



High Hopes Services

INSPIRE EMPOWER CELEBRATE



ACTIVITY GUIDE MARCH 2026



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Contents page

Welcome to Our March Activity Guide

March is packed with opportunities to connect, explore, and have fun together!

This guide highlights all the exciting activities planned for the month — from community outings and outdoor adventures to creative sessions, inclusive events, and skill-building 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 — COMMUNITY PARK FUN – ALL ABILITIES DAY

2ND — CRANBOURNE GARDENS

3RD — OZ TENPIN BOWLING

6TH — HERRING ISLAND ENVIRONMENTAL SCULPTURE PARK

7TH — MOOMBA FESTIVAL

8TH — FRANKSTON BEACH

10TH — FLIP OUT

13TH — ARTS & CRAFTS DAY

14TH — THE GAME EXPO (TGX)

15TH — SHOPPING CENTRE OUTING

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17TH — MOVIE OUTING

20TH — ARTS & CRAFTS DAY

21ST — CASEY KIDS CARNIVAL

22ND — NATURE WALK & PHOTOGRAPHY

22ND — BAYSIDE ROCK CLIMBING

23RD — LIBRARY QUEST & READING CHALLENGE

26TH — ARTS & CRAFTS DAY

27TH — PUFFING BILLY RAILWAY EXPERIENCE

28TH — ST KILDA BEACH

29TH — NATURE WALK & CAFÉ SOCIAL

30TH — MINI GOLF OUTING

WEEKLY RECURRING ACTIVITIES (DATES)

CASEY RACE POOLS — 5TH, 12TH, 19TH, 26TH

DUNGEONS & DRAGONS NIGHT — 4TH, 11TH, 18TH, 25TH,

ALL ABILITIES BASKETBALL — 4TH, 11TH, 18TH, 25TH



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Community Park Fun – All Abilities Day

Date: Sunday, 1st March 2026

Time: 11:00 am – 1:30 pm AEDT

Meeting Point: Ballam Park main entrance at 11:00 am AEDT

Location: Ballam Park

Activity Type: Outdoor / Community / Social / All Abilities

Cost: No cost to participants

Overview

Join us for a relaxed and inclusive outdoor day at Ballam Park. This All Abilities Day provides opportunities for social connection, gentle physical activity, and creative play in a welcoming community environment. Participants can engage in activities at their own pace while enjoying time outdoors with peers and support workers.

Materials / Equipment

Water bottle

Hat and sunscreen

Comfortable clothing and footwear

Hand sanitizer / wipes

Companion Card (if applicable)

Staffing / Supervision

Support workers supervise all activities throughout the session

Encourage inclusion and positive social interaction

Monitor wellbeing, hydration, and sun safety

Provide support with mobility and participation as needed

Maintain a safe, relaxed, and supportive environment

Activity Focus

Social Confidence & Friendships – Connect with peers in an inclusive setting

Community Engagement – Participate in a shared public space

Wellbeing – Enjoy time outdoors in a calm environment

Independence – Choose activities and engage at a personal pace

Light Physical Activity – Gentle movement through games and walking



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Cranbourne Gardens – Nature Walk & Picnic

Date: Monday, 2nd March 2026

Time: 11:00 am – 1:30 pm AEDT

Meeting Point: Australian Garden Visitor Centre entrance at 11:00 am AEDT

Location: Royal Botanic Gardens Cranbourne

Activity Type: Outdoor / Nature / Social / Wellbeing

Cost: No cost to participants

Overview

Join us for a relaxed visit to the Royal Botanic Gardens Cranbourne, featuring a gentle nature walk and picnic-style break. This outing encourages mindfulness, social connection, and wellbeing while exploring a beautiful natural environment at a comfortable and supported pace.

