



**PROGRAM: The Mixed Bag Program**

**TIME: 1000 - 1200**

**DAY: Wednesday**

**FACILITATOR: Yasser Hassan**

**AIM:** To provide people with disabilities a variety of engaging activities that build independence, life skills, social interaction, creativity, and wellbeing in a supportive and inclusive environment.

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

- Develop daily living skills such as cooking, personal care, and safety awareness.
- Promote physical health and fitness through gentle exercise, sports, and outdoor activities.
- Encourage social skills and teamwork through group games, outings, and shared meals.
- Build creativity and self-expression through arts, crafts, and cultural activities.
- Increase community participation and confidence during outings and field trips.
- Celebrate achievements and strengthen self-esteem.

**OUTCOMES:**

- Participants improve independence in life skills.
- Increased physical activity and awareness of healthy habits.
- Enhanced teamwork, communication, and positive social interaction.
- Greater confidence in community settings such as shops, farm visits, and picnics.
- Development of creativity and problem-solving skills.
- A sense of achievement, belonging, and enjoyment through participation.

**RESOURCES:**

Transportation and logistics	Cooking ingredients
Personal mobile phones	
Food and drinks	
TV	
Internet	
Hat	
Safety First Aid Kit	
Cook guide	

❖ Please find attached Risk Assessment



WEEK	TOPIC	WHAT TO BRING	COST
<b>WEEK 39</b> <b>DATE: 01.10.25</b>	Introduction to Activities	water and healthy snacks, tv Internet	
<b>WEEK 40</b> <b>DATE: 08.10.25</b>	Cooking basics	Guidebook, ingredients, utensils	
<b>WEEK 41</b> <b>DATE: 15.10.25</b>	Safety Awareness Skill	Safety sign flashcards, tv, internet, traffic light game cards	
<b>WEEK 42</b> <b>DATE: 22.10.25</b>	Sport Games	Water, balls, cones, Healthy snacks	
<b>WEEK 43</b> <b>DATE: 29.10.25</b>	Daily Living Skills	Water, task card, visual prompt, towel clothes for folding Healthy snacks	
<b>WEEK 44</b> <b>DATE: 05.11.25</b>	Gentle Fitness	Healthy snacks, water, yoga mats/chair	
<b>WEEK 45</b> <b>DATE:</b> <b>12<sup>th</sup> November</b>	Field trip/ farm Visit	Bus, water bottle, healthy snacks, hat, sunscreen, camera for photos	
<b>WEEK 46</b> <b>DATE:</b> <b>19<sup>th</sup> November</b>	Community Access (Library, Museum and Café Visit)	Transport, small money, water bottle, hat, sunscreen, healthy snacks	
<b>WEEK 47</b> <b>DATE:</b> <b>26<sup>th</sup> November</b>			
<b>WEEK 48</b> <b>DATE:</b> <b>3<sup>rd</sup> December</b>			
<b>WEEK 49</b> <b>DATE:</b> <b>10<sup>th</sup> December</b>			
<b>WEEK 17th</b> <b>DATE:</b> <b>17<sup>th</sup> December</b>	Picnic at Clermont Dam	Water, phone, camera, Bus Healthy snacks, Towel, Sunscreen, Hat/cap	
<b>WEEK 18</b> <b>DATE:</b> <b>24<sup>th</sup> December</b>			