



# High Hopes Services

INSPIRE EMPOWER CELEBRATE



## ACTIVITY GUIDE FEBRUARY 2026



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# Contents page

## Welcome to Our February Activity Guide

Get ready for an exciting February filled with connection, creativity, and community fun!

This guide showcases all the engaging activities planned for the month — from outdoor adventures and hands-on life skills sessions to movie outings, cultural celebrations, and inclusive community experiences. Each activity includes key details such as dates, times, and locations to help you plan ahead and make the most of every opportunity.

**1st – Dandenong Market + Casual Park Time**

**2nd – Cranbourne Gardens: Nature Walk, Picnic & Simple Games (After School).**

**3rd – Outdoor Fruit Salad Workshop – Casey Fields (After School).**

**6th – Arts & Crafts Day: Painting, Tie-Dye & Creative Expression (After School).**

**7th – Moonlit Sanctuary Wildlife Park: Explore, Feed Animals & Learn**

**8th – Community Park Fun – All Abilities Day (Ballam Park).**

**9th – Oz Tenpin Bowling: Strike & Fun Experience**

**10th – Sk8house Rollerblading & Roller Skating: Roll, Glide & Fun**

**13<sup>th</sup> – Planting Pots Program – After School (February Series).**

**14th – Enchanted Adventure: Mazes, Slides & Outdoor Fun**

**15th – Serbian Cultural Festival**

**16th – Supermarket Scavenger Hunt: Life Skills & Fun**

**17th – Movie Outing: Popcorn & Fun at Reading Cinemas**

**20th – Planting Pots Program – After School (February Series).**

**21st – Aqua Fun Park Adventure + Lunch (Bus Activity).**

**22nd – Frankston Beach: Beach Adventure & Exploration**

**23rd – Public Transport Travel Training**

**24th – Library Quest & Reading Challenge**

**27th – Planting Pots Program – After School (February Series).**

**28th – RDA Victoria Horse Riding Experience + Lunch (Bus Activity).**

### **Recurring Weekly / Program Activities**

- **Dungeons & Dragons Night (After School).**

4th, 11th, 18th & 25th February

- **Casey Race Pools (After School).**

5th, 12th, 19th & 26th February

- **All Abilities Basketball**

Weekly during February



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### Dandenong Market + Casual Park Time

**Date:** Sunday, 1st February 2026

**Time:** 11:00 am – 1:30 pm AEDT

**Meeting Point:** Dandenong Market main entrance at 11:00 am AEDT

**Location:** Dandenong Market + nearby park (e.g., Dandenong Town Park)

**Activity Type:** Outdoor / Social / Relaxed / Community Participation

**Cost:** Covered by HHS – no cost to participants

#### Overview:

Get ready for a fun morning exploring the bustling Dandenong Market followed by some relaxed time at a nearby park. This activity encourages socialization, light physical activity, and community engagement while giving participants the choice to browse the market or simply enjoy the outdoors.

#### Materials / Equipment:

- Water bottles
- Hats / sunscreen
- Hand sanitizer / wipes
- First aid kit
- Bin bags for rubbish
- Optional: small spending money for those who wish to purchase items

#### Staffing / Supervision:

- Lead participants safely through the market and park
- Supervise interactions with vendors and the public
- Encourage questions and exploration
- Monitor hydration, sun protection, and overall safety
- Support relaxed park activities (walking, sitting, simple games)



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### ACTIVITY GUIDE: DANDENONG MARKET + CASUAL PARK TIME

Time	Activity	Notes
11:00–11:10 am	<b>Arrival &amp; Orientation at Market</b>	Quick briefing on safety, plan, and group expectations
11:10–12:10 pm	<b>Explore Dandenong Market</b>	Browse stalls, observe crafts and produce, social interaction; optional purchases
12:10–12:20 pm	<b>Travel to Nearby Park (~10 min walk)</b>	Walk to park area for casual activities
12:20–1:05 pm	<b>Casual Park Time</b>	Relax on grass or picnic blanket, simple games, short walk, socializing
1:05–1:15 pm	<b>Wrap Up</b>	Collect rubbish, reflect on the day, and prepare to leave



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### Cranbourne Gardens – Nature Walk + Picnic + Simple Games

**Date:** Monday, 2nd February 2026

**Time:** 4:00 pm – 6:00 pm AEDT

**Meeting Point:** HHS HQ Office at 3:45 pm AEDT

**Location:** Royal Botanic Gardens Victoria – Cranbourne

**Activity Type:** Outdoor / Nature / Social / Light Physical

**Cost:** No cost to participants

#### Overview:

Join us for an engaging nature walk at Cranbourne Gardens, followed by a relaxing picnic and simple games. This activity encourages community participation, light physical activity, socialization, teamwork, and observation of native plants and wildlife. Participants will enjoy a mix of exploration, fun, and social connection in a safe natural environment.

