

**Term 2
2025**

**Participate
Australia**

**22nd April 2025 –
3rd July 2025**

Adults

Skills For Life



Dear Participants & Families,

Participate Australia is proud to announce our updated Skills for Life program for Term 2, 2025. Once you have had a look at which days you are interested in joining, please complete the booking form at the end, by filling out your details and indicating which courses you would like to enrol in. You can sign up for as many as you like! You do not need to have completed a prior term of a course before joining this one. Each term focuses on different aspects of the main course, so throughout the year, there will always be new things to learn about!

What to bring

- Pen & notebook
- Activity Fees, where applicable
- Water bottle
- Appropriate clothing & closed shoes

Activity Fees & Spending Money

Please be aware of the Activity Fee (Out of Pocket Cost) for each course, and bring suitable cash along on the day to cover the expenses. These help cover the costs related to learning resources & class materials. Additional spending money is not required, but is recommended if you wish to purchase any external food or drinks during a Skills For Life activity.

Pick-ups & Drop-offs

Transport to and from the Participate Australia centre can be provided at cost for those who require it to participate. Please discuss with your facilitator if you think you would like to make use of this and indicate, when submitting your booking form, which days you require a pick-up and/or drop-off to be arranged.

Ratios & Other Charges

Support costs are split proportionally across attending participants, and may vary depending on activity, support needs, and group participation. Additionally, there will be a charge for non-face-to-face supports, as relating to the development of resources and monitoring of progression toward each participants' learning goals. There will also be a set hourly centre capital cost, as outlined by the NDIS pricing guidelines, for running and maintaining the centre.

Cancellations

Participate Australia requires **14 days notice for cancellations** of Skills For Life activities, otherwise the cost of supports may be charged to your NDIS package. Cancellation notices may be provided through your facilitator, or via email to:

bookings@participateaustralia.com.au

For more information about Participate Australia and the services we offer, please call or visit:

www.participateaustralia.com.au
(02) 9799 4333
113 Edwin St North, Croydon NSW 2132

What is Skills For Life?

Here at Participate Australia, we are dedicated to providing support that will help you to be your best self.

The Skills For Life courses will give you the tools to build your self-confidence and independence, so that you can take charge of your life and make the decisions that are important to you.

This term, we currently have five weekly courses running. You can flip through to the following pages to read more about the following courses:

- Tech Skills, (page 3 & 4)
- Social Skills, (page 5 & 6)
- Cooking Skills, (page 7 & 8)

Our coaches will work with you through the courses, to learn new ways of approaching life, and will support you to develop your abilities and independence, in the areas that are most important to you!

Through the Skills For Life program, you can feel more confident in the skills that you use every day, feel greater pride in your achievements, and build the courage to tackle life's tough challenges independently!

Our Skills For Life Domains

The Skills For Life courses are designed based on four core domains. The domains are "Healthy Body & Mind", "Strong Relationships", "Living Independently," and "Engaging Community". Each course will focus on either a single guiding domain or a combination of different ones. All four of these domains play an important part in making our lives safe, healthy, and happy.



Healthy Body & Mind

Be the best self you can be!



Strong Relationships

Do great things with others!



Living Independently

Build pride and confidence!



Engaging Community

Grow alongside your peers!

