



# High Hopes Services

INSPIRE EMPOWER CELEBRATE



## ACTIVITY GUIDE DECEMBER 2025



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# Contents page

## Welcome to Our December Activity Guide

Get ready for a month full of fun, connection, and adventure!

This guide includes all the exciting activities we've planned for December — from relaxing beach walks and creative arts sessions to thrilling exhibitions and festive celebrations. Each activity includes key details such as dates, times, and locations to help you plan your month with ease.

Please note: Our regular programs will pause from 23rd December for the Christmas and New Year holiday period, and we'll be back in January with more exciting activities!

**1<sup>st</sup> DEC - Formula 1 Exhibition**

**2<sup>nd</sup> DEC - Arts & Crafts Session**

**6<sup>th</sup> DEC - Asia Street Food Festival**

**7<sup>th</sup> DEC - Cranbourne Botanical Gardens Picnic & Games Day**

**8<sup>th</sup> DEC - Workout Squad**

**9<sup>th</sup> DEC - Arts & Crafts Session**

**12<sup>th</sup> DEC - Toorongo Falls Walk Adventure**

**13<sup>th</sup> DEC - SEA LIFE Melbourne**

**13<sup>th</sup> DEC - Enchanted Adventure Garden**

**14<sup>th</sup> DEC - St Kilda Beach Walk & Lunch**

**15<sup>th</sup> DEC - Cooking Station – Learn to Cook with Friends**

**16<sup>th</sup> DEC - Arts & Crafts Session**

**17<sup>th</sup> DEC - Melbourne Christmas Wonderland**

**19<sup>th</sup> DEC - Carrum Beach Walk & Lunch**

**20<sup>th</sup> DEC - Twisted Science**

**20<sup>th</sup> DEC - Participant Christmas BBQ**

**21<sup>st</sup> DEC - Christmas Street BBQ**

**22<sup>nd</sup> DEC - Christmas in the City – Wrap Up 2025**

### **Weekly Activities:**

- Every Thursday – Casey Race Pools (After School Program).
- Every Wednesday – Dungeons & Dragons





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**Activity:** Formula 1 Exhibition

**Date:** Monday, 1<sup>st</sup> December 2025

**Time:** 12:00 PM – 3:00 PM

**Arrival:** Please arrive 15 minutes before your booked session time

**Duration:** 3 hours

**Location:** Melbourne Convention and Exhibition Centre, 1 Convention Centre Pl, South Wharf VIC 3006

**Transport:** Support Worker (in own cars/public transport)

Step into the fast-paced world of Formula 1!

The Formula 1 Exhibition offers an interactive and immersive experience where participants can explore racing technology, try out simulators, and see memorabilia from the sport's greatest drivers and teams.

### What to Expect:

- Explore interactive exhibits showcasing F1 technology and history
- Experience racing simulators for an immersive driving adventure
- View memorabilia and iconic cars from the world of Formula 1
- Socialise and share the excitement with peers and support workers

### This activity is designed to support participants in:

- Skill Development – Practise hand-eye coordination and focus through simulators
- Social Interaction – Connect and share experiences with peers and support workers
- Community Engagement – Explore an exciting, educational exhibition in a group setting
- Confidence & Independence – Try new experiences in a safe, supportive environment

### Important Information:

- Minimum Age: 10+ (Ages 10–15 must be accompanied by an adult; ages 15–17 may attend unaccompanied with waiver)
- Mobility/Accessibility: Wheelchair accessible
- Restrictions: Tickets must be booked in advance; suitable for all participants without epilepsy or heart conditions
- Tickets: Must be booked in advance

Contact your Relationship Manager or call 1300 556 007 to register and secure your tickets.

Rev up your engines for an exciting and unforgettable Formula 1 adventure!



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#### **Activity: Arts & Crafts Session**

**Date:** Tuesday, 2nd December 2025

**Time:** 10:00 AM – 12:00 PM

**Arrival:** Please arrive 10–15 minutes early

**Duration:** 2 hours

**Location:** High Hopes HQ, 204 Sladen Street, Cranbourne VIC

**Transport:** Support workers (in own cars or public transport)

Unleash your creativity and enjoy a relaxed session of arts and crafts! Participants will explore different materials, try new techniques, and create fun projects while socialising with peers and support workers.