#### Materials / Equipment:

- Sunscreen, hats, and water bottles
- Picnic blankets / rugs
- Snacks / lunch
- Hand sanitizer / wipes / first aid kit
- Small sports / picnic games (frisbee, ball, bean bags)
- Bin bags for rubbish
- Camera / smartphone (optional)

#### Staffing / Supervision:

- Lead participants safely through the gardens
- Supervise group activities and games
- Encourage exploration and interaction with nature
- Support social connections and teamwork
- Monitor hydration, sun protection, and overall safety





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#### ACTIVITY GUIDE: CRANBOURNE GARDENS – NATURE WALK + PICNIC + SIMPLE GAMES

Time	Activity	Notes
3:45–4:00 pm	<b>Arrival &amp; Orientation</b>	at HHS HQ Collect materials, safety briefing, sunscreen/hats check
4:00–4:15 pm	<b>Travel to Cranbourne Gardens</b>	Staff check materials and safety, participants seated safely
4:15–4:50 pm	<b>Nature Walk</b>	Explore gardens, observe plants & wildlife, guided discussion, simple questions
4:50–5:10 pm	<b>Picnic</b>	Snacks/lunch, social interaction, clean up
5:10–5:30 pm	<b>Simple Games</b>	Frisbee, ball toss, bean bag games, nature scavenger hunt
5:30–5:35 pm	<b>Wrap Up &amp; Return</b>	Reflect on the day, collect rubbish, head back to HQ / transport



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### Outdoor Fruit Salad Workshop – Casey Fields

**Date:** Tuesday, 3rd February 2026

**Time:** 4:00 pm – 5:30 pm AEDT

**Meeting Point:** HHS HQ Office at 3:45 pm AEDT

**Location:** Casey Fields, Cranbourne

**Activity Type:** Outdoor / Life Skills / Social / Hands-on Learning

**Cost:** No cost to participants

#### Overview:

Get ready for a fun and interactive fruit salad workshop at Casey Fields! Participants will practice hands-on life skills, enjoy teamwork, and learn about healthy eating while preparing and sharing fresh fruit. This activity encourages socialization, independent living skills, and community participation in a safe outdoor setting.

#### Materials / Equipment:

- Fresh fruit (e.g., banana, apple, berries, grapes, orange)
- Bowls for mixing
- Plastic knives or safe knives
- Spoons / tongs for serving
- Cups / plates / napkins
- Hand sanitizer / wipes
- Bin bags for rubbish

#### Staffing / Supervision:

- Demonstrate safe cutting and mixing techniques
- Supervise knife use
- Encourage teamwork and participation
- Monitor hygiene (hand washing, clean utensils)
- Ensure a safe and enjoyable experience for all participants



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#### ACTIVITY GUIDE: OUTDOOR FRUIT SALAD WORKSHOP – CASEY FIELDS (AFTER-SCHOOL)

Time	Activity	Notes
3:45–4:00 pm	<b>Arrival &amp; Orientation</b>	Collect materials, wash hands, quick briefing
4:00–4:20 pm	<b>Travel to Casey Fields</b>	Walk or drive; set up picnic/workstation on grass
4:20–4:50 pm	<b>Make Fruit Salad</b>	Staff demonstrate cutting & mixing; participants make their own fruit salad
4:50–5:05 pm	<b>Tasting &amp; Social Time</b>	Eat fruit salad together, discuss favorite fruits, encourage conversation
5:05–5:15 pm	<b>Cleanup &amp; Wrap Up</b>	Collect rubbish, clean bowls and utensils, reflect on what was learned





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### Arts & Crafts Day – Painting, Tie-Dye, Creative Expression

**Date:** Friday, 6th February 2026

**Time:** 4:00 pm – 6:00 pm AEDT

**Meeting Point:** HHS HQ Office at 3:45 pm AEDT

**Location:** Bunjil Reserve, Cranbourne (or similar local park with tables/grass area)

**Activity Type:** Outdoor / Creative / Social / Life Skills

**Cost:** Covered by HHS – no cost to participants

#### Overview:

Unleash your creativity at our Arts & Crafts Day! Participants will enjoy painting, tie-dye, and other forms of creative expression in a relaxed outdoor setting. This session encourages socialization, teamwork, self-expression, and community participation while learning new skills and having fun.