Our Courses



Tech Skills

Mondays



Social Skills

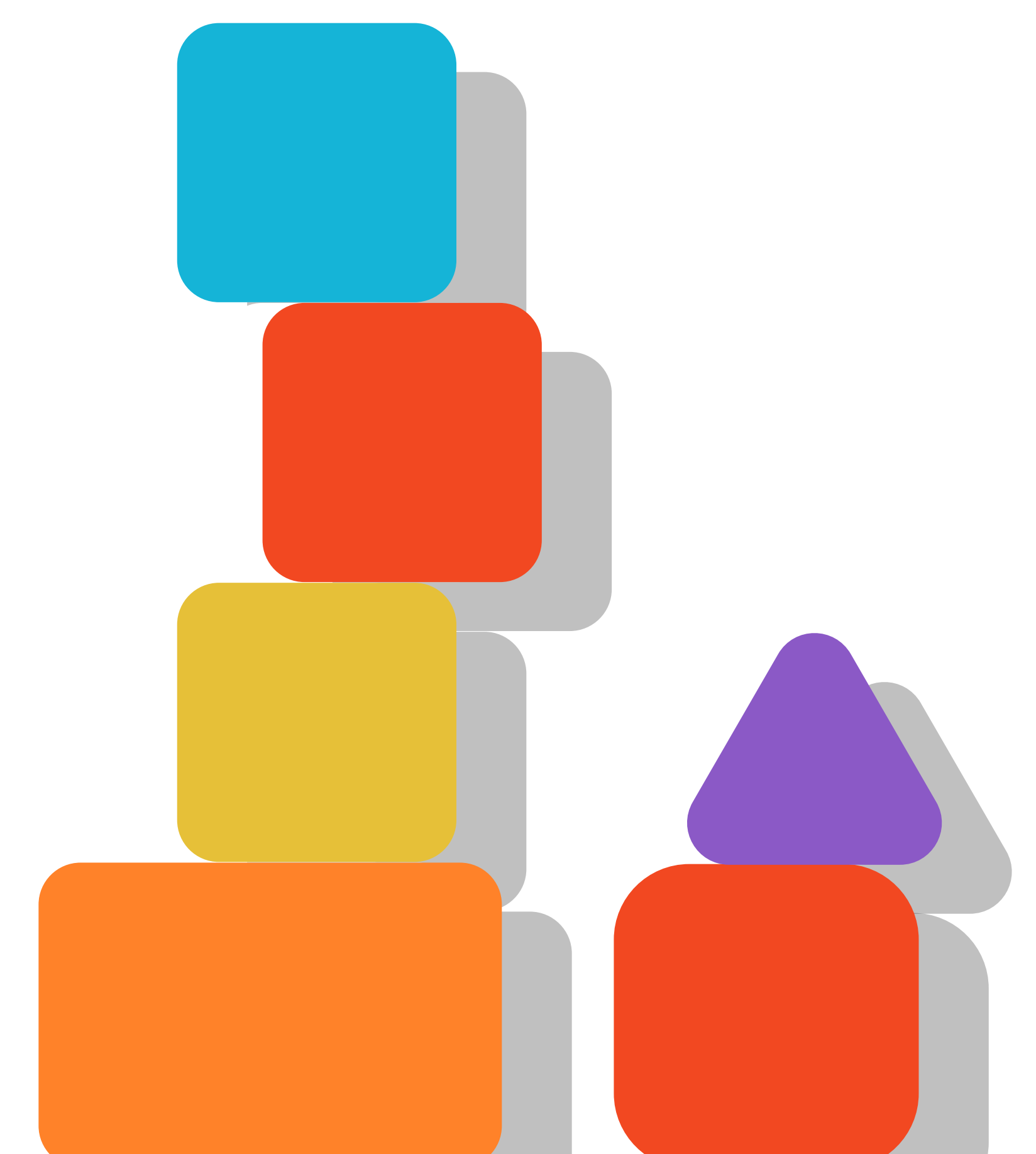
Tuesdays



Cooking Skills

Thursdays

Keep a look out for our growing roster of courses in the near future!



Tech Skills

Mondays, 3:30pm–5:30pm

★ Living Independently

28th April – 30th June, 2025

Learning Objectives

Term 2: Cyber Safety

- *Online Privacy*
- *Identifying and Avoiding Scams*
- *Being Responsible Online*
- *Cyber Bullying*

Learn about the benefits of technology & how to stay safe online!

Technology is becoming a more and more important part of everyone's lives.

Tech helps us to connect with our loved ones, join the community, and share our stories with the world.

Using things like the Internet & mobile phones can be quite confusing, and sometimes even dangerous, so it is important to feel confident in yourself when you use them.

In the Tech Skills course, you will learn about the different ways we can talk to people online, and how we can do so safely. You will also learn about handy websites and apps that might make your everyday life easier, or even help you in the workplace.

If you're interested in keeping up-to-date with new technology and feeling confident going online or using social media, then sign up for Tech Skills!

Costs

Out of Pocket Cost: **\$10** per week

Bring this along with you and pay at each activity. This cost goes toward learning resources & class materials.