#### **What to Expect:**

- Hands-on arts and crafts projects
- Opportunity to try new techniques and materials
- Socialise and connect with peers and support workers
- Express your creativity in a fun and supportive environment

#### **This activity is designed to support participants in:**

**Creative Expression** – Explore imagination and artistic skills

**Social Interaction** – Build friendships and connect with others

**Confidence & Independence** – Develop new skills and complete projects

**Fun & Engagement** – Enjoy a relaxed and supportive arts environment

#### **Important Information:**

**Mobility/Accessibility:** Wheelchair accessible

**Support:** Support workers to assist as needed

**What to Bring:** Comfortable clothing that can get messy, water bottle, any personal items needed

**Companion Card:** Bring if applicable

Contact your Relationship Manager or call 1300 556 007 to register.

Get creative, try something new, and enjoy connecting with others in a fun, artistic environment!



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**Activity:** Asia Street Food Festival

**Date:** Saturday, 6th December 2025

**Time:** 12:00 PM – 4:00 PM

**Arrival:** Please arrive 15 minutes before the activity starts

**Duration:** 4 hours

**Location:** Palm Lawn and Dorchester Lawn, Alexandra Gardens, 3 Boathouse Dr, Melbourne VIC 3004

**Transport:** Train from Cranbourne Station (Support workers to assist as needed)

Dive into the vibrant flavours of Asia!

The Asia Street Food Festival offers a lively and family-friendly environment where participants can explore over 40 food stalls, enjoy live entertainment, and experience a wide variety of Asian cuisines and cultural experiences.

#### **What to Expect:**

- Explore 40+ authentic Asian food stalls
- Enjoy live performances, music, and cultural entertainment
- Socialise with peers and support workers in a lively festival setting
- Opportunity to purchase food, drinks, or cultural items

#### **This activity is designed to support participants in:**

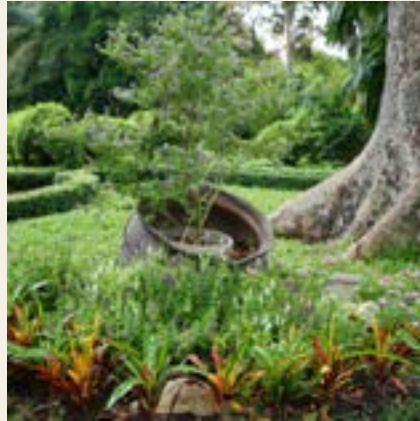
- Cultural Engagement – Experience diverse cuisines and traditions
- Social Interaction – Connect with friends and meet new people
- Community Participation – Be part of a fun, inclusive local event
- Confidence & Independence – Make choices about food and activities in a supportive environment

#### **Important Information:**

- Mobility/Accessibility: Wheelchair accessible
- Tickets/Entry: Free entry, bring money for food, drinks, or shopping
- Support: Support workers to supervise participants closely during the event

Contact your Relationship Manager or call 1300 556 007 to register.

Enjoy a delicious, fun, and culturally rich day at the Asia Street Food Festival!



**Activity:** Cranbourne Botanical Gardens Picnic & Games Day

**Date:** Sunday, 7th December 2025

**Time:** 10:00 AM – 1:00 PM

**Arrival:** Please arrive 15 minutes before the activity starts

**Duration:** 3 hours

**Location:** Royal Botanic Gardens Cranbourne, Ballarto Rd & Botanic Drive, Cranbourne VIC 3977

**Transport:** Support workers to assist with transport arrangements as needed

Spend the day surrounded by the beauty of nature!

Join us for a relaxing and social morning at the stunning Cranbourne Botanical Gardens. Bring your favourite outdoor games to share with the group, enjoy a picnic surrounded by native plants, and make new friends in a calm and friendly environment.