#### Materials / Equipment:

- Paints (water-based for easy cleanup)
- Paintbrushes / sponges
- Paper, canvas, or T-shirts for tie-dye
- Tie-dye kits or safe dyes
- Aprons or old shirts to protect clothing
- Cups of water, paper towels, wipes
- Tables or picnic blankets for workstations
- Bin bags for rubbish
- Hand sanitizer / wipes

#### Staffing / Supervision:

- Demonstrate each technique step-by-step (painting, tie-dye, or mixed media)
- Assist participants with tie-dye kits and handling dyes
- Monitor safety, handwashing, and clean-up procedures
- Encourage participation, teamwork, and creative expression



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#### ACTIVITY GUIDE: ARTS & CRAFTS DAY – PAINTING, TIE-DYE, CREATIVE EXPRESSION

Time	Activity	Notes
3:40–3:55 pm	<b>Arrival &amp; Orientation</b>	Collect materials, wash hands, quick briefing
3:55–4:15 pm	<b>Travel to Bunjil Reserve (~20 min)</b>	Walk or drive; staff check attendance and safety
4:15–4:50 pm	<b>Painting Activity</b>	Demonstrate simple techniques, participants create own artwork
4:50–5:25 pm	<b>Tie-Dye / Creative Expression</b>	Demonstrate tie-dye or other creative crafts, participants make own items
5:25–5:35 pm	<b>Sharing &amp; Social Time</b>	Participants show their creations, discuss what they enjoyed
5:35–5:45 pm	<b>Cleanup &amp; Wrap Up</b>	Wash brushes, dispose of waste, pack up materials, reflection



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### **Moonlit Sanctuary Wildlife Park – Explore, Feed Animals, Learn About Wildlife**

**Date:** Saturday, 7th February 2026

**Time:** 12:00 pm – 3:00 pm AEDT

**Meeting Point:** HHS HQ Office at 11:30 am AEDT

**Location:** Moonlit Sanctuary Wildlife Park, Pearcedale

**Activity Type:** Outdoor / Nature / Education / Social

**Cost:** Covered by HHS – no cost to participants

#### **Overview:**

Join us for an exciting visit to Moonlit Sanctuary Wildlife Park! Participants will explore the park, feed animals, and learn about native wildlife. This activity encourages socialization, observation skills, and community participation in a safe, educational, and interactive outdoor environment.

#### **Materials / Equipment:**

- Water bottles
- Hats / sunscreen
- Hand sanitizer / wipes
- First aid kit
- Bin bags for rubbish
- Camera or smartphone (optional, for photos)
- Pre-packed lunch (picked up from HHS HQ before departure)

#### **Staffing / Supervision:**

- Lead participants safely through the park
- Assist with animal feeding and wildlife observation
- Encourage participation, interaction, and learning
- Monitor hydration, sun protection, and overall safety



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#### ACTIVITY GUIDE: MOONLIT SANCTUARY WILDLIFE PARK – EXPLORE, FEED ANIMALS, LEARN ABOUT WILDLIFE

Time	Activity	Notes
11:30–11:45 am	<b>Arrival &amp; Orientation</b>	Pick up lunch and materials, sunscreen/hats check, quick briefing
11:45–12:00 pm	<b>Travel to Moonlit Sanctuary</b>	Staff check attendance and safety
12:00–12:30 pm	<b>Welcome &amp; Introduction</b>	Meet park staff, overview of park, rules for interacting with animals
12:30–1:30 pm	<b>Explore Park</b>	Walk through enclosures, observe kangaroos, koalas, wombats, birds, reptiles; staff guide learning discussion
1:30–2:00 pm	<b>Animal Feeding &amp; Interactive Learning</b>	Participate in feeding sessions (kangaroos, wallabies, birds) and supervised close encounters
2:00–2:30 pm	<b>Lunch / Picnic</b>	Eat Lunch together
2:30–2:45 pm	<b>Free Exploration / Observation</b>	Participants choose favorite areas to explore under supervision
2:45–3:00 pm	<b>Wrap Up &amp; Travel Back</b>	Collect rubbish, final reflection, head back to HQ



### Community Park Fun – All Abilities Day

**Date:** Sunday, 8th February 2026

**Time:** 10:00 am – 2:00 pm AEDT

**Meeting Point:** Participants' homes or as agreed with support workers

**Location:** Ballam Park, 260 Cranbourne Rd, Frankston VIC 3199

**Activity Type:** Outdoor / All Abilities / Social / Relaxed

**Cost:** No cost to participants

#### Overview:

Enjoy a fun-filled day in the fresh air at Ballam Park! This activity is designed for all abilities and encourages community participation, social interaction, and outdoor enjoyment. Participants will explore accessible walking paths, play inclusive games, and enjoy optional creative activities such as chalk drawing or nature art.