What To Bring

- *Notebook & pen*
- *Mobile phone or tablet, if you have one*
- *\$10 out of pocket activity fee*



Tech Skills: Term Topics



28th April – 30th June, 2025

Cyber Safety

Weekly Topics:

Week 1

- No Class – Public Holiday.

Week 2, 28th April

- Introduction to the new term.

Week 3, 5th May

- Keeping personal information private.

Week 4, 12th May

- Creating safe online identities.

Week 5, 19th May

- Safely browsing the internet.

Week 6, 26th May

- Identifying and avoiding scams & fraud.

Week 7, 2nd June

- Recognising cyber bullying.

Week 8

- No Class – Public Holiday.

Week 9, 16th June

- Making online purchases safely.

Week 10, 23rd June

- Finding online help when you need it.

Week 11, 30th June

- Reviewing the term & personal goals.

Upcoming Terms:

28th April – 30th June, 2025

Cyber Safety

- Online Privacy
- Identifying and Avoiding Scams
- Being Responsible Online
- Cyber Bullying

14th July – 22nd September, 2025

Useful Everyday Apps

- Transport Tools & Maps
- Music & Video Streaming
- Accessibility Apps & Settings
- Making Sense of AI

13th October – 15th December, 2025

Working with Data

- Word Processing & Documents
- Saving, Sending, & Sharing
- Local vs. Online Storage
- Introduction to Spreadsheets

19th January – 30th March, 2026

Digital Communication

- Texting & Audio Messages
- Setting up Video & Conference Calls
- Understanding Accounts & Passwords
- Navigating Social Media Safely

Social Skills

Tuesdays, 3:30pm–5:30pm

 Strong Relationships

 Engaging Community

22nd April – 1st July, 2025

Learning Objectives

Term 2: Building Strong Connections

- *Different Social Styles*
- *Empathy & Understanding*
- *Meeting New People*
- *Effective Communication Strategies*

Costs

Out of Pocket Cost: **\$10** per week

Bring this along with you and pay at each activity. This cost goes toward learning resources & class materials.

What To Bring

- *Notebook & pen*
- *\$10 out of pocket activity fee*

Learn about people, relationships & being an effective communicator!

Are you interested in learning about building stronger relationships with the people around you? Are you looking for new friends, or to connect better with the people you already know?

Social Skills is about communicating with other people, and learning about the different types of relationships we might have with people.

Sometimes the ways we interact with someone change over time, or change depending on who else is with you, or where you are.

It isn't always easy to know why people behave the way they do, and it can be difficult to deal with when it happens unexpectedly.

The Social Skills course is centred around group discussions that focus on these topics. It will help you learn new ways that you can better apply open communication to your social life.





Social Skills: Term Topics

22nd April – 1st July, 2025

Building Strong Connections

Weekly Topics:

Week 1, 22nd April

- *Introduction to the new term.*

Week 2, 29th April

- *Different social preferences & needs.*

Week 3, 6th May

- *Seeing things from other people's perspectives.*

Week 4, 13th May

- *Understanding yourself & your social style.*

Week 5, 20th May

- *Starting & maintaining conversations.*

Week 6, 27th May

- *How & where to meet new people.*

Week 7, 3rd June

- *Recognising positive & negative body-language.*

Week 8, 10th June

- *Building new friendships.*

Week 9, 17th June

- *Maintaining healthy friendships.*

Week 10, 24th June

- *Taking care of yourself & your boundaries.*

Week 11, 1st July

- *Reviewing the term & personal goals.*

Upcoming Terms:

22nd April – 1st July, 2025

Building Strong Connections

- *Different Social Styles*
- *Empathy & Understanding*
- *Meeting New People*
- *Effective Communication Strategies*

15th July – 23rd September, 2025

Facing Social Challenges

- *Social Anxiety*
- *Conflict Resolution*
- *Support Networks*
- *Prejudices & Negative Opinions*

7th October – 16th December, 2025

Developing Relationships

- *Levels of Friendship*
- *Setting Boundaries*
- *Romance & Intimacy*
- *Public vs. Private*

20th January – 31st March, 2026

Our Social Interactions

- *Exploring Social Dynamics*
- *Active Listening & Empathy*
- *Non-verbal Communication*
- *Different Types of Relationships*

Cooking Skills

Thursdays, 3:30pm–6:00pm

★ Living Independently

♥ Healthy Body & Mind

24th April – 3rd July, 2025

Learning Objectives

Term 2: Planning & Managing Meals

- *Time Management*
- *Shopping for Ingredients*
- *Cooking Tools & Techniques*
- *Following Recipes*

Learn to be a top chef, as you practice independence in the kitchen!

