

**PROGRAM: Social Club****TIME: 4pm – 7pm****DAY: WEDNESDAY****FACILITATOR: Hannah Wendt**

AIM: Looking for a place to have fun, make friends, and be yourself? Welcome to Social Club!

Our Social Club is all about smiles, laughter, and creating unforgettable moments together. Whether you love dancing the night away at disco parties, testing your luck at bingo, enjoying delicious dinners out, or relaxing at cozy movie nights—there's something for everyone to enjoy!

It's a friendly and supportive space where you can connect with others, try new things, and feel a true sense of belonging. You get to make choices about what you'd like to do, build your independence, and share plenty of positive, feel-good experiences along the way.

From fun outings and games to creative activities and social adventures, every session is a chance to have fun, grow, and make amazing memories. Come along, join the fun, and leave with a big smile!

GOALS: (Relates to NDIA goals of clients)

- I would like to build my confidence to socialise with others in group settings.
- I want to make new friends and develop meaningful relationships.
- I would like to improve my communication skills when interacting with others.
- I want to participate more in social and community activities.
- I would like to feel more confident trying new activities and experiences.
- I want to build my independence by making choices and expressing my preferences.
- I would like to reduce feelings of isolation and feel more connected to others.
- I want to improve my overall wellbeing by taking part in activities I enjoy.
- I would like support to access the community for outings and social events.
- I want to develop skills to participate more independently in group activities.

OUTCOMES:

- Increased social and community participation - Participants actively engage in group activities such as disco parties, bingo, dinners out, and movie nights, supporting greater connection with others and the community.
- Improved social and communication skills - Participants develop confidence in initiating conversations, building relationships, and interacting positively in group settings.
- Enhanced independence and decision-making - Participants are supported to make choices about activities, express preferences, and take an active role in their social experiences.
- Development of meaningful relationships - Opportunities are provided to form friendships and strengthen social networks, reducing feelings of isolation.
- Improved confidence and self-esteem - Participation in enjoyable and inclusive activities encourages self-expression, builds confidence, and promotes a



positive sense of self.

- Increased emotional wellbeing - Engaging in fun, relaxed, and supportive environments contributes to improved mood, enjoyment, and overall wellbeing.
- Capacity building through new experiences - Participants are encouraged to try new activities and experiences in a safe and supported setting, enhancing life skills and resilience.
- Sense of belonging and inclusion - The program fosters a welcoming environment where participants feel valued, respected, and included.

❖ **Please find attached Risk Assessment**



WEEK	TOPIC	WHAT TO BRING	COST
WEEK 1 DATE: 1.7.26	Mini Golf & Dinner out - Enjoy a fun afternoon of mini golf, followed by dinner at Maraboon Tavern.	Money to pay for own meal.	
WEEK 2 DATE: 8.7.26	State Of origin night - Get together for a fun State of origin themed night! Wear your team colours, enjoy dinner and snack, watch the game or highlights, and take part in footy-themed games, trivia and friendly team challenges	Water bottle, closed in shoes.	\$5
WEEK 3 DATE:15.7.26	Neon disco party - Get ready to dance at our neon party! Wear your brightest neon outfit, enjoy music, dancing and party games.	Water bottle, closed in shoes.	\$5
WEEK 4 DATE:22.7.26	90s throwback bingo night - Step back into the 90s for a night of bingo, music and karaoke. Dress up in your favourite 90s inspired outfits	Water bottle, closed in shoes.	\$5
WEEK 5 DATE:29.7.26	Paint n Sip - Get creative with a relaxed paint and sip night. Enjoy painting, music, snacks and good company	Water bottle, closed in shoes.	\$5
WEEK 6 DATE: 5.8.26	Sunset at the dam - Spend the evening enjoying the sunset at the dam with picnic style dinner, music and relaxing outdoor activities.	Water bottle, closed in shoes.	\$5
WEEK 7 DATE: 12.8.26	BBQ & Games night - Come along for a BBQ night followed by a fun game's night, with plenty of team games, laughs, and friendly competition	Water bottle, closed in shoes.	\$5
WEEK 8 DATE: 19.8.26	Pop Culture Chaos trivia - Test your knowledge at Pop Culture Chaos Trivia! Dress up as your favourite celebrity, movie character or pop culture icon	Water bottle, closed in shoes.	\$5
WEEK 9 DATE: 26.7.26	Around the world night - celebrates cultures around the world! Everyone is encouraged to bring a dish to share from a different country and dress up in an outfit inspired by a culture or country of their choice	Water bottle, closed in shoes.	\$5
WEEK 10 DATE: 2.9.26	Community Dinner night - head out into the community for dinner at a local venue.	Money to pay for own meal.	
WEEK 11 DATE: 9.9.26	Mystery night crime night - put your detective skills to test during a fun mystery crime night. Work together to solve clues, uncover suspect and crack the case!	Water bottle, closed in shoes.	\$5



WEEK 12 DATE: 16.9.26	Laser tag night - Get active and have fun with an exciting laser tag night full of team work, games, and friendly competition.	Water bottle, closed in shoes.	\$5
WEEK 13 DATE: 23.9.26	Movie & pyjama night - Finish the program with a cosy movie and pyjama night! Wear your comfiest PJ's, bring blanket and enjoy a movie on projector with snacks	Water bottle, closed in shoes.	\$5
WEEK 14 DATE: 30.9.26	Social Club Talent Show - A relaxed, fun night where everyone can share a talent, hobby or something they enjoy, no pressure to perform!	Water bottle, closed in shoes.	\$5