#### Materials / Equipment:

- Comfortable clothing
- Hat / sunscreen
- Water bottle
- Picnic prepared with support worker
- Any personal items required

#### Staffing / Supervision:

- Support workers will supervise participants throughout the activity
- Transport participants to and from Ballam Park as needed
- Assist with accessibility and participation in activities
- Encourage social interaction, confidence, and enjoyment

#### Activity Focus:

- Community Engagement – Connecting with the local environment and community
- Social Interaction – Interacting with peers and support workers in a relaxed setting
- Confidence & Independence – Participating safely and confidently
- Health & Wellbeing – Enjoying outdoor time and gentle physical activity





### Oz Tenpin Bowling – Strike & Fun Experience

**Date:** Monday, 9th February 2026

**Time:** 5:30 pm – 7:30 pm AEDT

**Meeting Point:** Cranbourne Station at 5:00 pm AEDT

**Location:** Oz Tenpin Bowling, Narre Warren

**Activity Type:** Indoor / Social / Recreation / All Abilities

**Cost:** Covered by HHS – no cost to participants

#### Overview:

Roll into fun and excitement at Oz Tenpin Bowling! Enjoy a fully accessible, safe, and interactive bowling experience designed for participants of all ages and abilities. Participants will take part in friendly games, mini-competitions, and social activities while building confidence and coordination.

#### Materials / Equipment:

- Comfortable clothing
- Socks suitable for bowling shoes
- Support workers to assist as needed
- Tickets purchased by support workers on the day (reimbursed afterward)

#### Staffing / Supervision:

- Lead participants safely through the venue
- Supervise games, lane use, and interactions
- Encourage participation, teamwork, and socialization
- Monitor safety and accessibility needs

#### Activity Focus:

- Community Engagement – Visiting a popular recreational venue in Melbourne
- Social Interaction – Bowling, cheering, and collaborating with peers and support workers
- Confidence & Independence – Trying new skills in a supportive environment
- Coordination & Motor Skills – Practicing hand-eye coordination and balance in a fun way



### Sk8house Rollerblading & Roller Skating – Roll, Glide & Fun

**Date:** Tuesday, 10th February 2026

**Time:** 4:30 pm – 6:30 pm AEDT

**Meeting Point:** Sk8house & Sk8shop, Carrum Downs

**Location:** Sk8house & Sk8shop, Carrum Downs

**Activity Type:** Indoor / Recreation / Social / All Abilities

**Cost:** Covered by HHS – no cost to participants

#### Overview:

Roll, glide, and laugh your way through an exciting rollerblading and roller skating experience at Sk8house! This fun, inclusive activity is designed to support participants of all ages and abilities in a safe, supervised, and energetic environment. Participants can enjoy skating on a smooth indoor rink, with support and encouragement provided as needed.

#### Materials / Equipment:

- Comfortable clothing (long pants recommended)
- Thick socks
- Water bottle
- Skates and protective gear available for hire on-site (purchased by support workers and reimbursed afterward)

#### Staffing / Supervision:

- Lead participants safely around the rink
- Provide one-on-one or group support as required
- Monitor safety, rest breaks, and participant engagement
- Encourage social interaction, skill development, and confidence

#### Activity Focus:

- Community Engagement – Visiting a popular recreational venue in Melbourne's south-east
- Social Interaction – Skating alongside peers and support workers
- Confidence & Independence – Building confidence through movement and skill development
- Coordination & Balance – Improving motor skills in a fun and active way



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#### **Planting Pots Program – Planning & Shopping**

**Date:** Friday, 13th, February 2026

**Time:** 4:00 pm – 6:00 pm AEDT

**Meeting Point:** HHS HQ Office at 4:00 pm AEDT

**Location:** HHS HQ Office + local shops

**Activity Type:** Indoor / Community Access / Planning / Life Skills

**Cost:** Covered by HHS – no cost to participants

#### **Overview:**

Participants will engage in planning and shopping for a planting pots project. This session encourages decision-making, community participation, independence, and practical life skills. The activity includes discussion, budgeting, and a short community outing to purchase pots, plants, soil, and paint.

#### **Materials / Equipment:**

- Shopping list
- Reusable bags
- Water bottles
- Hand sanitizer / wipes
- First aid kit

#### **Staffing / Supervision:**

- Support safe community access
- Encourage independence and participant choice
- Assist with communication and purchasing as required
- Maintain group supervision at all times

#### **Activity Focus:**

- Planning & Decision-Making – Participants plan the activity and make choices
- Community Participation – Visit local shops and interact with the public
- Independence & Life Skills – Practice budgeting, communication, and practical skills



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### Enchanted Adventure – Mazes, Slides, Outdoor Fun

**Date:** Saturday, 14th February 2026

**Time:** 12:00 pm – 3:00 pm AEDT

**Meeting Point:** HHS HQ Office at 11:30 am AEDT

**Location:** Enchanted Adventure, Pearcedale (~40 km from Cranbourne)

**Activity Type:** Outdoor / Physical Activity / Adventure / Social

**Cost:** Covered by HHS – no cost to participants

#### Overview:

Get ready for an exciting adventure at Enchanted Adventure! Participants will enjoy mazes, slides, and outdoor activities while developing teamwork, social skills, and confidence. This activity encourages community participation, physical activity, and exploration in a safe and supervised environment.