#### **What to Expect:**

- Explore the beautiful walking trails and gardens
- Play group games and enjoy fun outdoor activities
- Socialise with peers and support workers in a relaxed setting
- Bring your own lunch or purchase food from the on-site café

#### **This activity is designed to support participants in:**

**Social Interaction** – Build friendships and enjoy group activities

**Health & Wellbeing** – Spend time outdoors and stay active

**Community Participation** – Connect with others in a public, inclusive space

**Confidence & Independence** – Make choices about activities and meals in a supportive environment

#### **Important Information:**

**Mobility/Accessibility:** Wheelchair accessible areas throughout the gardens

**Tickets/Entry:** Free entry. Bring a packed lunch or money for food and drinks

**Support:** Support workers will supervise and assist participants during the day

**Contact your Relationship Manager or call 1300 556 007 to register.**

Enjoy a peaceful, fun, and social day in nature at the Cranbourne Botanical Gardens!





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**Activity:** Workout Squad

**Date:** Monday, 8th December 2025

**Time:** 10:00 AM – 12:00 PM

**Arrival:** Please arrive 10 minutes early

**Duration:** 2 hours

**Location:** Casey Fields, Cranbourne VIC

**Transport:** Support Worker (in own cars/public transport)

Get active and have fun with the Workout Squad! Participants will work out at Casey Fields alongside their support workers, focusing on fitness, strength, and endurance in a friendly and supportive environment.

**What to Expect:**

- Exercise with the guidance and encouragement of your support worker
- Build strength, stamina, and overall fitness
- Socialise and enjoy a group outdoor activity

**This activity is designed to support participants in:**

**Physical Health & Fitness** – Improve strength, endurance, and overall wellbeing

**Social Interaction** – Connect and have fun with peers and support workers

**Confidence & Independence** – Participate in exercises at your own pace in a safe environment

**Important Information:**

**Companion Card:** Accepted

**Mobility/Accessibility:** Venue is wheelchair accessible

**Restrictions:** Wear appropriate workout attire and bring water

Contact your Relationship Manager or call 1300 556 007 to register and secure your spot.  
Get fit, have fun, and join the Workout Squad!



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**Activity:** Arts & Crafts Session

**Date:** Tuesday, 9th December 2025

**Time:** 10:00 AM – 12:00 PM

**Arrival:** Please arrive 10–15 minutes early

**Duration:** 2 hours

**Location:** High Hopes HQ, 204 Sladen Street, Cranbourne VIC

**Transport:** Support workers (in own cars or public transport)

Unleash your creativity and enjoy a relaxed session of arts and crafts! Participants will explore different materials, try new techniques, and create fun projects while socialising with peers and support workers.

#### **What to Expect:**

- Hands-on arts and crafts projects
- Opportunity to try new techniques and materials
- Socialise and connect with peers and support workers
- Express your creativity in a fun and supportive environment

#### **This activity is designed to support participants in:**

**Creative Expression** – Explore imagination and artistic skills

**Social Interaction** – Build friendships and connect with others

**Confidence & Independence** – Develop new skills and complete projects

**Fun & Engagement** – Enjoy a relaxed and supportive arts environment

Important Information:

**Mobility/Accessibility:** Wheelchair accessible

**Support:** Support workers to assist as needed

**What to Bring:** Comfortable clothing that can get messy, water bottle, any personal items needed

**Companion Card:** Bring if applicable

Contact your Relationship Manager or call 1300 556 007 to register.

Get creative, try something new, and enjoy connecting with others in a fun, artistic environment!





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**Activity:** Toorongo Falls Walk Adventure

**Date:** Friday, 12th December 2025

**Time:** 10:00 AM – 2:00 PM

**Arrival:** Please arrive 15 minutes before the activity starts

**Duration:** 4 hours

**Location:** Toorongo Falls Walk, Victoria 3833

**Transport:** Support workers (in own cars or arranged transport)

Join us for a scenic and refreshing day at Toorongo Falls! Participants will enjoy a gentle walk through lush forest trails, take in stunning waterfall views, and connect with friends in a relaxed outdoor environment.

**What to Expect:**

- Explore the beautiful Toorongo Falls walking trail
- Enjoy lookout points, photo opportunities, and the sights and sounds of the falls
- Gentle walk suitable for all abilities with support worker assistance as needed
- Socialise and enjoy time outdoors with peers and support workers

**This activity is designed to support participants in:**

**Community Engagement** – Explore a local natural attraction

**Social Interaction** – Connect with peers and support workers

**Physical Activity** – Participate in gentle walking and sightseeing

**Confidence & Wellbeing** – Enjoy time outdoors in a safe and supportive environment

**Important Information:**

**Mobility/Accessibility:** Some areas may require moderate walking; wheelchair accessible areas available

**Support:** Support workers to supervise participants closely during all activities

**What to Bring:** Comfortable walking shoes, water bottle, hat, sunscreen, packed lunch or spending money

**Companion Card:** Bring if applicable

Contact your Relationship Manager or call 1300 556 007 to register.

