



CUMBERLAND
CITY COUNCIL

NDIS Lifestyle & Leisure Links

Providing assistance with social economic, community participation and group activities in the community.



Program Activity Calendar June – September 2022



Lifestyle & Leisure Links Program maintains COVID Safe practices for all recreation pursuits, maintaining good health, hygiene controls and social distancing and responsible controlled settings.

Keeping COVID Safe

This means that Council will:

- Remain in line with NSW Government, Public Health Orders and NDIS policy and practice framework and guidelines
- Monitor customer health and infection control by temperature checks
- Maintain a Seniors & Disability Services COVID Safe Business Plan
- Keep the display signage 'knowing the signs', 'safe hand washing' and other information at Council facilities
- Provide you with up to date information where possible via newsletters, website/email, facebook, or verbally
- Ensure all sinks/bathrooms at the facilities have adequate soap/sanitiser and paper towels for safe hand washing
- Ensure all volunteers/staff have access to the necessary PPE (including hand sanitiser, antibacterial wipes, face masks, gloves to be used when delivering services)
- Notify you if we become aware you are a 'casual contact' or 'close contact' of someone that identifies as having COVID-19. (NB Privacy will need to be maintained so we may not be able to provide the name of person who has the virus).
- We will notify the NDIS Quality & Safeguards Commission of any reportable COVID-19 illness and infection
- Do all that we can to continue to provide services to you, while ensuring the protection of staff, volunteers and customers at all times.
- Staff will be fully vaccinated for COVID-19 (including booster vaccinations).
- We w
- Keep a record of attendance, set attendance limits (as per square metre rules) and provide social distancing for activities and transport



We ask you to do the following:

- Ensure you are and remain compliant with any Public Health Orders and updates relevant for people with disability.
- Please notify staff immediately if you have illness symptoms, have been a household contact or close contact for a positive case of COVID 19.
- Notify staff if you believe you are at risk of illness or infection.
- Notify staff if you are unwell and self-isolate
- Please ask staff if you have any concerns or questions around processes and procedures.
- Ensure good hygiene practises
- Follow social distancing measures (staying 1.5m apart from people) and directions to wear suitable PPE when asked.

Current relevant NDIS Price Guide

	NDIS Code	Unit Rate	Price
Lifestyle & Leisure Links Program			
Assistance with Social Economic and Community Participation Group Activities in Community (1:1) TTP	Weekday 04_102_0136_6_1_T	Per hour	\$59.88
	Sunday 04_105_0136_6_1_T		\$108.14
Assistance with Social Economic and Community Participation Group Activities in Community (1:3) TTP	Transitional Arrangement Fee (2021/22)	Per hour	\$24.75
	Weekday 04_120_0136_6_1 T		
	Transitional Arrangement Fee (2021/22)	Per hour	\$27.24
	Weeknight (finish after 8pm) 04_123_0136_6_1 T		
	Transitional Arrangement Fee (2021/22)	Per hour	\$34.72
	Saturday 04_121_0136_6_1 T		
	Transitional Arrangement Fee (2021/22)	Per hour	\$44.70
	Sunday 04_122_0136_6_1 T		
Transport Fee (contribution for vehicle hire, fuel, parking fees, tolls)			
Activity Based Transport	04_591_0136_6_1	Fractioned according to the number of participants in the van	Per Vehicle (85c or \$2.40 per km) As Per NDIS Price Guide
Community, Social and Recreational Activities (contribution for unaffordable program activity cost)			
<p><i>This support item is designed to enable providers to claim reimbursement for the costs of enabling a participant to independently engage in community, social and recreational activities when costs of participation exceed an affordable level and without, the participant would be at risk of social isolation. Participants may use this funding for activities such as camps, vacation and outside school hours' care, course or membership fees. This support item can be delivered to individual participants subject to the rules set out in this Price Guide. This support item is not subject to price limits. It should only be used to recover the costs of the participant's attendance at the community social and participation activities.</i></p>			
Activity Cost	04_210_0125_6_1	Standard / Anytime	N/a As per NDIS Price Guide <i>As per reimbursement cost (At a shared contribution when group based)</i>

Health & Fitness Program

Weekly exercise workout options, ideal for customers seeking healthier life choices.

