

Our Day Programs

At Coastlink, we provide Day Programs that are suitable for a variety of clients and their needs.

Just some of the benefits of joining us include:

- 😊 Our Day Programs are run all year round, giving clients more access to the community.
- 😊 We're committed to inclusivity, and our clients and Support Workers regularly collaborate on ideas for new activities.
- 😊 By publishing our calendar six weeks in advance, our clients can prepare for the coming weeks.

Frequently Asked Questions:

 **Transport:** We transport clients to and from Day Program across all ends of the Coast.

 **Times:** Our staff work from 7.30am - 3.30pm. We collect everyone from home and bring them into the Centre for their program of choice, with runs from 9am till 2pm. Then, we ensure everyone is dropped safely at home at the end of the day.

 **Want to know more?** Contact us at ndisgroups@coastlink.org.au, or phone one of our Program Coordinators on 0419 628 572 or 0491 911 060 to discuss your options!

MONDAY

Girls Group
Mens Group
Cricut
Out and About
Music and Media
Swimming

TUESDAY

Curious Coasties
Everyday Explorers
Bingo
Healthy Cooking

WEDNESDAY

Ten Pin Bowling
Out and About Woy Woy
Out and About Berkeley Vale
Café's
Swimming

THURSDAY

Curious Coasties
Storytime at Lake Haven Library
Bocce in Dooralang
Swimming

FRIDAY

Café's
Men's Group
Creative Art
Freestyle Friday (karaoke, in-centre)
Bike Riding



• DAY PROGRAMS: GROUP INFORMATION •

CURIOUS COASTIES	MENS / GIRLS GROUPS	HEALTHY COOKING	OUT AND ABOUT	CAFE GROUPS	CRICUT GROUPS	BOWLING LEAGUE	BIKE RIDING
 <p>Our Curious Coasties group goes out to explore what the Central Coast has to offer, and gain new skills along the way. Just some of our activities include plaster painting, bingo, bowling or whale watching (seasonal).</p>	 <p>In these groups, clients get the chance to participate in a range of activities, including BBQs at the park, going to the movies, going bowling, setting off on a train trip, or having a pamper day (Girl's Group).</p>	 <p>As part of our Healthy Cooking group, participants decide what recipe they want to cook and shop for ingredients. They have the opportunity to try various healthy cuisines, and then enjoy the food they make!</p>	 <p>We have two Out and About groups: one based at Berkeley Vale, and the other based at Woy Woy. Just some of the fun activities can include having picnics, going op-shopping, playing lawn bowls, or orange picking (seasonal).</p>	 <p>In our Cafe groups, participants go out to try a different cafe or restaurant each week. Just some of the venues and cuisines they get to try include Italian, Thai, Chinese, bakeries, and fish and chips.</p>	 <p>Our Cricut group gets together for the chance to let their creativity shine and bring whatever design they want to life. They use the computer to create their design, and the Cricut machine to cut it out, making bottles, t-shirts, cards and much more.</p>	 <p>Our clients get the chance to participate in a weekly bowling league held at Bateau Bay Ten Pin Bowling. This group helps our clients to be part of a team, get active and have lots of fun!</p>	 <p>Our Bike Riding group is on every Friday, either leaving from the Centre, or out at one of our local bike paths. Enjoy social connection, fresh air and freedom as we explore the beautiful Coast by bike.</p>

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MUSIC AND MEDIA	FREESTYLE FRIDAY	BINGO	EVERYDAY EXPLORERS	PLAY BOCCÉ	CREATIVE CRAFT	SWIMMING	STORY TIME
 <p>The creation of short videos using mobile phones and iPads to capture the content, directed by the clients. Learning about how to put together creative content using different mediums, edit it and present to peers and staff alike.</p>	 <p>A group of clients come to the Centre for our much-loved Freestyle Friday. Anyone can get up and dance, or sing a song of their choice. There are also lots of games and activities on offer, and everyone is invited to join in.</p>	 <p>A small group of clients who enjoy the challenge of a competitive game. This group move at a relaxed pace and get to enjoy the opportunity to have a club lunch after they've put their brains to work!</p>	 <p>For our 1:1s of all types, visiting different accessible outdoor areas on the Coast each week (weather permitting) for morning tea, walks in the sunshine and lunch. Wet weather options depend on the individual/s interests and support needs.</p>	 <p>A group of clients head to Dooralang to play Bocce against Options Disability Services. Everyone always has a great time cheering each other on, and once the game is finished, participants enjoy lunch together.</p>	 <p>Based at our Berkeley Vale Hub, Creative Crafts is a fun program where clients complete craft activities of their choosing. Some of the craft activities on offer may include colouring, drawing or painting.</p>	 <p>Come and make a splash with us! Our Swimming group is currently run on a Monday, Wednesday, and Thursday, and we visit different pools across the Central Coast.</p>	 <p>This group heads to Lake Haven Library, where staff run a group for Coastlink. They read books, sing songs and play games, and borrow books to take home. Afterwards, they go to the shops or park for lunch.</p>