Experience the natural beauty of Toorongo Falls while enjoying a fun, social, and energising day outdoors!



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**Activity:** SEA LIFE Melbourne

**Date:** Saturday, 13th December 2025

**Time:** 10:00 AM – 2:00 PM

**Arrival:** Please arrive 15 minutes before the activity starts

**Duration:** 4 hours

**Location:** SEA LIFE Melbourne, King St, Melbourne VIC 3000

**Transport:** Meet at Cranbourne Station with support worker

Dive into the wonders of the ocean at SEA LIFE Melbourne!

Participants will explore a variety of marine life, including sharks, penguins, stingrays, and more. Enjoy interactive exhibits and touch pools, making this an educational and fun experience for all ages.

### What to Expect:

- Explore interactive exhibits featuring sharks, penguins, stingrays, and other marine life
- Touch and learn about sea creatures in supervised touch pools
- Socialise with peers and support workers throughout the visit
- Opportunities to purchase food, drinks, or souvenirs

This activity is designed to support participants in:

**Learning & Exploration** – Discover marine life and ecosystems interactively

**Social Interaction** – Engage with peers and support workers in a fun environment

**Confidence & Independence** – Navigate an educational venue safely

**Community Engagement** – Participate in a shared, engaging group activity

### Important Information:

**Mobility/Accessibility:** Wheelchair accessible

**Tickets/Entry:** Bring money for food and souvenirs; tickets must be booked in advance

**Support:** Support workers to supervise participants closely during the visit

Contact your Relationship Manager or call 1300 556 007 to register.

Experience the magic of the ocean up close at SEA LIFE Melbourne!



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**Activity:** Enchanted Adventure Garden

**Date:** Saturday, 13th December 2025

**Time:** 10:00 AM – 1:00 PM

**Arrival:** Please arrive 15 minutes before the activity starts

**Duration:** 2–3 hours

**Location:** Enchanted Adventure Garden, 55 Purves Rd, Arthurs Seat VIC 3936

**Transport:** Support worker vehicle or a bus can be organised depending on the number of participants

**Tickets:** Will be paid for prior to attending

Embark on a day of outdoor fun and discovery at the **Enchanted Adventure Garden!**

Participants will enjoy beautiful gardens, giant mazes, tube slides, canopy walks, and scenic picnic areas — all set in the stunning Mornington Peninsula. It's the perfect mix of adventure, nature, and relaxation.

#### **What to Expect:**

- Explore hedge mazes, tube slides, and the canopy walk
- Enjoy nature trails and themed garden areas
- Relax in picnic zones and take in the views
- Opportunities to purchase food, drinks, or souvenirs
- Participants will have lunch together, so bring money or a packed lunch

#### **Important Notes:**

Please **bring your lanyard** and wear your **High Hopes T-shirt**

**Mobility/Accessibility:** Some areas include uneven ground; check accessibility before attending

**Support:** Support workers to supervise participants closely during the visit

#### **This activity is designed to support participants in:**

**Learning & Exploration** – Engage with nature and sensory outdoor spaces

**Social Interaction** – Connect with peers and support workers through shared adventure

**Confidence & Independence** – Build self-esteem through outdoor challenges

**Community Engagement** – Experience a fun and active group outing

Contact your Relationship Manager or call **1300 556 007** to register.

Experience the **magic, adventure, and natural beauty** of the Enchanted Adventure Garden!





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**Activity:** St Kilda Beach Walk & Lunch

**Date:** Sunday, 14th December 2025

**Time:** 10:00 AM – 1:00 PM

**Arrival:** Please arrive 15 minutes before the activity starts

**Duration:** 3 hours

**Location:** St Kilda Beach, St Kilda VIC 3182

**Transport:** Support workers to assist with transport arrangements as needed

Enjoy a relaxing day by the sea!