‘THE SHREDDERS’ Fitness Friday Gym Workout **Gym Based Sessions (weekly sessions for the same group max 9 people)**

At Council’s Ruth Everuss Fitness Centre (Lidcombe). Sessions will be on Fridays and are aimed for those keen to become HEALTHIER, more ACTIVE and achieve some WEIGHT LOSS.

Dates:	June	3, 10, 17, 24
	July	1, 8, 15, 22, 29
	August	5, 12, 19, 26
	September	2, 9, 16, 23, 30

Activity Cost: \$25-\$30 per week includes a healthy lunch

Meeting Point & Times: Cumberland City Council - 16 Memorial Ave Merrylands at 9.30am

Transport: Limited transport will be available for participants that require pick up from home from 10am onwards. Transport will be provided home from 2pm onwards.

Wear: Casual clothes, joggers plus bring a water bottle and towel

NDIS Fee: Community-Based Group 1:3 (weekday standard rate) for the time you are in service with rostered staff, plus the service transport fee.

‘ACTIVE AQUA’ Water Aerobics Wednesday Workouts **Sessions throughout Summer / Autumn / Spring only** **Weekly Sessions (max 9 people per session)**

At either Granville Swim Centre or Council’s Ruth Everuss Fitness Centre (Lidcombe). Exclusive sessions just for group member in the Program Pool. Flexible access for those keen to become HEALTHIER, more ACTIVE and achieve some WEIGHT LOSS.

Dates:	September	7, 14, 21, 28
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Activity Cost: \$20 per session includes a healthy dinner

Meeting Point & Times: Cumberland City Council - 16 Memorial Ave Merrylands by 4.30pm

Transport: Limited transport will be available for participants that require pick up from home from 4.45pm onwards. Transport will be provided home from 9pm onwards.

Wear: Casual clothes, swimmers plus bring a water bottle and towel

NDIS Fee: Program Pool Hire and Group Instructor Fee is an extra applicable NDIS cost. If applicable this charge will be billed as an ‘unaffordable NDIS cost’. The program hourly rate for this program is Community-Based Group 1:3 (weeknight rate) for the time you are service with rostered staff, plus the service transport fee.

Fabulous & Fresh Cooking Lessons

'Creative Cooking' Thursday Night Classes

Practicing Safe Food Preparation and Cooking Skills
(max 10 people per session)

Dates:	June	16, 23, 30
	July	7, 14, 21, 28
	August	4, 11, 18, 25
	September	1, 8, 15, 22, 29

Activity Cost: \$15 covers dinner cost

Meeting Point & Times: Cumberland City Council - 16 Memorial Ave Merrylands by 4.30pm

Transport: Limited transport will be available for participants that require pick up from home from 4.45pm onwards. Transport will be provided home from 9pm onwards.

Wear: Casual clothes and bring an apron

NDIS Fee: Centre-Based Group 1:3 (Weeknight rate) for the time you are in service with staff, plus the service transport fee.



Ten Pin Bowling Tournament

'Group Challenge with other NDIS Services' Tuesday Night Competition

At Bowlarama Wetherill Park
(max 8 people per session)

Dates: June 21, 28
July 5, 12, 19, 26
August 2, 9 & 30 (Presentation Night)

Activity Cost: \$25 covers two games and dinner cost

The Presentation Night on 30th August will be FREE

Meeting Point & Times: Cumberland City Council - 16 Memorial Ave Merrylands by 4.30pm

Transport: Limited transport will be available for participants that require pick up from home from 4.45pm onwards. Transport will be provided home from 9pm onwards.