#### Materials / Equipment:

- Water bottles
- Hats / sunscreen
- Hand sanitizer / wipes
- First aid kit
- Bin bags for rubbish
- Camera or smartphone (optional, for photos)
- Pre-packed lunch (picked up from HHS HQ before departure)
- Comfortable clothing and shoes suitable for outdoor adventure

#### Staffing / Supervision:

- Lead participants safely through the park
- Provide guidance for adventure play and park activities
- Encourage participation, teamwork, and social interaction
- Monitor hydration, sun protection, and overall safety

#### Activity Focus:

- Community Participation – Explore a popular outdoor venue
- Physical Activity – Active play, climbing, and sliding
- Teamwork & Social Skills – Work and play collaboratively
- Exploration & Confidence – Navigate mazes and outdoor challenges



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#### ACTIVITY GUIDE: ENCHANTED ADVENTURE – MAZES, SLIDES, OUTDOOR FUN

Time	Activity	Notes
11:30–11:45 am	<b>Arrival &amp; Orientation at HHS HQ</b>	Pick up lunch and materials, sunscreen/hats check, safety briefing
11:45–12:15 pm	<b>Travel to Enchanted Adventure (~40 min)</b>	Staff check attendance, discuss plan for the day
12:15–12:45 pm	<b>Arrival &amp; Welcome</b>	Meet park staff, overview of rules, map of park, safety recap
12:45–1:45 pm	<b>Outdoor Fun &amp; Mazes</b>	Explore mazes, slides, obstacle areas; staff encourage safe play and teamwork
1:45–2:15 pm	<b>Lunch / Picnic</b>	Eat pre-packed lunch in shaded area, encourage social interaction
2:15–2:55 pm	<b>Adventure Activities</b>	Continue exploring rides, slides, and outdoor attractions under supervision
2:55–3:15 pm	<b>Wrap Up &amp; Travel Back</b>	Collect rubbish, gather participants, reflection, head back to HQ





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### Serbian Cultural Festival

**Date:** Sunday, 15th February 2026

**Time:** 11:00 am – 11:00 pm AEDT (flexible attendance within event hours)

**Meeting Point:** Serbian Orthodox Church, Keysborough at an agreed time

**Location:** Serbian Orthodox Church, Keysborough

**Activity Type:** Cultural / Community Participation / Social / All Abilities

**Cost:** Entry as per event requirements (food, rides, or stalls at participant's discretion)

#### Overview:

Participants will attend the Serbian Cultural Festival, celebrating Serbian culture through traditional food, music, dancing, performances, and community connection. Attendance can be tailored to individual support needs, energy levels, and goals.

#### Staffing / Supervision:

- Maintain close supervision in crowded areas
- Support communication and social interactions
- Monitor fatigue, hydration, and sensory needs
- Allow flexible participation and rest breaks
- Ensure safe entry and exit from the venue

#### Activity Focus:

- Cultural Connection – Experience Serbian traditions, food, music, and dance
- Community Participation – Engage with the local community
- Social Interaction – Interact with peers, support workers, and community members
- Confidence & Independence – Choose participation level and activities

#### Accessibility & Inclusion:

- Participation at individual comfort levels
- Access to quiet/rest areas if required
- Flexible timeframes (participants do not need to stay all day)
- Support for mobility and sensory needs



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#### **Supermarket Scavenger Hunt – Life Skills & Fun**

**Date:** Monday, 16th February 2026

**Time:** 4:30pm – 6:30pm

**Meeting Point:** Entrance of the nominated supermarket (e.g. Coles / Woolworths – location to be confirmed)

#### **Activity Overview:**

Participants will take part in a guided supermarket scavenger hunt designed to build independence, decision-making, communication, and budgeting skills. Working individually or in small groups, participants will search for everyday items using a checklist, compare prices, read labels, and practise real-world shopping skills in a safe and supported environment.

#### **What We'll Be Doing:**

- Reviewing the scavenger hunt checklist
- Finding items using aisle signs and labels
- Practising asking staff for assistance
- Comparing prices and making choices
- Learning basic budgeting and money handling
- Finishing with a small treat or snack (within budget)

#### **Support & Supervision:**

- Support workers to assist participants throughout the activity
- Support workers may transport participants to and from the location as required
- Activity will be adapted to suit individual abilities and goals

#### **What to Bring:**

- Comfortable clothing and shoes
- Small shopping bag (optional)
- Spending money if participant wishes to purchase an item

#### **NDIS Goals Supported:**

- Increased independence
- Community access and participation
- Social and communication skills
- Daily living and life skills



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### Movie Outing – Popcorn & Fun at Reading Cinemas

**Date:** Tuesday, 17th February

**Time:** 4:30pm – 8:30pm

**Meeting Point:** Reading Cinemas, Dandenong

**Location:** Reading Cinemas, 17–21 Lonsdale St, Dandenong VIC 3175

**Transport:** Support workers will transport participants to and from the venue

Sit back, relax, and enjoy an exciting movie experience at **Reading Cinemas Dandenong!** This activity is designed to be inclusive and enjoyable for participants of all ages and abilities.

