



CUMBERLAND  
CITY COUNCIL

# NDIS Lifestyle & Leisure Links

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



## Program Activity Calendar October 2022 – January 2023



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

<https://www.cumberland.nsw.gov.au/sites/default/files/inline-files/seniors-disability-ndis-fees-schedule-2022.pdf>

	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	\$64.04
	Sunday 04_105_0136_6_1_T		\$116.24
Assistance with Social Economic and Community Participation Group Activities in Community (1:3) TTP	Transitional Arrangement Fee (2022/23)	Per hour	\$26.47
	Weekday 04_120_0136_6_1_T		
	Transitional Arrangement Fee (2022/23)  Weeknight (finish after 8pm) 04_123_0136_6_1_T	Per hour	\$29.16
	Transitional Arrangement Fee (2022/23)  Saturday 04_121_0136_6_1_T	Per hour	\$37.26
	Transitional Arrangement Fee (2021/22)  Sunday 04_122_0136_6_1_T	Per hour	\$48.05
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 12 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.

<b>Dates:</b>	October	7, 14, 21, 28
	November	4, 11, 18, 25
	December	2*, 9, 16
	January	13, 20, 27

**Activity Cost:** \$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.



*\*The session on 2 December will be based at the Granville Centre*

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## **'ACTIVE AQUA' Water Aerobics Wednesday Workouts**

**Sessions throughout Summer / Autumn / Spring only**  
**Weekly Sessions (max 12 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:**

October	19, 26
November	2, 9, 16, 23, 30
December	7, 14
January	11, 18, 25

**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:**

October	20, 27*
November	3, 10, 17, 24
December	1, 8, 15
January	12, 19

**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.



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*\*Parent/Carers will be invited to the lesson on 27 October to celebrate Carers Week 2022*

# Ten Pin Bowling Tournament

## '2023 Group Challenge with other NDIS Services' Tuesday Night Competition

At Bowlarama Wetherill Park  
(max 12 people per session)

**Dates:** January 10, 17, 24, 31

**Activity Cost:** \$25 covers two games and 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, 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.



*\*This tournament will continue for a further 8 weeks of the February – May 2023 Program Calendar*

# Weeknight & Weekend Activities

## SUNDAY 9 OCTOBER

### Mary Poppins Musical

At Lyric Theatre Sydney

**Activity Cost:** \$50 program contribution cost. Bring along your own packed lunch.

**Meeting Point & Times:** Cumberland City Council - 16 Memorial Ave Merrylands at 10.30am

**Transport:** Limited transport will be available for participants that require pick up from home from 11am onwards. Transport will be provided home from 4pm onwards.

**Wear:** Smart 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. If an additional cost for accessible reserved seating is applicable this will be charged as an 'unaffordable' NDIS cost.

*\*This show is featured again for customers that missed out in the last program*

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## SUNDAY EVENING 16 OCTOBER

### Concert: Elvis – American Trilogy Show

At Canterbury Hurlstone Park RSL

**Activity Cost:** \$50 includes dinner, drinks and program ticket contribution cost. You will be able to purchase a light meal prior to the show

**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 11pm onwards.

**Wear:** Smart 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. The \$20 additional cost for accessible reserved seating applicable this will be charged as an 'unaffordable' NDIS cost.

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## FRIDAY EVENING 21 OCTOBER

### **Cultural Dance Night**

**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. Any relevant dance instructor facilitation fee will be billed as an 'unaffordable NDIS cost.'

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## FRIDAY EVENING 28 OCTOBER

### **Water View Restaurant**

**Dooleys Club Dinner Night with Friends**

**Activity Cost:** \$45 *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.

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## SUNDAY 30 OCTOBER

### **Chocolate Making Experience & Factory Tour**

**At Gosford**

**Activity Cost:** \$50 *includes tour & hands on experience. 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 9.45am onwards. Transport will be provided home from 4pm onwards.

**Wear:** Casual clothes & covered shoes

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

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## FRIDAY 4 NOVEMBER

### Halloween Party Night

At Merrylands

**Activity Cost:** FREE includes dancing, dinner & drinks

**Meeting Point & Times:** Cumberland City Council - 16 Memorial Ave Merrylands at 5pm – 8.30pm

**Transport:** Limited transport will be available for participants that require pick up from home from 4pm onwards. Limited transport will be provided home from 8.30pm onwards.

**Wear:** Halloween Party Themed Dress Up

**NDIS Fee:** Centre-Based Group 1:3 (Weeknight rate) for the time you are in service with staff, plus the service transport fee. DJ & Venue Fee will be billed as an 'unaffordable NDIS shared cost.'

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## SATURDAY 5 NOVEMBER

### U2 Tribute Show

At Wentworthville Leagues Club

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

**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 5pm 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.

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## FRIDAY EVENING 11 NOVEMBER

### Moulin Rouge Show

At Capitol 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 5pm

**Transport:** Limited transport will be available for participants that require pick up from home from 5pm onwards. Transport will be provided home from 11.30pm 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. If an additional cost for accessible reserved seating is applicable this will be charged as an 'unaffordable' NDIS cost.