Take a stroll along the iconic St Kilda Beach, soak up the sunshine, and enjoy the ocean views with friends. After the walk, choose a spot along the foreshore or nearby cafés to enjoy lunch together. Bring your own packed lunch or some spending money to buy food from local eateries.

**What to Expect:**

- Scenic beachside walk with friends and support workers
- Time to relax, chat, and enjoy the coastal atmosphere
- Opportunity to purchase lunch or bring your own picnic
- A fun and social outdoor activity to finish the year

**This activity is designed to support participants in:**

**Social Interaction** – Connect with friends and enjoy shared experiences

**Health & Wellbeing** – Stay active through light walking and fresh air

**Community Participation** – Engage with the local community and environment

**Confidence & Independence** – Make personal choices about lunch and activities in a supportive setting

**Important Information:**

**Mobility/Accessibility:** Wheelchair accessible paths along the foreshore

**Tickets/Entry:** Free activity. Bring lunch or money for food and drinks

**Support:** Support workers will supervise and assist participants throughout the day

**Contact your Relationship Manager or call 1300 556 007 to register.**

Enjoy a fun, social, and relaxing morning at beautiful St Kilda Beach!



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**Activity:** Cooking Station – Learn to Cook with Friends

**Date:** Monday, 15th December 2025

**Time:** 10:00 AM – 2:00 PM

**Arrival:** Please arrive by 9:45 AM

**Duration:** 4 hours

**Location:** Cranbourne Community Hub

**Transport:** Support Workers (to transport participants in own cars)

Join us for a fun and interactive day at the Cooking Station! Participants will have the chance to learn new recipes, practise cooking skills, and enjoy preparing food in a supportive and social environment. Participants are encouraged to let us know in advance if there is anything specific they would like to learn how to cook.

#### **What to Expect:**

- Hands-on cooking activities guided by support staff
- Learn new recipes and cooking techniques
- Socialise and collaborate with peers and support workers
- Enjoy tasting the food you prepare in a relaxed and fun setting

#### **This activity is designed to support participants in:**

- Skill Development – Learn cooking techniques, following instructions, and kitchen safety
- Social Interaction – Engage and connect with others while cooking
- Confidence & Independence – Build practical life skills and self-confidence
- Fun & Engagement – Enjoy creating meals in a supportive and inclusive environment

#### **Important Information:**

- Age: All ages welcome (children under 15 must be accompanied by an adult/support worker)
- Mobility/Accessibility: Venue is wheelchair accessible
- What to Bring: Comfortable clothing, closed-toe shoes suitable for cooking, water bottle, Companion Card (if applicable)
- Support: Support workers to supervise participants closely during all activities
- Preferences: Let us know in advance if there is anything specific you would like to learn to cook

Contact your Relationship Manager or call 1300 556 007 to register your interest.

Learn, cook, and enjoy delicious creations with friends in a fun, hands-on environment!



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**Activity:** Arts & Crafts Session

**Date:** Tuesday, 16th December 2025

**Time:** 10:00 AM – 12:00 PM

**Arrival:** Please arrive 10–15 minutes early

**Duration:** 2 hours

**Location:** High Hopes HQ, 204 Sladen Street, Cranbourne VIC

**Transport:** Support workers (in own cars or public transport)

Unleash your creativity and enjoy a relaxed session of arts and crafts! Participants will explore different materials, try new techniques, and create fun projects while socialising with peers and support workers.

#### **What to Expect:**

- Hands-on arts and crafts projects
- Opportunity to try new techniques and materials
- Socialise and connect with peers and support workers
- Express your creativity in a fun and supportive environment

#### **This activity is designed to support participants in:**

**Creative Expression** – Explore imagination and artistic skills

**Social Interaction** – Build friendships and connect with others

**Confidence & Independence** – Develop new skills and complete projects

**Fun & Engagement** – Enjoy a relaxed and supportive arts environment

#### **Important Information:**

**Mobility/Accessibility:** Wheelchair accessible

**Support:** Support workers to assist as needed

**What to Bring:** Comfortable clothing that can get messy, water bottle, any personal items needed

**Companion Card:** Bring if applicable

Contact your Relationship Manager or call 1300 556 007 to register.

Get creative, try something new, and enjoy connecting with others in a fun, artistic environment!