#### What to Expect:

- Watch a popular, age-appropriate film on the big screen
- Enjoy popcorn, snacks, and drinks available on-site
- Support from staff and support workers throughout the session
- Opportunity to socialise and chat before and after the movie
- Suitable for mixed ages and abilities

This activity supports participants in:

**Community Engagement** – Visiting a local cinema and participating in a popular community activity

**Social Interaction** – Sharing the movie experience with peers and support workers

**Confidence & Independence** – Navigating a public venue in a supported way

**Leisure & Enjoyment** – Experiencing a fun, relaxing, and social activity

#### Important Information:

**Tickets/Entry:** Support workers will purchase tickets on the day and will be reimbursed afterward

**Accessibility:** Fully wheelchair accessible with elevators and seating options available

**Support Workers:** All participants will be supervised throughout the activity

**What to Bring:** Comfortable clothing and any personal items required (water bottle, medication, etc.)

**Contact:** Your Relationship Manager or call **1300 556 007** to register



### Planting Pots Program – Painting & Decorating

**Date:** Friday, 20th February 2026

**Time:** 4:00 pm – 6:00 pm AEDT

**Meeting Point:** HHS HQ Office at 4:00 pm AEDT

**Location:** HHS HQ Office

**Activity Type:** Indoor / Creative / Sensory / Social

**Cost:** Covered by HHS – no cost to participants

#### Overview:

Participants will enjoy a creative session painting and decorating their planting pots. This activity encourages creative expression, fine motor skills, sensory regulation, and social engagement. Participants will prepare, paint, and personalize their pots while practicing patience and teamwork.

#### Materials / Equipment:

- Pots
- Paint, brushes, paint pens
- Aprons / old shirts
- Table coverings
- Water for brushes
- Hand wipes
- First aid kit

#### Staffing / Supervision:

- Support fine motor tasks as needed
- Monitor sensory needs
- Encourage creativity without taking over
- Ensure safe use of materials and clean-up

#### Activity Focus:

- Creative Expression – Personalize and decorate pots
- Fine Motor Skills – Painting, drawing, and handling tools
- Sensory Regulation – Engage safely with tactile materials
- Social Interaction – Collaborate and share ideas with peers





#### **Aqua Fun Park Adventure + Lunch (Bus Activity)**

**Date:** Saturday, 21st February 2026

**Time:** 11:00 am – 3:30 pm AEDT (including transport)

**Meeting Point:** HHS HQ Office at 9:30 am AEDT

**Location:** Aqua Fun Park, 5 Riverend Rd, Bangholme VIC 3175

**Activity Type:** Water-based / Active / Social / Community Participation

**Cost:** Covered by HHS – no cost to participants

#### **Overview:**

Dive into an exciting Aqua Fun Park adventure! Participants will enjoy water-based activities, develop physical skills, and engage in social and confidence-building experiences. The session includes transport via HHS bus, a safety briefing, and a lunch break.

#### **Materials / Equipment:**

- Completed waivers for all participants
- Life jackets (provided on-site, must be worn at all times)
- Comfortable swimwear and towel
- Sunscreen
- Water bottle
- Optional change of clothes

#### **Staffing / Supervision:**

- Support workers supervise participants during transport and at the park
- Ensure adherence to safety rules and wearing of life jackets
- Assist with transitions, boarding the bus, and general wellbeing
- Conduct roll call and monitor attendance

#### **Activity Focus:**

- Physical Activity – Water-based fun and skill development
- Confidence & Independence – Navigating activities safely and with support
- Social Participation – Engaging with peers and support workers
- Enjoyment & Recreation – Fun, safe, and inclusive environment

#### **Additional Information:**

- Arrive 30 minutes prior to the session start time
- Mandatory safety briefing 10 minutes before the session
- Adults (18+) must sign waivers for participants under 18





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#### Materials / What to Bring

Swimwear  
Towel  
Sunscreen  
Rash vest (recommended – worn under life jacket)  
Water bottle  
Change of clothes

Time	Activity	Notes
9:30 AM	Meet at HHS HQ	Arrival, roll call, waiver confirmation
9:45 AM	Depart via HHS Bus	
10:30 AM	Arrive at Aqua Fun Park	Check-in, change into swimwear, sunscreen, life jacket fitting
10:50 AM	Mandatory Safety Briefing	
11:00 AM	Aqua Fun Park Session (50 minutes)	
11:50 AM	Change & Cool Down	
12:15 PM	Lunch	Lunch provided
1:00 PM	Wind-Down / Free Time	
1:30 PM	Depart Aqua Fun Park	
2:00 PM	Return to HHS HQ & Activity Concludes	



### Frankston Beach – Beach Adventure & Exploration

**Date:** Sunday, 22nd February 2026

**Time:** 11:00 am – 2:00 pm AEDT

**Meeting Point:** Cranbourne Station at 9:30 am AEDT

**Location:** Frankston Beach

**Activity Type:** Outdoor / Physical Activity / Social / All Abilities

**Cost:** Covered by HHS – no cost to participants

#### Overview:

Enjoy a fun-filled day at Frankston Beach! Participants can explore the sandy shores, take part in safe beach activities, and relax in a supportive, social environment suitable for all ages and abilities.