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## FRIDAY EVENING 18 NOVEMBER

### **Karaoke & Dinner Night**

At Coolibah Hotel Merrylands

**Activity Cost:** \$30 *includes dinner and drinks.*

**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 10.30pm 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.

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## SUNDAY 20 NOVEMBER

### **Aquatopia Water Park**

Waterslide & Wave Rider Park at Prairiewood

**Activity Cost:** \$20 *entry 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 3.30pm onwards.

**Wear:** Casual clothes and bring swimmers, sunscreen and a towel

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

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## FRIDAY EVENING 25 NOVEMBER

### **Program Planning for February – May 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.

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## SUNDAY 27 NOVEMBER

### **Cinderella Musical**

At Lyric Theatre Sydney

**Activity Cost:** \$50 program contribution cost. Bring along your own packed lunch

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

**Transport:** Limited transport will be available for participants that require pick up from home from 10.30am onwards. Transport will be provided home from 4pm onwards.

**Wear:** Smart 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. If an additional cost for accessible reserved seating is applicable this will be charged as an 'unaffordable' NDIS cost.

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## TUESDAY EVENING 29 NOVEMBER

### **Music Jamming Session**

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. Any relevant music instructor facilitation fee will be billed as an 'unaffordable' NDIS cost.

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FRIDAY 2 DECEMBER

**Celebration of Ability Festival**

Expo Showcase at The Granville Centre



**Activity Cost:** FREE includes a:

**CHRISTMAS CARD & GIFT MAKING CLASS**  
**ZUMBA DANCE SESSION**  
**MUSIC SESSION**  
**BOOTCAMP SESSION**  
**ART EXHIBITION SHOWCASE**

**Session Times:**

9.30am – 12.30pm

Or

2.00pm – 5.00pm

**Transport:** Limited transport will be available for participants that require it

**Wear:** Casual clothes

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



## SATURDAY 3 DECEMBER

### **Celebration Disco Party**

At Merrylands

**Activity Cost:** FREE *includes snacks and drinks.*

**Meeting Point & Times:** Cumberland City Council - 16 Memorial Ave Merrylands at 1.30pm – 4.30pm

**Transport:** Limited transport will be available for participants that require pick up from home from 12.30pm onwards. Transport will be provided home from 4.30pm 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.

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## TUESDAY EVENING 6 DECEMBER

### **Music Jamming Session**

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. Any relevant music instructor facilitation fee will be billed as an 'unaffordable NDIS cost.'

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## FRIDAY EVENING 9 DECEMBER

### **Safety Talk Presentation**

NSW Fire Brigade Presentation Session

**Activity Cost:** FREE *includes dinner & drinks*

**Meeting Point & Times:** Cumberland City Council - 16 Memorial Ave Merrylands at 5.30pm – 7.30pm

**Transport:** Limited transport will be available for participants that require pick up from home from 4.30pm onwards. Transport will be provided home from 7.30pm onwards.

**Wear:** Casual clothes

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

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## SATURDAY 10 DECEMBER

### **Christmas Shopping Trip**

**At Fairfield Markets**

**Activity Cost:** \$50 *includes 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:** Casual clothes and comfortable walking shoes

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

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## FRIDAY EVENING 16 DECEMBER

### **Xmas Lights Tour**

**Local Displays from within the Cumberland LGA**

**Activity Cost:** \$10 *for dessert costs. Have dinner prior to coming out.*

**Meeting Point & Times:** Cumberland City Council - 16 Memorial Ave Merrylands at 7pm

**Transport:** Limited transport will be available for participants that require pick up from home from 7.30pm onwards. Transport will be provided home from 10pm 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.

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## SATURDAY 17 DECEMBER

### **Christmas Party & BBQ**

**At Central Gardens – Friends & Family Welcome**

**Activity Cost:** FREE *includes lunch and drinks*

**Meeting Point & Times:** Central Gardens (Pinaroo Reserve) Merrylands West  
Paton Street Merrylands West  
11.30am – 2.30pm

**Transport:** Limited transport will be available for participants that require it.

**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.

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## FRIDAY EVENING 13 JANUARY

### **Kite Making 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.

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## SUNDAY 15 JANUARY

### **Bundeena Beach**

Ferry Cruise, Swimming, Fish & Chips By The Sea

**Activity Cost:** \$35 includes ferry ride 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 3.30pm onwards.

**Wear:** Casual clothes and comfortable walking shoes. Plus bring your swimmer, towel and sunscreen.

**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.

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## FRIDAY EVENING 20 JANUARY

### **Elvis Movie Night**

At Council

**Activity Cost:** \$10 covers dinner and snack 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 4pm onwards. Transport will be provided home from 9pm 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.

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## SATURDAY 21 JANUARY

### **Community Gardening Day & BBQ**

At Auburn Centre for Community

**Activity Cost:** FREE includes BBQ 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 2.30pm onwards.

**Wear:** Casual clothes. Gardening gloves and equipment will be provided on the day.

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

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## FRIDAY EVENING 27 JANUARY

### **Tennis & Pizza Night**

At Greystanes

**Activity Cost:** \$20 includes court hire 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 8.30pm onwards.

**Wear:** Casual clothes and joggers

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

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## SUNDAY 29 JANUARY

### **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.

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