**Activity:** Melbourne Christmas Wonderland

**Date:** Wednesday, 17th December 2025

**Time:** 6:00 PM – 9:00 PM

**Arrival:** Please arrive 15 minutes early

**Location:** Caulfield Racecourse, Caulfield, VIC

**Transport:** Support worker vehicle or a bus can be organised depending on the number of participants

**Tickets:** Will be paid for prior to attending

#### What to Expect:

- Explore Christmas-themed zones and displays
- Enjoy live shows and festive entertainment
- Santa and Grinch experiences (photos extra)
- Opportunities to purchase food, drinks, or souvenirs
- Participants will have dinner together, so bring money or a packed meal

#### Important Notes:

- Please **bring your lanyard** and wear your **High Hopes T-shirt**
- **Support:** Support workers to supervise participants during the visit
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Enjoy a magical evening full of lights, festive fun, and holiday cheer at **Melbourne Christmas Wonderland!**

Contact your Relationship Manager or call 1300 556 007 to register.



**Activity:** Carrum Beach Walk & Lunch

**Date:** Friday, 19th December 2025

**Time:** 12:00 PM – 2:00 PM

**Arrival:** Please arrive by 11:45 AM

**Duration:** 2 hours

**Location:** Carrum Beach – near the Carrum Surf Life Saving Club, Beach St, Carrum VIC 3197

**Transport:** Support Worker (in own cars or public transport)

Join us for a relaxing and social day out at Carrum Beach. Participants will take a gentle stroll along the coastline, enjoy the fresh sea breeze, and gather as a group for lunch. This outing is a wonderful way to unwind, enjoy nature, and connect with friends in a casual and supportive environment.

**What to Expect:**

- A gentle walk along the scenic beachside
- Group lunch – bring your own or purchase food nearby
- Opportunities to meet new people and socialise
- Enjoying the sights, sounds, and peaceful atmosphere of the seaside

**This activity is designed to support participants in:**

- Social Confidence – Engage with others in a relaxed, low-pressure setting
- Community Engagement – Connect with the local environment and natural surroundings
- Relationship Building – Meet new people and form connections
- Decision-Making & Independence – Practise choice-making and self-management

**Important Information:**

- Age: All ages welcome (children under 15 must be accompanied by an adult/support worker)
- Mobility/Accessibility: Beach paths are mostly flat; support workers to assist participants as needed
- What to Bring: Comfortable walking shoes, water bottle, hat or umbrella (depending on weather), packed lunch or spending money for food, Companion Card (if applicable)
- Support: Support workers to supervise participants closely throughout the activity

Contact your Relationship Manager or call 1300 556 007 to register your interest.

Enjoy a gentle stroll, fresh sea air, and a social lunch with friends at Carrum Beach!



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**Activity:** Twisted Science

**Date:** Saturday, 20th December 2025

**Time:** 10:00 AM – 2:00 PM

**Arrival:** Please arrive 15 minutes before the activity starts

**Duration:** 4 hours

**Location:** 36 Bulli St, Moorabbin VIC 3189

**Transport:** In support workers' cars

Spark curiosity and explore the wonders of science!

Twisted Science offers hands-on science exhibits and interactive experiments for participants of all ages. Discover exciting demonstrations, experiment with fun activities, and let creativity and imagination take the lead.

#### **What to Expect:**

- Participate in hands-on science experiments and interactive exhibits
- Explore fun activities designed to teach science concepts creatively
- Socialise with peers and support workers in an engaging environment
- Opportunities to purchase extra activities or souvenirs

#### **This activity is designed to support participants in:**

**Learning & Exploration** – Engage with science in a hands-on and interactive way

**Creative Thinking** – Encourage imagination and problem-solving through experiments

**Social Interaction** – Connect with peers and support workers while learning

**Confidence & Independence** – Try new experiences safely in a supervised environment

#### **Important Information:**

**Mobility/Accessibility:** Wheelchair accessible

**Tickets/Entry:** Bring money for extra activities or souvenirs

**Support:** Support workers to supervise participants closely during the activity

Contact your Relationship Manager or call 1300 556 007 to register.

Discover, experiment, and have fun with science at Twisted Science this school holidays!