Wear: Casual clothes, shoes and socks

NDIS Fee: Centre-Based Group 1:3 (Weeknight rate) for the time you are in service with staff, plus the service transport fee.



Weeknight & Weekend Activities

FRIDAY EVENING 17 JUNE

Vivid Lights Mystery Trip

Circular Quay Sydney

Activity Cost: FREE *have dinner prior to coming out. Bring your OPAL Card.*

Meeting Point & Times: Cumberland City Council - 16 Memorial Ave Merrylands at 5.30pm

Transport: Limited transport will be available for participants that require pick up from home from 5.45pm onwards. Transport will be provided home from 10pm onwards.

Wear: Warm Casual clothes

NDIS Fee: Community-Based Group 1:3 (Weeknight rate) for the time you are in service with staff, plus the service transport fee.

SATURDAY EVENING 18 JUNE

Concert: Kylie Tribute Show

At Wenty Leagues

Activity Cost: \$35 *includes live show and drinks. Have dinner prior to coming out.*

Meeting Point & Times: Cumberland City Council - 16 Memorial Ave Merrylands at 5.30pm

Transport: Limited transport will be available for participants that require pick up from home from 6pm onwards. Transport will be provided home from 11pm onwards.

Wear: Smart casual clothes

NDIS Fee: Community-Based Group 1:3 (Saturday rate) for the time you are in service with staff, plus the service transport fee.

FRIDAY EVENING 24 JUNE

Stardust Circus

At Castle Hill Showground

Activity Cost: \$40 *includes ticket and dinner costs.*

Meeting Point & Times: Cumberland City Council - 16 Memorial Ave Merrylands at 4.30pm

Transport: Limited transport will be available for participants that require pick up from home from 4.45pm onwards. Transport will be provided home from 10pm onwards.

Wear: Smart casual clothes

NDIS Fee: Community-Based Group 1:3 (Weeknight rate) for the time you are in service with staff, plus the service transport fee.

SATURDAY 25 JUNE

Outdoor Experience: Sydney Swans AFL Game

Verses the St Kilda at SCG

Activity Cost: \$50 includes ticket and dinner costs

Meeting Point & Times: Cumberland City Council - 16 Memorial Ave Merrylands at 4.30pm

Transport: Limited transport will be available for participants that require pick up from home from 4.45pm onwards. Transport will be provided home from 10.45pm onwards.

Wear: Red & White Supporter Wear

NDIS Fee: Community-Based Group 1:3 (Saturday rate) for the time you are in service with staff, plus the service transport fee.

FRIDAY EVENING 1 JULY

WWE Pro Wrestling Show

At Club Menai

Activity Cost: \$40 includes show ticket and dinner costs.

Meeting Point & Times: Cumberland City Council - 16 Memorial Ave Merrylands at 4.30pm

Transport: Limited transport will be available for participants that require pick up from home from 4.45pm onwards. Transport will be provided home from 10.30pm onwards.

Wear: Smart casual clothes

NDIS Fee: Community-Based Group 1:3 (Weeknight rate) for the time you are in service with staff, plus the service transport fee.

SUNDAY 3 JULY

Outdoor Experience: Hawkesbury Winter Festival

At Hawkesbury Showground

Activity Cost: \$25 includes entry and lunch costs. Bring your OPAL Card.

Meeting Point & Times: Cumberland City Council - 16 Memorial Ave Merrylands at 9.30am

Transport: Limited transport will be available for participants that require pick up from home from 10am onwards. Transport will be provided home from 3pm onwards.

Wear: Casual clothes

NDIS Fee: Community-Based Group 1:3 (Sunday rate) for the time you are in service with staff, plus the service transport fee.

WEDNESDAY EVENING 13 JULY

State Of Origin 3

NSW Blues versus QLD Maroons (watching live at Wenty Leagues)

Activity Cost: \$30 *includes dinner costs*

Meeting Point & Times: Cumberland City Council - 16 Memorial Ave Merrylands at 4.30pm

Transport: Limited transport will be available for participants that require pick up from home from 4.45pm onwards. Transport will be provided home from 10pm onwards.