#### Materials / Equipment:

- Comfortable clothing suitable for the beach
- Hat and sunscreen
- Water bottle
- Towel
- Personal items as needed

#### Staffing / Supervision:

- Support workers supervise participants throughout the activity
- Assist with beach access and mobility as needed
- Monitor safety, hydration, and engagement
- Encourage participation in activities and social interaction

#### Activity Focus:

- Community Engagement – Explore a local natural attraction and interact with the environment
- Social Interaction – Play and engage with peers and support workers
- Confidence & Independence – Participate safely in beach activities
- Health & Wellbeing – Enjoy outdoor activity, fresh air, and gentle exercise

#### Additional Information:

- Accessibility: Beach access suitable for most mobility levels with support
- SunSmart Reminder: Wear a hat, apply sunscreen regularly, and stay hydrated



## Public Transport Travel Training

**Date:** Monday, 23rd February 2026

**Time:** 10:00 am – 12:30 pm AEDT

**Meeting Point:** HHS HQ Office at 9:45 am AEDT

**Location:** Local train and bus routes around Cranbourne / Dandenong

**Activity Type:** Community Access / Life Skills / Social / All Abilities

**Cost:** Covered by HHS – no cost to participants

### Overview:

Participants will develop confidence and independence in using public transport safely. The session includes guided travel on local buses and trains, learning how to plan trips, read timetables, purchase tickets, and practice safe and respectful behaviour in public transport settings.

### Materials / Equipment:

- Myki card (if available) or pre-loaded card provided by HHS
- Comfortable clothing and shoes suitable for walking
- Water bottle
- Hand sanitizer / wipes
- Personal items as needed

### Staffing / Supervision:

- Support workers accompany participants on all public transport trips
- Provide guidance on ticketing, boarding, and navigating transport stops
- Monitor safety, behaviour, and engagement throughout the session
- Encourage independence and problem-solving skills

### Activity Focus:

- Community Participation – Safely navigate local public transport
- Life Skills & Independence – Learn to plan, pay for, and use buses/trains
- Confidence & Self-Efficacy – Practice travelling with reduced support
- Social Interaction – Engage appropriately with peers, support workers, and the public



### Library Quest & Reading Challenge

**Date:** Tuesday, 24th February 2026

**Time:** 4:30 pm – 6:30 pm AEDT

**Meeting Point:** Cranbourne Library, 65 Berwick-Cranbourne Rd, Cranbourne VIC 3977

**Location:** Cranbourne Library

**Activity Type:** Community Access / Literacy / Social / All Abilities

**Cost:** Covered by HHS – no cost to participants

#### Overview:

Participants will embark on a Library Quest, exploring books, resources, and engaging in a reading challenge. This activity promotes literacy, curiosity, and social participation while encouraging participants to navigate the library independently and discover new stories and knowledge.

#### Materials / Equipment:

- Library card (if available)
- Notepad and pen (optional)
- Water bottle
- Hand sanitizer / wipes
- Personal items as needed

#### Staffing / Supervision:

- Support workers assist participants with library navigation and activities
- Encourage independent exploration while monitoring safety
- Support participation in reading challenges and group discussions
- Maintain group supervision at all times

#### Activity Focus:

- Literacy & Learning – Explore books and participate in reading challenges
- Community Participation – Navigate and engage with a public library
- Confidence & Independence – Practice library skills and decision-making
- Social Interaction – Discuss books and participate in group activities





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#### **Planting Pots Program – Planting & Care**

**Date:** Friday, 27th February 2026

**Time:** 4:00 pm – 6:00 pm AEDT

**Meeting Point:** HHS HQ Office at 4:00 pm AEDT

**Location:** HHS HQ Office

**Activity Type:** Indoor / Life Skills / Sensory / Relaxed

**Cost:** Covered by HHS – no cost to participants

#### **Overview:**

Participants will engage in planting and caring for their pots. This activity encourages responsibility, routine, independence, and confidence as participants learn to plant, water, and care for their chosen plants. The session also allows for final decorations and provides participants the opportunity to take their plants home.

