



# High Hopes Services

INSPIRE EMPOWER CELEBRATE



## ACTIVITY GUIDE MAY 2026



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NDIS  
PROVIDER



# Contents page







## One-off activities (not recurring)

- Friendship Friday: Cafe Chats + Conversation Skills – Fri 1, 8, 15, 22, 29
- Move Monday: Walk + Mobility Goals – Mon 4, 11, 18, 25
- Try-It Tuesday: Cooking & Budget Skills – Tue 5, 12, 19, 26
- Give-Back Wednesday: Volunteering – Wed 6, 13, 20, 27
- Skill-Up Thursday: Planning & Travel Training Workshop – Thu 7, 14, 21, 28
- Free (Sunday): Community Walk + Photo Scavenger Hunt – Sun 3, 10, 17, 24, 31

## Recurring activities (weekly)

- Bubble Planet: An Immersive Experience (ticketed) – Sat 2
- Big Saturday: Movies (ticketed) + Social Skills – Sat 9
- Big Saturday: Mini-Golf + Confidence – Sat 16
- Big Saturday: Melbourne Museum (ticketed) + Wayfinding – Sat 23
- Celebration Saturday: Community Showcase + BBQ – Sat 30
- Casey Race Pools (After-School) – Tue 5, 12, 19, 26 + Thu 7, 14, 21, 28
- Dungeons & Dragons Night (After-School) – Wed 6, 13, 20, 27

### Cafe Chats + Conversation Skills

-  Fri 1, 8, 15, 22, 29
-  By arrangement – scheduled to suit participant availability.
-  Royal Botanic Gardens Cranbourne (front entrance)
-  Meet-at-venue. Support worker to arrange transport and confirm drop-off plan.
-  No cost to participant
-  Community-first / Group activity / Support-worker-led



### Contents Pages

#### OVERVIEW

A relaxed cafe catch-up to practise greetings, turn-taking, and ordering. Support workers guide participants through simple conversation prompts and community etiquette. Keep it low pressure and focused on connection.

#### WHAT TO BRING

- Money/efpos card (or small cash)
- Water bottle
- Any communication supports
- Weather-appropriate clothing






#### SUPPORT & SUPERVISION

- Support-worker-led: you don't need a facilitator—use the run-sheet and support each participant's goals.
- Prompt, don't take over: step back when safe so participants can try independently.
- Check access needs (mobility, sensory, communication) and adapt on the day.
- Safety: headcounts, road safety, hydration, and consent check-ins.

#### ACTIVITY FOCUS

- Social connection
- Conversation skills
- Confidence in public spaces
- Choice and control

## Walk + Mobility Goals

-  Mon 4, 11, 18, 25
-  By arrangement – scheduled to suit participant availability. Royal Botanic Gardens Cranbourne (front entrance)
-  Participants home or family-arranged collection
-  Paid for by HHS
-  Community-first / all abilities / group activity / free / weekly / recurring



### Contents Pages

#### OVERVIEW

A community-based activity designed to build confidence, connection, and independence. Support workers guide participants through clear steps, with regular check-ins and choices to support self-regulation and engagement. Breaks are planned so the day stays calm and predictable.

#### WHAT TO BRING

- Water bottle
- comfortable shoes
- hat/jacket
- Myki card (if used)
- Support items







#### SUPPORT & SUPERVISION

- Read this page before the day. Do not wing it.
- Before you leave: check clothing for weather, phone/ID, meds/support items, water/snacks.
- On arrival: quick scan (exits, toilets, quiet spot). Agree a break signal.
- During: keep steps short, praise often, offer choices every 10–15 minutes.
- If stuck: move to a quiet spot, lower demands, give 2 options, reset with a 5-minute timer.
- Finish: quick wrap-up, confirm drop-off plan, photos only with confirmed consent.

#### ACTIVITY FOCUS

- Mobility
- Stamina
- Routine
- Self-regulation

## Cooking & Budget Skills

-  Tue 5, 12, 19, 26
-  By arrangement – scheduled to suit participant availability.
-  Cranbourne HHS HQ
-  Participants home or family-arranged collection
-  Community-first / all abilities / group activity / free / weekly
-  / recurring



### Contents Pages

#### OVERVIEW

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#### WHAT TO BRING

- Water bottle
- Comfortable shoes
- Hat/jacket
- Myki card (if used)
- Support items






#### SUPPORT & SUPERVISION

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- Finish: quick wrap-up, confirm drop-off plan, photos only with confirmed consent.