Wear: All blue to cheer on NSW

NDIS Fee: Community-Based Group 1:3 (Weeknight rate) for the time you are in service with staff, plus the service transport fee.

FRIDAY EVENING 15 JULY

Disney On Ice

At Qudos Bank Arena

Activity Cost: \$50 *includes ticket and dinner costs*

Meeting Point & Times: Cumberland City Council - 16 Memorial Ave Merrylands at 4pm

Transport: Limited transport will be available for participants that require pick up from home from 4.30pm onwards. Transport will be provided home from 10pm onwards.

Wear: Smart casual clothes

NDIS Fee: Community-Based Group 1:3 (Weeknight rate) for the time you are in service with staff, plus the service transport fee.

FRIDAY EVENING 22 JULY

Line Dancing

At Council

Activity Cost: \$10 *includes contribution fee toward the dance class and dinner costs*

Meeting Point & Times: Cumberland City Council - 16 Memorial Ave Merrylands at 5pm

Transport: Limited transport will be available for participants that require pick up from home from 4.45pm onwards. Transport will be provided home from 8.45pm onwards.

Wear: Casual clothes

NDIS Fee: Community-Based Group 1:3 (Weeknight rate) for the time you are in service with staff, plus the service transport fee. Dance instructor facilitation fee will be billed as an 'unaffordable NDIS cost.'

SATURDAY 23 JULY

Pottery Craft Session

A one-off session at Fairfield Museum

Activity Cost: \$20 program contribution cost. Bring along your own packed lunch

Meeting Point & Times: Cumberland City Council - 16 Memorial Ave Merrylands at 9.30am

Transport: Limited transport will be available for participants that require pick up from home from 10am onwards. transport will be provided home from 3pm onwards.

Wear: Casual clothes and bring an apron.

NDIS Fee: Community-Based Group 1:3 (Saturday rate) for the time you are in service with staff, plus the service transport fee. Artist facilitation fee will be billed as an 'unaffordable' NDIS cost.

FRIDAY 29 JULY

Mary Poppins Musical

At Lyric Theatre Sydney

Activity Cost: \$50 program contribution cost. Have dinner prior to coming out.

Meeting Point & Times: Cumberland City Council - 16 Memorial Ave Merrylands at 5.30pm

Transport: Limited transport will be available for participants that require pick up from home from 6pm onwards. Transport will be provided home from 11pm onwards.

Wear: Smart Casual Clothes

NDIS Fee: Community-Based Group 1:3 (Weeknight rate) for the time you are in service with staff, plus the service transport fee. If an additional cost for accessible reserved seating is applicable this will be charged as an 'unaffordable' NDIS cost.

SUNDAY 31 JULY

Outdoor Experience: Cronulla Winter Markets

At Wanda Beach Cronulla

Activity Cost: \$50 includes market shopping and lunch costs

Meeting Point & Times: Cumberland City Council - 16 Memorial Ave Merrylands at 9.30am

Transport: Limited transport will be available for participants that require pick up from home from 10am onwards. Transport will be provided home from 3pm onwards.

Wear: Warm casual clothes

NDIS Fee: Community-Based Group 1:3 (Sunday rate) for the time you are in service with staff, plus the service transport fee.

FRIDAY EVENING 5 AUGUST

Program Planning for October 2022 – January 2023

Face to Face Program Consultation Session

Activity Cost: FREE *includes dinner & drinks*

Meeting Point & Times: Cumberland City Council - 16 Memorial Ave Merrylands at 5pm

Transport: Limited transport will be available for participants that require pick up from home from 4.30pm onwards. Transport will be provided home from 8.30pm onwards.

Wear: Casual clothes

NDIS Fee: Centre-Based Group 1:3 (Weeknight rate) for the time you are in service with staff, plus the service transport fee.