Materials / Equipment

Water bottle

Packed lunch

Comfortable walking shoes

Hat and sunscreen

Weather-appropriate clothing

Companion Card (if applicable)

Staffing / Supervision

Support workers supervise participants throughout the gardens

Assist with navigation along walking paths

Encourage conversation and shared experiences

Monitor wellbeing, hydration, and rest breaks

Support participants to engage at their own pace

Activity Focus

Wellbeing – Relax and recharge in a natural setting

Social Confidence & Friendships – Connect with peers through shared experiences

Community Engagement – Explore a public cultural space

Mindfulness & Observation – Notice nature and surroundings

Independence – Make choices about participation and pacing



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Oz Tenpin Bowling – Strike & Fun Experience

Date: Tuesday, 3rd March 2026

Time: 11:00 am – 1:30 pm AEDT

Meeting Point: Oz Tenpin Bowling entrance at 11:00 am AEDT

Location: Oz Tenpin Bowling

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

Cost: Participant cost applies (details confirmed prior to the day)

Overview

Join us for a fun and inclusive tenpin bowling session designed for all abilities. This activity supports confidence building, coordination, and social engagement in a relaxed and supportive environment. Participants are encouraged to enjoy the game at their own pace, with adaptive equipment available if required.

Materials / Equipment

Comfortable clothing and footwear

Water bottle

Small amount of spending money (optional)

Companion Card (if applicable)

Staffing / Supervision

Support workers supervise participants throughout the session

Assist with lane setup and use of adaptive equipment

Encourage positive social interaction and turn-taking

Monitor wellbeing and engagement

Provide support to build confidence and enjoyment

Activity Focus

Social Confidence & Friendships – Engage with peers through shared play

Physical Activity – Gentle movement and coordination

Confidence Building – Celebrate participation and effort

Independence – Make choices and manage turns

Community Engagement – Participate in a local recreational activity



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Herring Island Environmental Sculpture Park (Community Outing)

Date: Friday 6th March

Time: Between 11:00 am – 5:00 pm (no punt service from 12:30 pm – 1:00 pm)

Meeting Point: Como Landing, South Yarra

Location: Herring Island Environmental Sculpture Park

Activity Type: Community Outing / Outdoor / Social / Nature-Based

Cost: Free community activity – lunch included (no cost to participants)

Overview:

Participants will attend a supported community outing to Herring Island Environmental Sculpture Park, travelling via the free public punt service from Como Landing. The outing includes exploring environmental sculptures, enjoying nature walks and participating in a relaxed picnic-style experience, with lunch provided.

This activity supports community participation and confidence in accessing public services, with support provided to assist participants in navigating uneven terrain and outdoor environments.

Bookings are required a minimum of two weeks in advance to allow for planning and coordination.

This outing is best suited to participants who are comfortable with outdoor environments and short boat transfers, with individual support provided as required.

Materials / Equipment:

Comfortable clothing and sturdy footwear

Hat and sunscreen

Water bottle

Personal items as required

Staffing / Supervision:

Support participants during boarding and disembarking the punt

Assist with navigating uneven gravel paths

Maintain awareness of wildlife and weather conditions

Monitor participant safety and fatigue

Activity Focus:

Community Participation – Access a public park and community service

Confidence & Wellbeing – Engage safely in outdoor environments

Social Connection – Participate in a shared community experience



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Moomba Festival – Community Outing

Date: Saturday, 7th March 2026

Time: 11:00 am – 2:00 pm AEDT

Meeting Point: City meeting point (details confirmed prior to the day)

Location: Moomba Festival, Melbourne

Activity Type: Community Event / Outdoor / Social / All Abilities

Cost: No cost to participants

Overview

Join us for a vibrant community outing to the Moomba Festival. This popular Melbourne event offers a lively atmosphere with entertainment, performances, and activities to explore. Participants can enjoy the festival at their own pace while building social confidence, community connection, and independence in a supported environment.