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**Activity:** Participant Christmas BBQ

**Date:** Saturday, 20th December 2025

**Time:** 11:00 AM – 3:00 PM

**Arrival:** Please arrive 15 minutes early

**Duration:** 4 hours

**Location:** Braeside Park BBQ Area, Braeside VIC

**Transport:** Support Worker (in own cars/public transport)

Celebrate the end of the year with our annual Christmas BBQ! Participants will enjoy a fun and relaxing day with delicious food, music, and games, all in a safe and supportive environment.

**What to Expect:**

- Enjoy a festive BBQ lunch with friends and support workers
- Participate in fun group games and activities
- Socialise and celebrate the end of the year together

**This activity is designed to support participants in:**

- Social Interaction – Connect with peers and support workers in a friendly, group environment
- Community Engagement – Participate in a fun community-based outdoor event
- Confidence & Independence – Join activities and games at your own pace

**Important Information:**

- Minimum Age: All participants welcome
- Mobility/Accessibility: Wheelchair accessible
- Restrictions: Outdoor activity; ensure sun safety (hat, sunscreen, water)

Contact your Relationship Manager or call 1300 556 007 to register and secure your spot.  
Celebrate, relax, and enjoy a festive day at the Christmas BBQ!



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**Activity:** Christmas Street BBQ

**Date:** Sunday, 21st December 2025

**Time:** 11:00 AM – 4:00 PM

**Arrival:** Please arrive 15 minutes before the activity starts

**Duration:** 5 hours

**Location:** Hampton Park Junior Footy Club, Hampton Park VIC

**Transport:** Support workers (in own cars or arranged transport)

Celebrate the festive season with a fun and family-friendly Christmas Street BBQ! Participants will enjoy a variety of activities, delicious food, and festive surprises in a safe and inclusive environment.

#### **What to Expect:**

- Kids' activities including a jumping castle, rock climbing, and an obstacle course
- Meet animals at the mobile zoo
- Enjoy a free BBQ and food provided on-site
- Receive kids' gifts for all attendees
- Free groceries for eligible families (booking required by 18th December 2025)

#### **This activity is designed to support participants in:**

**Community Engagement** – Celebrate the festive season with others

**Social Interaction** – Connect with peers, support workers, and families

**Fun & Physical Activity** – Participate in active games and attractions

**Support & Inclusion** – Access free food, gifts, and groceries in a welcoming environment

#### **Important Information:**

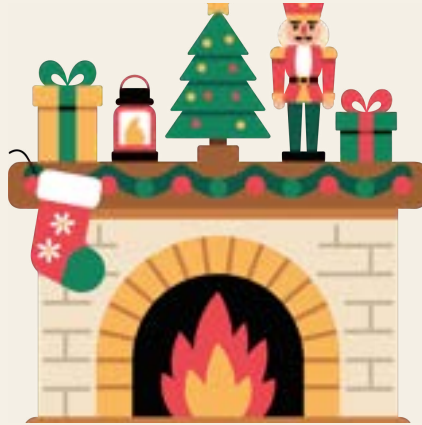
**Mobility/Accessibility:** Wheelchair accessible

**Tickets/Entry:** Free entry; pre-book groceries by 18th December 2025 if eligible

**Support:** Support workers to supervise participants closely during all activities

Contact your Relationship Manager or call 1300 556 007 to register.

Enjoy a festive day of food, fun, and community at the Christmas Street BBQ!



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**Activity:** Christmas in the City – Wrap Up 2025

**Date:** Monday, 22nd December 2025

**Time:** 10:00 AM – 2:00 PM

**Arrival:** Please arrive 15 minutes before the activity starts

**Duration:** 4 hours

**Location:** Federation Square & Myer, Melbourne VIC

**Transport:** Support workers (participants encouraged to use public transport; support workers to assist as needed)

Celebrate the festive season in the heart of Melbourne! Participants will explore Christmas attractions, markets, and shops, enjoy Santa appearances, and soak in the holiday atmosphere.

