

**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:

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| 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 |
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❖ 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 previous projects | Old shirt or apron, morning tea, water bottle and closed in shoes. | \$10 |