Materials / Equipment

Water bottle

Comfortable footwear

Hat and sunscreen

Weather-appropriate clothing

Small amount of spending money (optional)

Companion Card (if applicable)

Staffing / Supervision

Support workers supervise participants throughout the outing

Assist with navigation through crowds and public spaces

Monitor wellbeing, hydration, and fatigue

Support sensory needs and rest breaks as required

Encourage positive social interaction and inclusion

Activity Focus

Community Engagement – Participate in a large public event

Social Confidence & Friendships – Connect with peers in a shared experience

Independence – Practise decision-making and choice

Wellbeing – Enjoy a fun and stimulating environment safely

Life Skills – Navigate public spaces with support



Frankston Beach – Beach Adventure & Exploration

Date: Sunday, 8th March 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

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



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Flip Out – Trampoline & Parkour Session

Date: Tuesday, 10th March 2026

Time: 4:30 pm – 6:30 pm AEDT

Meeting Point: Flip Out reception desk at 4:30 pm AEDT

Location: Flip Out Trampoline Arena

Activity Type: Indoor / Physical / Social / Confidence Building

Cost: No cost to participants (Optional money for snacks if desired)

Overview

Get ready for an energetic, fun session at Flip Out! Participants will enjoy bouncing on trampolines and exploring the parkour arena, all within a safe, supportive environment that builds confidence and social connections.

Materials / Equipment

Water bottles

Comfortable activewear and socks

Optional money for snacks

Hand sanitizer / wipes

First aid kit

Staffing / Supervision

Supervise trampoline and parkour activities

Ensure safety rules are followed

Encourage participants to build confidence at their own pace

Monitor rest breaks, hydration, and wellbeing

Support positive peer interaction

Activity Focus

Confidence Building – Tackle new challenges at your own pace

Physical Activity – Active movement through trampolines and parkour

Social Engagement – Have fun with peers in a group setting

Wellbeing – Ensure safe, enjoyable participation



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The Game Expo (TGX) 2026 – Melbourne

Date: Saturday, 14th March 2026

Time: 10:00 am – 6:00 pm AEDT

Meeting Point: Door 1, Melbourne Convention and Exhibition Centre (MCEC) at 9:45 am AEDT

Location: Melbourne Convention & Exhibition Centre (MCEC), South Wharf VIC

Activity Type: Indoor / Social / Community Participation / Recreation

Cost: No cost to participants (Optional spending money if desired)

Overview

Join us for a thrilling day at The Game Expo (TGX) 2026! Participants will immerse themselves in gaming zones, indie showcases, tabletop games, cosplay, and exhibitor booths. This event supports community involvement, social interaction, and exploring personal interests in a fun, safe atmosphere.

Materials / Equipment

Water bottles

Comfortable footwear

Small backpack

Optional spending money for food or merchandise

Noise-cancelling headphones (if needed)

Mobile phone / Myki card

First aid kit\

Staffing / Supervision

Help participants navigate the event

Assist with communication and social interactions

Support budgeting and purchases if needed

Monitor sensory needs, fatigue, and wellbeing

Ensure safety and compliance with event guidelines

Activity Focus

Community Engagement – Participate in a large-scale public event

Social Interaction – Connect with others who share similar interests

Confidence Building – Explore new activities and engage with the community

Recreation – Enjoy a day of gaming and fun experiences



Shopping Centre Outing

Date: Sunday, 15th March 2026

Time: 11:00 am – 3:00 pm AEDT

Meeting Point: Shopping centre main entrance at 11:00 am AEDT

Location: Local Shopping Centre

Activity Type: Community / Life Skills / Social / Independence Building

Cost: No cost to participants (Optional spending money if desired)

Overview

This outing fosters independence and confidence through practical experiences. Participants will practise decision-making, money handling, and social interaction, all at a comfortable, supported pace.