#### **What to Expect:**

- See the giant Christmas tree at Federation Square
- Visit the Myer Christmas windows display
- Explore festive markets and shops for Christmas gifts
- Meet Santa for photos and festive fun

#### **This activity is designed to support participants in:**

**Community Engagement** – Participate in Christmas events in the city

**Social Interaction** – Connect with peers and support workers in a festive environment

**Exploration & Independence** – Navigate city spaces, shops, and markets

**Fun & Engagement** – Enjoy holiday displays, Santa appearances, and the festive atmosphere

#### **Important Information:**

**Mobility/Accessibility:** Wheelchair accessible

**Support:** Support workers to supervise participants closely during all activities

**Tickets/Entry:** Free entry; bring money for gifts or food if desired

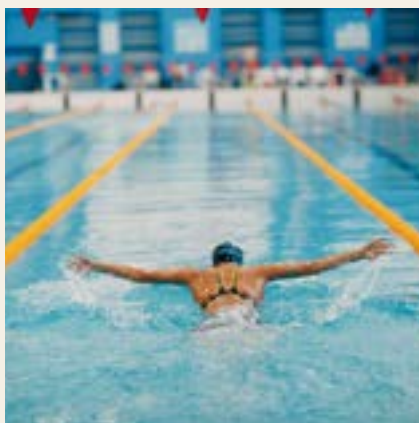
**What to Bring:** Comfortable clothing and shoes, water bottle, and any personal items needed for the day

**Companion Card:** Bring if applicable

Contact your Relationship Manager or call 1300 556 007 to register.

Experience the magic of Christmas in Melbourne with festive sights, markets, and Santa!





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**Activity:** Casey Race Pools (After School Program)

**Date:** Every Thursday (except public holidays)

**Time:** 4:00 PM – 6:00 PM

**Arrival:** Please arrive by 3:45 PM

**Duration:** 2 hours

**Meeting Point:** Casey Race Pools, 65 Berwick-Cranbourne Rd, Cranbourne East VIC 3977

**Transport:** Support Worker

Join us for a fun-filled session at Casey Race Pools! Participants can 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 Expect:

- Swim, splash, and enjoy the water slides in a supportive environment
- Make new friends and develop social skills while having fun
- Improve confidence and independence in and around the water
- Stay active and build fitness while enjoying the pool facilities

#### This activity is designed to support participants in:

- Social Confidence & Friendships – Connect and interact with peers
- Self-Care & Independence – Practice managing personal belongings and planning activities
- Community Engagement – Explore a public recreational facility and engage with others
- Physical Activity – Stay active through swimming, water play, and movement
- Decision-Making – Choose activities, navigate the pool area, and plan personal participation

#### Important Information:

- Age: All ages welcome (children under 10 must be accompanied by a support worker)
- Mobility/Accessibility: Pool is wheelchair accessible; support workers to assist participants as needed
- What to Bring: Swimwear, slides for easy movement, water bottle, packed lunch or spending money for food, Companion Card (if applicable)
- Support: Support workers to supervise participants closely during all activities

Contact your Relationship Manager or call 1300 556 007 to register your interest.

Dive into a fun, safe, and social after-school program at Casey Race Pools — swim, play, and make new friends!



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**Activity:** Dungeons & Dragons

**Date:** Every Wednesday

**Time:** 4:30 PM – 6:30 PM

**Arrival:** Please arrive by 3:45 PM

**Duration:** 2.5 hours

**Meeting Point:** High Hopes HQ, 204 Sladen Street, Cranbourne

**Transport:** Support Worker

RSVP Required – Spots are limited

Step into a world of imagination, strategy, and storytelling! Join us for our Dungeons & Dragons sessions at High Hopes HQ. Whether you are a seasoned adventurer or a complete beginner, this is a chance to create your own character, explore epic worlds, and work as a team to overcome challenges guided by our experienced Dungeon Master.

### 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

### This activity is designed to support participants in:

- 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

### Important Information:

- Age: Suitable for participants aged 12+
- Mobility/Accessibility: Venue is wheelchair accessible; support workers to assist participants as needed
- Requirements: Minimum of 3 participants to run the session
- RSVP: Spots are limited due to game structure — register as soon as possible
- Support: Support workers to supervise participants closely during the activity
- What to Bring: Notebook and pen if desired, enthusiasm, and creativity!

Contact your Relationship Manager or call 1300 556 007 to register your interest.

Embark on a journey where dragons await, heroes rise, and friendships are forged — all within the walls of High Hopes HQ!

### RSVP Policies and Deadlines

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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)