#### ACTIVITY FOCUS

- Cooking skills
- Budgeting
- Planning
- Independence

## Give-Back Wednesday: Volunteering

-  Wed 6, 13, 20, 27
-  5:00 am – 7:00 pm
-  Local op shop / community organisation (confirmed by staff)
-  Participants home or family-arranged collection
-  Paid for by HHS
- Community-first / all abilities / group activity / free / weekly / recurring



### Contents Pages

### OVERVIEW

A community-based activity designed to build confidence, connection, and independence. Support workers guide participants through clear steps, with regular check-ins and choices to support self-regulation and engagement. Breaks are planned so the day stays calm and predictable.

### WHAT TO BRING

- Water bottle
- Comfortable shoes
- Hat/jacket
- Myki card (if used)
- Support items







### SUPPORT & SUPERVISION

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- Before you leave: check clothing for weather, phone/ID, meds/support items, water/snacks.
- On arrival: quick scan (exits, toilets, quiet spot). Agree a break signal.
- During: keep steps short, praise often, offer choices every 10–15 minutes.
- If stuck: move to a quiet spot, lower demands, give 2 options, reset with a 5-minute timer.
- Finish: quick wrap-up, confirm drop-off plan, photos only with confirmed consent.

### ACTIVITY FOCUS

- Work readiness
- Routines
- Confidence
- Giving back

## Planning & Travel Training Workshop

-  Thu 7, 14, 21, 28
-  By arrangement – scheduled to suit participant availability.
-  Cranbourne Library (meeting room)
-  Participants home or family-arranged collection
-  Paid for by HHS
-  community-first / all abilities / group activity / free / weekly / recurring



### Contents Pages

#### OVERVIEW

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#### WHAT TO BRING

- Water bottle
- Comfortable shoes
- Hat/jacket
- Myki card (if used)
- Support items







#### SUPPORT & SUPERVISION

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- Finish: quick wrap-up, confirm drop-off plan, photos only with confirmed consent.

#### ACTIVITY FOCUS

- Planning
- Travel training
- Safety
- Problem-solving

## Community Walk + Photo Scavenger Hunt

-  Sun 3, 10, 17, 24, 31
-  By arrangement – scheduled to suit participant availability.
-  Fountain Gate (outside Target entrance)
-  Participants home or family-arranged collection
-  Paid for by HHS
-  Community-first / all abilities / group activity / free



### Contents Pages

#### OVERVIEW

A community-based activity designed to build confidence, connection, and independence. Support workers guide participants through clear steps, with regular check-ins and choices to support self-regulation and engagement. Breaks are planned so the day stays calm and predictable.

#### WHAT TO BRING

- Water bottle
- comfortable shoes
- hat/jacket
- Myki card (if used)
- Support items







#### SUPPORT & SUPERVISION

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- On arrival: quick scan (exits, toilets, quiet spot). Agree a break signal.
- During: keep steps short, praise often, offer choices every 10–15 minutes.
- If stuck: move to a quiet spot, lower demands, give 2 options, reset with a 5-minute timer.
- Finish: quick wrap-up, confirm drop-off plan, photos only with confirmed consent.

#### ACTIVITY FOCUS

- Social connection
- Independence
- Community access

## Bubble Planet

-  Saturday 2 May 2026
-  Time: To be confirmed – based on session availability.
-  62 Dawson St, Brunswick
-  Participants home or family-arranged collection
-  No cost to participant (ticketed)
-  community-first / all abilities / group activity / ticketed

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### OVERVIEW

Bubble Planet is an immersive, multi-room sensory experience using themed spaces, illusions, and optional VR. Participants move through different rooms at their own pace, practising communication, coping skills, and confidence in a busy community setting. Support workers use short instructions, frequent choices, and planned quiet breaks to keep the experience safe and enjoyable.