Materials / Equipment

Water bottles

Optional small spending money

Comfortable footwear

Hand sanitizer / wipes

First aid kit

Staffing / Supervision

Assist participants with navigation and choices

Supervise interactions with public and staff

Encourage independence while offering guidance when needed

Monitor wellbeing and safety throughout

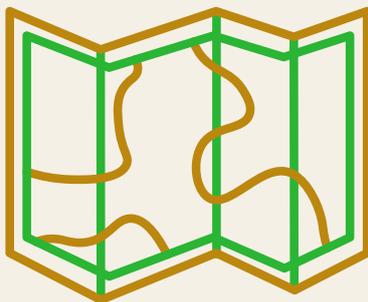
Activity Focus

Life Skills – Practise real-world decision-making and budgeting

Social Confidence – Engage with public interactions in a supportive setting

Community Engagement – Navigate a community space confidently

Independence – Build self-reliance through everyday tasks



Get Out & About – City Adventure

Date: Monday, 30th January 2026

Time: 10:00 AM – 3:00 PM

Arrival: Please be ready at your home by 9:45 AM for departure

Duration: 5 hours

Location: Starts at participants' homes

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

Join us for a day of exploration and adventure in the city! Participants will travel together using public transport and take part in activities designed to encourage socialising, skill-building, and community engagement. This is a fun and supportive way to get out, explore, and connect with friends.

What to Expect:

Travel using public transport to city destinations

Participate in group activities and experiences

Opportunities to socialise with peers and support workers

Explore new places, build confidence, and enjoy the day

This activity is designed to support participants in:

Social Interaction – Engage and connect with others in a supportive setting

Community Engagement – Explore and interact with the local environment

Skill Development – Practise decision-making, teamwork, and independence

Confidence & Wellbeing – Enjoy a fun, safe, and engaging day out

Important Information:

Age: All ages welcome (participants under 15 must be accompanied by an adult/support worker)

Mobility/Accessibility: Activities will be planned for accessible locations; support workers to assist participants as needed

What to Bring: Comfortable clothing and shoes, water bottle, Companion Card (if applicable), any spending money required for food or activities, personal items needed for the day

Support: Support workers to supervise participants closely throughout the day

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

Explore the city, meet new people, and enjoy a day of adventure with friends!



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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.)



Casey Kids Carnival (Community Outing)

Date: Saturday 21st March

Time: 12:00 pm – 5:00 pm AEDT

Meeting Point: Old Cheese Factory entrance (exact meeting time to be confirmed)

Location: Old Cheese Factory

Activity Type: Community Outing / Social / Recreational / Family-Friendly

Cost: Free community event – lunch and activities included, with support costs covered by NDIS funding

Overview:

Join us for a fun-filled community outing at the Casey Kids Carnival. Participants will enjoy a range of family-friendly activities including rides, interactive games, live performers, face painting, arts and crafts, and animal encounters. This activity supports community participation, social engagement, and enjoyment in a lively public setting.

The event is best suited for children aged 12 years and under.

Materials / Equipment:

Comfortable clothing and footwear

Hat and sunscreen

Water bottle

Personal items as required

Spending money (optional, if applicable)

Staffing / Supervision:

Provide 1:1 or group support as required

Support participants with transitions and sensory needs

Monitor safety in crowded environments

Encourage positive social interaction and participation

Assist with accessing activities and managing fatigue

Activity Focus:

Community Participation – Engage confidently in a public community event

Social Skills – Interact with peers, families, and the wider community

Independence & Confidence – Navigate activities with appropriate support

Fun & Wellbeing – Enjoy a positive, inclusive recreational experience



Nature Walk & Photography

Date: Sunday, 22nd March 2026

Time: 10:30 am – 12:30 pm AEDT

Meeting Point: Park entrance (details confirmed prior to the day)

Location: Local nature reserve or park

Activity Type: Outdoor / Nature / Mindfulness / Social

Cost: No cost to participants

Overview

This relaxed outdoor activity encourages participants to slow down and connect with nature through gentle walking and photography. The session focuses on mindfulness, observation, and social connection, with opportunities to explore natural surroundings, take photos, and enjoy time together at a comfortable pace.