FRIDAY EVENING 12 AUGUST

Korean BBQ Night

Cultural Dinner Night with Friends

Activity Cost: \$40 *includes dinner and drinks*

Meeting Point & Times: Cumberland City Council - 16 Memorial Ave Merrylands at 4.30pm

Transport: Limited transport will be available for participants that require pick up from home from 4.45pm onwards. Transport will be provided home from 9pm onwards.

Wear: Smart casual clothes

NDIS Fee: Community-Based Group 1:3 (Weeknight rate) for the time you are in service with staff, plus the service transport fee.

SUNDAY 14 AUGUST

Outdoor Experience: Thirlmere Train Museum

Historic Daytrip

Activity Cost: \$20 *includes a Steam Train Ride. Bring your own pack lunch*

Meeting Point & Times: Cumberland City Council - 16 Memorial Ave Merrylands at 9am

Transport: Limited transport will be available for participants that require pick up from home from 9.15am onwards. Transport will be provided home from 3pm onwards.

Wear: Casual clothes

NDIS Fee: Community-Based Group 1:3 (Sunday rate) for the time you are in service with staff, plus the service transport fee.

FRIDAY EVENING 19 AUGUST

Thai Restaurant Night

Cultural Dinner Night with Friends

Activity Cost: \$30 includes dinner and drinks

Meeting Point & Times: Cumberland City Council - 16 Memorial Ave Merrylands at 4.30pm

Transport: Limited transport will be available for participants that require pick up from home from 4.45pm onwards. Transport will be provided home from 9pm onwards.

Wear: Smart casual clothes

NDIS Fee: Community-Based Group 1:3 (Weeknight rate) for the time you are in service with staff, plus the service transport fee.

SATURDAY 20 AUGUST

Outdoor Experience: Parramatta Eels NRL Game

At CommBank Stadium

Activity Cost: \$50 includes ticket and lunch costs

Meeting Point & Times: Cumberland City Council - 16 Memorial Ave Merrylands at 12.45pm

Transport: Limited transport will be available for participants that require pick up from home from 1pm onwards. Transport will be provided home from 6pm onwards.

Wear: Blue & Gold Parramatta Supporter Wear

NDIS Fee: Community-Based Group 1:3 (Saturday rate) for the time you are in service with staff, plus the service transport fee.

WEDNESDAY 24 AUGUST

Katoomba Scenic World

Weekday Daytrip

Activity Cost: \$50 includes optional discovery pass and tea / coffee. Plus bring your own packed lunch

Meeting Point & Times: Cumberland City Council - 16 Memorial Ave Merrylands at 9.30am

Transport: Limited transport will be available for participants that require pick up from home from 9.45am onwards. Transport will be provided home from 3pm onwards.

Wear: Warm casual clothes and enclosed shoes

NDIS Fee: Community-Based Group 1:3 (Weekday) for the time you are in service with staff, plus the service transport fee.

FRIDAY EVENING 26 AUGUST

Father's Day Craft Session

At Council

Activity Cost: \$10 *includes contribution fee toward the craft class and dinner costs*

Meeting Point & Times: Cumberland City Council - 16 Memorial Ave Merrylands at 5pm

Transport: Limited transport will be available for participants that require pick up from home from 4.45pm onwards. Transport will be provided home from 8.45pm onwards.

Wear: Casual clothes

NDIS Fee: Community-Based Group 1:3 (Weeknight rate) for the time you are in service with staff, plus the service transport fee. Artist facilitation fee will be billed as an 'unaffordable NDIS cost.'

SUNDAY 28 AUGUST

Outdoor Experience: Whale Watching Cruise

Cruise departs from Circular Quay

Activity Cost: \$40 *includes tour cost. Bring your own packed lunch. Also bring your OPAL Card*

Meeting Point & Times: Cumberland City Council - 16 Memorial Ave Merrylands at 10am – 3.00pm

Transport: Limited transport will be available for participants that require pick up from home from 9am onwards. Limited transport will be provided home from 3.15pm onwards.