### WHAT TO BRING

- Socks (must be worn)
- water bottle
- Myki card
- sensory supports (headphones)
- phone
- support items







### SUPPORT & SUPERVISION

- Read this page before the day. Do not wing it.
- Before you leave: check clothing for weather, phone/ID, meds/support items, water/snacks.
- On arrival: quick scan (exits, toilets, quiet spot). Agree a break signal.
- Supervision: stay within line-of-sight. Under 17s must be supervised at all times.
- Socks required in the bubble bath. Plan breaks between rooms.
- During: keep steps short, praise often, offer choices every 10–15 minutes.
- If stuck: move to a quiet spot, lower demands, give 2 options, reset with a 5-minute timer.
- Finish: quick wrap-up, confirm drop-off plan, photos only with confirmed consent.

### ACTIVITY FOCUS

- Sensory exploration
- confidence in new spaces
- communication
- regulation

## Movies (ticketed) + Social Skills

-  Saturday 9 May 2026
-  Time: To be confirmed – based on session availability.
-  Reading Cinema Dandenong (ticket check-in area)
-  Participants home or family-arranged collection
-  Paid for by HHS
-  community-first / all abilities / group activity / ticketed



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#### OVERVIEW

A community-based activity designed to build confidence, connection, and independence. Support workers guide participants through clear steps, with regular check-ins and choices to support self-regulation and engagement. Breaks are planned so the day stays calm and predictable.

#### WHAT TO BRING

- Water bottle
- Comfortable shoes
- Hat/jacket
- Myki card (if used)
- Support items







#### SUPPORT & SUPERVISION

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- Finish: quick wrap-up, confirm drop-off plan, photos only with confirmed consent.

#### ACTIVITY FOCUS

- Community participation
- Coping skills
- Shared experience

### Mini-Golf + Confidence

-  Saturday 16 May 2026
-  Time: To be confirmed – based on session availability.
-  Mini-golf venue Fountain gate - meet at front desk
-  Participants home or family-arranged collection
-  Paid for by HHS
-  Community-first / all abilities / group activity / ticketed



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#### OVERVIEW

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#### WHAT TO BRING

- Water bottle
- Comfortable shoes
- Hat/jacket
- Myki card (if used)
- Support items







#### SUPPORT & SUPERVISION

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- Finish: quick wrap-up, confirm drop-off plan, photos only with confirmed consent.

#### ACTIVITY FOCUS

- Turn-taking
- Confidence
- Coping skills
- Social connection

## Melbourne Museum

-  Saturday 23 May 2026
-  Time: To be confirmed – based on session availability.
-  Melbourne Museum (front entrance)
-  Participants home or family-arranged collection
-  Paid for by HHS
-  community-first / all abilities / group activity / ticketed



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#### OVERVIEW

A community-based activity designed to build confidence, connection, and independence. Support workers guide participants through clear steps, with regular check-ins and choices to support self-regulation and engagement. Breaks are planned so the day stays calm and predictable.

#### WHAT TO BRING

- Water bottle
- Comfortable shoes
- Hat/jacket
- Myki card (if used)
- Support items







#### SUPPORT & SUPERVISION

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- If stuck: move to a quiet spot, lower demands, give 2 options, reset with a 5-minute timer.
- Finish: quick wrap-up, confirm drop-off plan, photos only with confirmed consent.

#### ACTIVITY FOCUS

- Wayfinding
- Community confidence
- Following maps/signs

### Community Showcase + BBQ

-  Saturday 30 May 2026
-  10:00am to 2:00pm
-  Casey field Park
-  Participants home or family-arranged collection
-  \$10
-  community-first / all abilities / group activity / free



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#### OVERVIEW

A community-based activity designed to build confidence, connection, and independence. Support workers guide participants through clear steps, with regular check-ins and choices to support self-regulation and engagement. Breaks are planned so the day stays calm and predictable.

#### WHAT TO BRING

- Water bottle
- Comfortable shoes
- Hat/jacket
- Myki card (if used)
- Support items






#### SUPPORT & SUPERVISION

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- If stuck: move to a quiet spot, lower demands, give 2 options, reset with a 5-minute timer.
- Finish: quick wrap-up, confirm drop-off plan, photos only with confirmed consent.