Materials / Equipment

Water bottles

Comfortable walking shoes

Camera or smartphone (optional)

Hats / sunscreen

Weather-appropriate clothing

Hand sanitizer / wipes

First aid kit

Staffing / Supervision

Lead and support the group along walking paths

Encourage mindful observation and photography

Monitor wellbeing, hydration, and safety

Support social interaction in a calm environment

Activity Focus

Mindfulness – Engage with nature through calm observation and photography

Social Connection – Share the experience with peers in a relaxed setting

Exploration – Discover natural surroundings at your own pace

Wellbeing – Promote relaxation through nature and gentle activity



Bayside Rock Climbing Adventure

Date: Monday, 23rd March 2026

Time: 4:30 pm – 7:30 pm AEDT

Meeting Point: Bayside Rock Climbing Centre Reception

Location: Bayside Rock Climbing Centre (address TBC)

Activity Type: Community Access / Physical Activity / Social / All Abilities

Overview:

Participants will take part in an exciting indoor rock climbing session at Bayside Rock Climbing. This activity supports physical wellbeing, confidence-building, and social participation in a fun and inclusive environment. Climbers will be encouraged to challenge themselves at their own pace, with support available throughout the session.

Materials / Equipment:

Comfortable activewear

Closed-toe sports shoes

Water bottle

Personal support items as needed

Climbing harness and safety gear (provided on site)

Staffing / Supervision:

Support workers assist participants with equipment, safety, and encouragement

Staff on-site provide climbing instruction and harness support

Encourage independence while ensuring safe participation

Maintain group supervision at all times

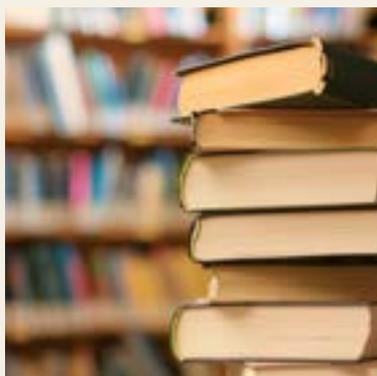
Activity Focus:

Physical Wellbeing – Build strength, coordination, and endurance

Confidence & Resilience – Try new challenges and reach personal goals

Community Participation – Engage in a local recreational facility

Social Interaction – Support peers, share achievements, and participate together



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Library Quest & Reading Challenge

Date: Tuesday, 24th March 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

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



Puffing Billy Railway Experience

Date: Saturday, 28th March 2026 (subject to availability)

Time: To be confirmed

Meeting Point: Puffing Billy Railway station (details confirmed prior to the day)

Location: Puffing Billy Railway, Dandenong Ranges

Activity Type: Community Outing / Sightseeing / Social / Relaxed

Cost: No cost to participants (tickets funded by High Hope Services)

Overview

Enjoy a leisurely steam train journey through the scenic Dandenong Ranges aboard the historic Puffing Billy. This relaxed outing offers participants scenic views, historic charm, and a supportive social experience. Participants are encouraged to bring their own lunch to enjoy during the outing.

Materials / Equipment

- Water bottles
- Comfortable clothing and footwear
- Weather-appropriate layers
- Camera or phone for photos (optional)
- Packed lunch
- Hand sanitizer / wipes
- First aid kit

Staffing / Supervision

- Support participants during boarding and disembarking
- Assist with seating and accessibility needs
- Supervise participants throughout the journey
- Monitor comfort, wellbeing, and safety
- Support positive social interaction

Activity Focus

- Community Participation – Enjoy a beloved local experience together
- Social Engagement – Connect with peers in a relaxed setting
- Exploration – Discover the Dandenong Ranges by rail
- Wellbeing – Enjoy a calming and scenic outing



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St Kilda Beach – Beach Adventure & Exploration

Date: Sunday, 29th March 2026

Time: 11:00 am – 1:30 pm AEDT

Meeting Point: St Kilda Beach foreshore (exact location confirmed prior to the day)

Location: St Kilda Beach

Activity Type: Outdoor / Beach / Social / Wellbeing

Cost: No cost to participants

Overview

Enjoy a relaxed outing at St Kilda Beach, with light activities, foreshore walks, and social time with peers and support workers. This outing promotes confidence, independence, and wellbeing in a fun, calming outdoor setting.

