



**PROGRAM: Creative Minds**

**TIME: 0900 – 1200**

**DAY: Tuesday**

**FACILITATOR: Nikki Wood**

**AIM:** To foster self-expression, creativity, and personal growth through engaging art and mindfulness activities, promoting social connection, confidence, and overall well-being in a supportive and inclusive environment.

**GOALS: (Relates to NDIA goals of clients)**

- Increased Community Access
- Developing Independent Living Skills
- Improved Social and Relationship Development
- Developing Concentration Skills
- Improving Overall Health and Wellbeing
- Increasing Independence
- Communication Improvement

**OUTCOMES:**

- Greater Social and Interaction Skills
- Greater Capability of Building and Maintaining Respectful Relationships
- Increased Concentration
- Increased Confidence, Self Esteem and Self worth
- Increased Mobility (coordination, dexterity, gross motor skills, fine motor skills)
- Increased Community Connections

**RESOURCES:**


❖ Please find attached Risk Assessment



WEEK	TOPIC	WHAT TO BRING	COST
WEEK 37 DATE: 23.09.25	Soap making	Morning tea, water bottle.	\$5
WEEK 38 DATE: 30.09.25	Soap making/wrapping	Morning tea, water bottle.	\$5
WEEK 39 DATE: 7.10.25	Salt dough ornaments creation and bake	Morning tea, water bottle.	\$5
WEEK 40 DATE: 14.10.25	Salt dough ornaments decoration	Morning tea, water bottle.	\$5
WEEK 41 DATE: 21.10.25	Mosaic coasters	Morning tea, water bottle.	\$5
WEEK 42 DATE: 28.10.25	Christmas origami	Morning tea, water bottle.	\$5
WEEK 43 DATE: 4.11.25	Christmas paper angels	Morning tea, water bottle.	\$5
WEEK 44 DATE: 11.11.25	Mini snow globe	Morning tea, water bottle.	\$5
WEEK 45 DATE: 18.11.25	Create Christmas cards	Morning tea, water bottle.	\$5
WEEK 46 DATE: 25.11.25	Christmas cards cont.	Morning tea, water bottle.	\$5
WEEK 47 DATE: 2.12.25	Create wrapping paper	Morning tea, water bottle.	\$5
WEEK 48 DATE: 9.12.25	Wrapping cont.	Morning tea, water bottle.	\$5