



PROGRAM: Brush and Bloom

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:

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

RESOURCES:

Air Dry Clay	Egg Cartons
Tools: rolling pins, knives, clay knives, paint brushes, scissors	Paint
Mod podge	Gel super glue and PVA glue
Pencils, eraser and sharpener	Coloured pencils, textas and coloured pens
Mirror	Beads
Shells	Soap
Candles	String/Ribbon
Clock mechanisms	MDF shapes

❖ Please find attached Risk Assessment



WEEK	TOPIC	WHAT TO BRING	COST
WEEK 1 DATE: 6.1.26	Air Dry Clay – Egg Holder	Old shirt or apron, morning tea, water bottle and closed in shoes.	\$10
WEEK 2 DATE: 13.1.26	Air Dry Clay – Egg Holder Cont.	Old shirt or apron, morning tea, water bottle and closed in shoes.	\$10
WEEK 3 DATE: 20.1.26	DIY Clock	Old shirt or apron, morning tea, water bottle and closed in shoes.	\$10
WEEK 4 DATE: 27.1.26	DIY Clock Cont.	Old shirt or apron, morning tea, water bottle and closed in shoes.	\$10
WEEK 5 DATE: 3.2.26	Soap Making	Old shirt or apron, morning tea, water bottle and closed in shoes.	\$10
WEEK 6 DATE: 10.2.26	Cartoon Drawing	Morning tea, water bottle and closed in shoes.	\$10
WEEK 7 DATE: 17.2.26	PVA Glue Sun Catcher	Old shirt or apron, morning tea, water bottle and closed in shoes.	\$10
WEEK 8 DATE: 24.2.26	Shell Wind Chime	Morning tea, water bottle and closed in shoes.	\$10
WEEK 9 DATE: 3.3.26	Candle wax painting	Old shirt or apron, morning tea, water bottle and closed in shoes.	\$10
WEEK 10 DATE: 10.3.26	Clay Decorated Mirror	Old shirt or apron, morning tea, water bottle and closed in shoes.	\$10
WEEK 11 DATE: 17.3.26	Clay Decorated Mirror Cont.	Old shirt or apron, morning tea, water bottle and closed in shoes.	\$10
WEEK 12 DATE: 24.3.26	Finish pervious projects	Old shirt or apron, morning tea, water bottle and closed in shoes.	\$10