Materials / Equipment

Water bottles

Hats / sunscreen

Comfortable footwear or sandals

Towel or picnic rug (optional)

Weather-appropriate clothing

Hand sanitizer / wipes

First aid kit

Staffing / Supervision

Support participants during beach activities and walks

Monitor sun safety, hydration, and wellbeing

Encourage social interaction and inclusion

Ensure safety around water and public spaces

Activity Focus

Wellbeing – Enjoy a calming, outdoor environment

Social Connection – Build friendships in a relaxed setting

Confidence – Foster independence through supported exploration

Community Engagement – Connect with public spaces confidently



Nature Walk & Café Social

Date: Monday, 30th March 2026

Time: 4:00 pm – 6:00 pm AEDT

Meeting Point: Ballam Park main entrance at 4:00 pm AEDT

Location: Ballam Park & Times Cranbourne Café

Activity Type: Outdoor / Community / Social / All Abilities

Cost: No cost to participants (Optional café purchase: bring money if desired)

Overview

Join us for a gentle walk through Ballam Park, followed by a relaxed social visit to Times Cranbourne Café. Connect with peers, enjoy nature, and unwind with good company.

Materials / Equipment

Water bottle

Hat and sunscreen

Comfortable clothing and footwear

Companion Card (if applicable)

Optional money for café purchase

Staffing / Supervision

Support workers guide the walk and encourage positive social interaction

Ensure safety, comfort, and hydration throughout

Provide a supportive, inclusive environment

Activity Focus

Social Connection – Enjoy conversations in a relaxed setting

Community Engagement – Experience local spaces together

Wellbeing – Fresh air and a calming café visit

Independence – Choose your own pace in the walk and café time



Mini Golf Outing – Holey Moley Frankston

Date: Tuesday, 31st March 2026

Time: 4:30 pm – 6:30 pm AEDT

Meeting Point: Holey Moley Frankston entrance at 4:30 pm AEDT

Location: Holey Moley Frankston

Activity Type: Indoor / Light Physical / Social / Confidence Building

Cost: No cost to participants (Optional spending money if desired)

Overview

Join us for a fun after-school mini golf session at Holey Moley Frankston. This activity offers light physical movement, friendly competition, and plenty of opportunities to build confidence and social connection in a supportive group setting. Participants can enjoy the game at their own pace while sharing laughs and teamwork with peers.

Materials / Equipment

Water bottles

Comfortable footwear

Optional small spending money

Hand sanitizer / wipes

First aid kit

Staffing / Supervision

Support participants throughout the course

Encourage turn-taking and positive sportsmanship

Assist with rules and scoring as needed

Monitor wellbeing and safety during the session

Activity Focus

Social Connection – Enjoy a fun group activity with peers

Confidence Building – Participate in friendly challenges at your own pace

Light Physical Activity – Gentle movement through walking and gameplay

Wellbeing – Support positive engagement in an enjoyable environment



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

Dates: Fridays, 13th, 20th & 27th March 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

Join us for a creative and relaxing Arts & Crafts program delivered across three sessions. Participants will explore painting, tie-dye, and other creative activities in an outdoor setting. These sessions support self-expression, social connection, teamwork, and community participation while building confidence and practical creative skills in a fun, supportive environment.

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 creative techniques step-by-step
Assist participants with tie-dye kits and materials
Monitor safety, hygiene, and clean-up processes
Encourage participation, teamwork, and creative expression

Activity Focus

Creative Expression – Explore art, colour, and design
Social Connection – Engage with peers in a relaxed group setting
Life Skills – Develop planning, focus, and task completion skills
Wellbeing – Support confidence, enjoyment, and positive self-expression



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All Abilities Basketball

Date: Every Thursday

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

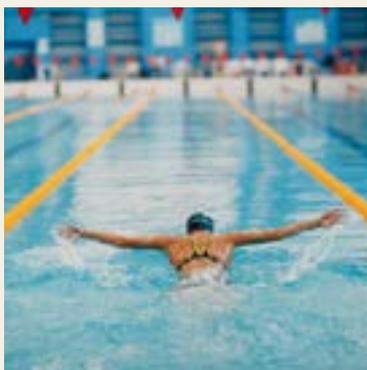
Activity Focus:

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 Tuesday/Thursday (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



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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!

RSVP Policies and Deadlines

[Contents Pages](#)

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@highhopeservices.com.au

www.highhopeservices.com.au