Wear: Warm casual clothes and comfortable walking shoes.

NDIS Fee: Community-Based Group 1:3 (Sunday rate) for the time you are in service with staff, plus the service transport fee if applicable.

FRIDAY EVENING 2 SEPTEMBER

Arcade Games Night

Villawood / Penrith

Activity Cost: \$30 *includes games and dinner costs*

Meeting Point & Times: Cumberland City Council - 16 Memorial Ave Merrylands at 4.30pm

Transport: Limited transport will be available for participants that require pick up from home from 4.45pm onwards. Transport will be provided home from 9pm onwards.

Wear: Casual clothes and enclosed shoes

NDIS Fee: Community-Based Group 1:3 (Weeknight rate) for the time you are in service with staff, plus the service transport fee.

SATURDAY EVENING 3 SEPTMBER

Concert: Bon Jovi Show

At Club Menai

Activity Cost: \$35 includes live show and drinks. Have dinner prior to coming out.

Meeting Point & Times: Cumberland City Council - 16 Memorial Ave Merrylands at 5.45pm

Transport: Limited transport will be available for participants that require pick up from home from 6pm onwards. Transport will be provided home from 10.30pm onwards.

Wear: Smart casual clothes

NDIS Fee: Community-Based Group 1:3 (Saturday rate) for the time you are in service with staff, plus the service transport fee.

SATURDAY 10 SEPTEMBER

Outdoor Experience: Glenberine Family Farm

At Kurmond

Activity Cost: \$30 includes entry cost, flower picking and lunch costs

Meeting Point & Times: Cumberland City Council - 16 Memorial Ave Merrylands at 9.30am

Transport: Limited transport will be available for participants that require pick up from home from 9.45am onwards. Transport will be provided home from 3pm onwards.

Wear: Casual clothes

NDIS Fee: Community-Based Group 1:3 (Saturday rate) for the time you are in service with staff, plus the service transport fee.

SUNDAY 18 SEPTEMBER

Outdoor Experience: Paddle Boats, Bushwalk & BBQ

At Audley

Activity Cost: \$30 includes boat hire and lunch costs

Meeting Point & Times: Cumberland City Council - 16 Memorial Ave Merrylands at 9.30am

Transport: Limited transport will be available for participants that require pick up from home from 9.45am onwards. Transport will be provided home from 3pm onwards.

Wear: Casual Clothes and comfortable walking shoes. Bring a hat, sunscreen and water bottle.

NDIS Fee: Community-Based Group 1:3 (Sunday rate) for the time you are in service with staff, plus the service transport fee.

SUNDAY 25 SEPTEMBER

Outdoor Experience: Barefoot Lawn Bowls

At Penrith

Activity Cost: \$30 *includes lawn bowls and lunch costs*

Meeting Point & Times: Cumberland City Council - 16 Memorial Ave Merrylands at 9.30am

Transport: Limited transport will be available for participants that require pick up from home from 9.45am onwards. Transport will be provided home from 3pm onwards.

Wear: Casual Clothes. Bring a hat, sunscreen and water bottle.

NDIS Fee: Community-Based Group 1:3 (Sunday rate) for the time you are in service with staff, plus the service transport fee.

FRIDAY EVENING 30 SEPTEMBER

Ladies Night Out: Mystery Movie Night

At Reading Cinemas Auburn

Activity Cost: \$40 *includes movie dinner and drinks*

Meeting Point & Times: Cumberland City Council - 16 Memorial Ave Merrylands at 4pm

Transport: Limited transport will be available for participants that require pick up from home from 4.30pm onwards. Transport will be provided home from 10pm onwards.

Wear: Smart casual clothes

NDIS Fee: Community-Based Group 1:3 (Weeknight rate) for the time you are in service with staff, plus the service transport fee.
