value, to DO the right thing. For us, the right thing is to strive for long-term improvement in our culture by valuing the contributions and talents of all people. The Brew Crew Cafe is a place of belonging where there is joy in building community. After all, the community is the best medicine!



The Goodwill Gardener

Times Vary

Introducing, The Goodwill Gardener, where lush lawns meet a commitment to inclusivity. Our garden maintenance business not only transforms outdoor spaces into botanical masterpieces but also cultivates opportunities for individuals of all abilities. With every lawn we nurture and garden we procure, we're sowing seeds of empowerment. Join us in fostering beauty and diversity, one garden at a time.



**If you are interested in Distinctive Options
Supported Employment and Pathways
please contact:**

<https://www.distinctiveoptions.com.au/our-services/supported-employment>
or Phone 9740 7100





DistinctiveOptions
Noweyung

Financial Plan Management

Take Control of Your NDIS Funding with Noweyung Financial Plan Management



Don't let the stress of managing your NDIS funding get to you. With Distinctive Options Financial Plan Management, you're in good hands. Our experienced and knowledgeable team based in Bairnsdale will provide you with all the support you need to manage your budget effectively. Let us take care of the financial planning so that you can focus on achieving your goals.

Distinctive Options Noweyung
84 Goold St, Bairnsdale
(03) 5153 0111
fpm@d-o.com.au
distinctiveoptions.com.au