#### **Materials / Equipment:**

- Plants
- Soil
- Pots (painted and dried)
- Gardening tools
- Watering cans
- Hand wipes
- First aid kit

#### **Staffing / Supervision:**

- Provide step-by-step guidance
- Encourage independence and confidence
- Monitor sensory responses
- Celebrate participant achievements

#### **Activity Focus:**

- Responsibility – Caring for plants
- Routine & Life Skills – Following planting and care steps
- Independence – Completing tasks with guidance
- Confidence & Achievement – Successfully planting and maintaining plants





### RDA Victoria Horse Riding Experience + Lunch (Bus Activity)

**Date:** Saturday, 28th February 2026

**Time:** 10:00 am – 2:30 pm AEDT (including transport)

**Meeting Point:** HHS HQ Office at 9:30 am AEDT

**Location:** RDA Victoria, Doveton

**Activity Type:** Animal-assisted / Outdoor / Physical / Therapeutic / Community Participation

**Cost:** Covered by HHS – no cost to participants

#### Overview:

Experience the joy of horse riding at RDA Victoria! Participants will engage in animal-assisted activities that support confidence, emotional regulation, physical coordination, and social participation. This session includes bus transport, a safety briefing, and a supervised lunch.

#### Materials / Equipment:

- Required forms and consents completed
- Closed-toe shoes
- Long pants recommended
- Helmets and safety equipment provided on-site
- Comfortable clothing suitable for outdoor activity

#### Staffing / Supervision:

- Support workers supervise participants during transport and at RDA Victoria
- Ensure safety around horses and adherence to staff instructions
- Assist with boarding, transitions, and general wellbeing
- Conduct roll call and monitor attendance

#### Activity Focus:

- Confidence Building – Gain self-assurance through horse interaction and riding
- Emotional Regulation – Calm, respectful engagement with animals
- Physical Coordination & Balance – Develop motor skills and body awareness
- Social Participation – Engage with peers, support workers, and RDA staff
- Connection with Animals – Positive interaction with horses in a safe environment



#### Materials / What to Bring

- Closed-toe shoes
- Long pants
- Hat and sunscreen
- Water bottle
- Comfortable outdoor clothing

Time	Activity	Notes
9:30 AM	Meet at HHS HQ	Arrival, roll call, waiver confirmation
9:45 AM	Depart via HHS Bus	
10:30 AM	Arrive at RDA Victoria (Doveton)	Meet staff, safety briefing, helmet fitting
11:00 AM	Horse Riding Session	Supported riding experience led by RDA staff
12:00 PM	Cool Down & Horse Interaction	Rest, hydration, and gentle interaction
12:30 PM	Lunch	Lunch provided
1:15 PM	Wind-Down / Free Time	Relaxed time and group reflection
1:45 PM	Depart RDA Victoria	
2:15 PM	Return to HHS HQ & Activity Concludes	



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### All Abilities Basketball

**Date:** Every Thursday, February 2026

**Time:** 10:00 am – 12:00 pm AEDT

**Meeting Point:** Casey Stadium entrance at 9:45 am AEDT

**Location:** Casey Stadium

**Activity Type:** Indoor / Physical Activity / Social / All Abilities

**Cost:** \$10 per participant – covered by HHS (no out-of-pocket cost to participants)

#### Overview:

Join us for an inclusive basketball session designed for all abilities! Participants will engage in skill-building, team games, and physical activity while developing coordination, confidence, and social skills in a safe and supportive environment.

#### Materials / Equipment:

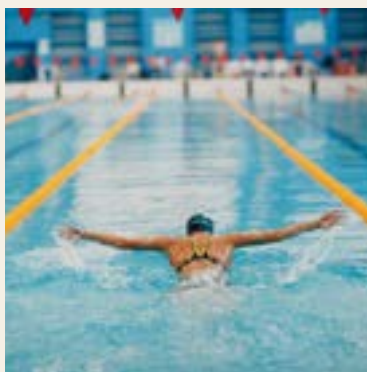
- Comfortable sports clothing and footwear
- Water bottle
- Personal items as needed

#### Staffing / Supervision:

- Encourage inclusive participation and teamwork
- Adapt activities to individual abilities
- Monitor fatigue, hydration, and safety
- Promote positive communication and engagement

#### Activity Focus:

- Physical Health – Improve coordination, strength, and fitness
- Teamwork & Social Participation – Play collaboratively and inclusively
- Confidence & Skill Development – Practice basketball techniques in a supportive environment
- Fun & Engagement – Enjoy active participation in a safe setting



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#### Casey Race Pools (After School Program)

**Date:** Every Thursday, February 2026 (except public holidays; during school holidays, attend at any time)

**Time:** 4:00 pm – 6:00 pm AEDT (please arrive by 3:45 pm)

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

**Activity Type:** Indoor / Water-based / Physical Activity / Social / All Abilities

**Cost:** Covered by HHS – no cost to participants

#### 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.

#### Materials / Equipment:

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

#### Staffing / 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**

**Date:** Every Wednesday

**Time:** 4:40 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

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