Food is a vital part of life, and feeling confident in making your own food is as rewarding as it is delicious!

The Cooking Skills course will guide you through everything you need to know to make your own food at home independently.

Whether its a simple snack, or a five-course meal, it all starts with the basics: combining ingredients to create something fantastic!

Each week you will build on your skills with a mix of practical and theory-based learning, in the Participate Australia kitchen.

If you are interested in cooking, want to learn some new skills, or are just a fan of food, then Cooking Skills is the course for you!

Costs

Out of Pocket Cost: **\$15** per week

Bring this along with you and pay at each activity. This cost goes toward learning resources & class materials.

What To Bring

- *Empty tupperware/takeaway container for food*
- *Kitchen-safe footwear*
- *\$15 out of pocket activity fee*



Cooking Skills: Term Topics



24th April – 3rd July, 2025

Planning & Managing Meals

Weekly Topics:

Week 1, 24th April

- *Introduction to the new term.*

Week 2, 1st May

- *Understanding & breaking down recipes.*

Week 3, 8th May

- *Checking & shopping for ingredients.*

Week 4, 15th May

- *Tools & tips for time management.*

Week 5, 22nd May

- *Multi-tasking in the kitchen.*

Week 6, 29th May

- *Reviewing kitchen safety practices.*

Week 7, 5th June

- *Reviewing food safety & hygiene practices.*

Week 8, 12th June

- *Planning a three course meal.*

Week 9, 19th June

- *Creating a weekly meal plan.*

Week 10, 26th June

- *Creating & modifying your own recipes.*

Week 11, 3rd July

- *Reviewing the term.*

Upcoming Terms:

24th April – 3rd July, 2025

Planning & Managing Meals

- *Time Management*
- *Shopping for Ingredients*
- *Cooking Tools & Techniques*
- *Following Recipes*

17th July – 25th September, 2025

Nutrition & Health

- *Allergies & Dietary Requirements*
- *Nutrition & Portions*
- *Cooking Tools & Techniques*
- *Following Recipes*

9th October – 18th December, 2025

Serving & Catering

- *Planning Complex Meals*
- *International Cuisines*
- *Presentation & Serving*
- *Following Recipes*

22nd January – 2nd April, 2026

Safety & Preparation

- *Kitchen Safety*
- *Preparing & Measuring Ingredients*
- *Cooking Tools & Techniques*
- *Following Recipes*

Skills For Life, Term 2

22nd April 2025 – 3rd July, 2025

Please complete this form by ticking the boxes next to the courses you would like to sign up for. Include your name, contact number, and signature below, then return it to Participate Australia to secure your place. You can email this scanned form to bookings@participateaustralia.com.au with your choices and details clearly indicated or send a hard copy of this form to your support facilitator.

Participant's Name:

Contact Number:

Please tick any upcoming terms, if you would like your booking to be automatically rolled over!

Mondays
3:30pm–5:30pm

Tech Skills

Term 2

Term 3

Term 4

T1, 2026

Tuesdays
3:30pm–5:30pm

Social Skills

Term 2

Term 3

Term 4

T1, 2026

Thursdays
3:30pm–6:00pm

Cooking Skills

Term 2

Term 3

Term 4

T1, 2026

By submitting this form, you consent to an hourly rate Non-Face-to-Face charge per course you choose, plus a Centre Capital Cost, in addition to shared Group Support costs. Participate Australia is formalising Skills For Life as a Program of Support and will therefore require 14 days cancellation notice.

Do you consent to your photo being taken in class, and shared for marketing purposes?

Yes

No

Unsure

Signature: