



PROGRAM: Brush and Bloom

TIME: 9:00 – 12:00pm

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:

Paper – plain and coloured	Scissors
Glue	Pens
Pencils	Door mats
Paint and brushes	Rocks
Mod Podge	Tote bags
Pencil cases	Frames
Buttons	Canvas
Resin	Clay and tools
Magnets	



WEEK	TOPIC	WHAT TO BRING	COST
WEEK 13 DATE: 31.3.26	Easter craft – scrap egg	Old shirt or apron, morning tea, water bottle and closed in shoes.	\$10
WEEK 14 DATE: 7.4.26	Door mat painting – planning and start	Old shirt or apron, morning tea, water bottle and closed in shoes.	\$10
WEEK 15 DATE: 14.4.26	Door mat painting continue	Old shirt or apron, morning tea, water bottle and closed in shoes.	\$10
WEEK 16 DATE: 21.4.26	Rock painting	Old shirt or apron, morning tea, water bottle and closed in shoes.	\$10
WEEK 17 DATE: 28.4.26	Rock painting drop Tote bag – planning	Old shirt or apron, morning tea, water bottle and closed in shoes.	\$10
WEEK 18 DATE: 5.5.26	Tote bag painting	Old shirt or apron, morning tea, water bottle and closed in shoes.	\$10
WEEK 19 DATE: 12.5.26	Pencil case planning and painting	Old shirt or apron, morning tea, water bottle and closed in shoes.	\$10
WEEK 20 DATE: 19.5.26	Button frame	Old shirt or apron, morning tea, water bottle and closed in shoes.	\$10
WEEK 21 DATE: 26.5.26	Button balloon painting	Old shirt or apron, morning tea, water bottle and closed in shoes.	\$10
WEEK 22 DATE: 2.6.26	UV resin and Fridge magnets	Old shirt or apron, morning tea, water bottle and closed in shoes.	\$10
WEEK 23 DATE: 9.6.25	UV resin and Fridge magnets	Old shirt or apron, morning tea, water bottle and closed in shoes.	\$10
WEEK 24 DATE: 16.6.25	Complete previous activities, early finish activities.	Old shirt or apron, morning tea, water bottle and closed in shoes.	\$10