#### ACTIVITY FOCUS

- Celebration
- Reflection
- Social connection
- Confidence

## CASEY RACE POOLS

-  Every Tuesday/Thursday
-  Time: To be confirmed – set based on participant availability.
-  Casey Race Pools,  
65 Berwick-Cranbourne Rd, Cranbourne East VIC 3977
-  \$0
-  Indoor / Water-based / Physical Activity / Social / All Abilities



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#### OVERVIEW

Join us for a fun-filled after-school program at Casey Race Pools! Participants will enjoy swimming, water slides, and relaxation in the spa while building fitness, social confidence, and independence. This program provides a supportive and inclusive environment to engage with peers and make the most of the pool facilities.

#### WHAT TO BRING

- Swimwear and towel
- Slides or water shoes for easy movement
- Water bottle
- Packed lunch or spending money for food (optional)
- Companion Card (if applicable)






#### SUPPORT & SUPERVISION

- Support workers supervise participants closely during all activities
- Assist with mobility, water safety, and inclusion as needed
- Monitor engagement, safety, and hydration
- Encourage social interaction and participation

#### ACTIVITY FOCUS

- Social Confidence & Friendships – Connect and interact with peers
- Self-Care & Independence – Manage personal belongings and plan activities
- Community Engagement – Explore a public recreational facility and engage with others
- Physical Activity – Swim, play, and stay active
- Decision-Making – Choose activities and navigate the pool area

## DUNGEONS & DRAGONS

-  Every Wednesday
-  4:40 PM – 6:30 PM
-  HHS HQ Office
-  \$0
-  Support Worker



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### OVERVIEW

RSVP required – Limited spots

Join our Dungeons & Dragons sessions at High Hopes HQ. Create your own character, explore epic worlds, and work together to overcome challenges – whether you're new or experienced, our Dungeon Master will guide the adventure.

### WHAT TO EXPECT

- Create your own hero and go on a group adventure
- Work together to explore, battle, and overcome obstacles
- Use imagination and ideas to shape the story
- Led by an experienced Dungeon Master
- No prior experience needed – everything will be explained

### SUPPORT & SUPERVISION

Support workers supervise all sessions to ensure a safe, inclusive, and respectful environment. Participants are guided through gameplay by an experienced Dungeon Master, with assistance provided for understanding rules, decision-making, and social interaction. Staff encourage teamwork, positive communication, and ensure wellbeing throughout the session.

### ACTIVITY FOCUS

- Creative Thinking – Build characters, worlds, and scenarios
- Social Interaction – Collaborate and communicate as a team
- Decision-Making & Strategy – Choose actions wisely in each scene
- Confidence Building – Speak up and contribute in a supportive setting
- Friendship & Fun – Connect with others through shared adventure

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### RSVP Policies and Deadlines

To ensure a smooth experience for all participants, please take note of our RSVP guidelines:

- Activities with an RSVP date – These events require confirmation at least 3 days before the scheduled date. Please check the calendar for RSVP deadlines and let us know in time to secure your spot.
- All other activities and workshops – While these do not have a strict RSVP deadline, we still ask that you let us know in advance if you plan to attend. This helps us prepare and ensure everyone has the best experience possible.

Your RSVP allows us to coordinate transport, resources, and support needs to make each event enjoyable and accessible for all.

To confirm your attendance, please contact your relevant Relationship Manager or call us at 1300 556 007 if you're new and would like to be part of our activities. We look forward to seeing you there!

### Pick-Up and Drop-Off Times

Pick-up and drop-off times may vary depending on the distance between a participant's home and the activity location. For those who live farther away, support workers may need to arrive earlier for pick-up and drop them off later than the scheduled activity times.

Alternatively, participants have the option to be dropped off at the activity location and picked up by their parents or guardians at the conclusion of the event. We appreciate your understanding and flexibility in ensuring everyone can participate comfortably.

### Join Us!

If any of these exciting activities interest you for the upcoming school holidays, please contact us as soon as possible to reserve your spot, as spaces are limited and filling quickly.

Don't miss out on these fantastic opportunities to learn, grow, and make new friends!  
Feel free to reach out if you have any questions or need more information. We're here to help!



### Contact Us!

1300 556 007

[hello@highhopesservices.com.au](mailto:hello@highhopesservices.com.au)

[www.highhopesservices.com.au](http://www.highhopesservices.com.au)

