



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 2025*



STAY ACTIVE, STAY HEALTHY, STAY CONNECTED



Contents

Maintaining Safe Practices	4	Elvis Tribute Festival	18
NDIS Pricing Guide	6	Music Jamming Session	19
Ten Pin Bowling Tournament	9	Christmas in July Party	20
Presentation Night		Mystery Movie Day	21
Zone Bowling	9	Live NRL Game at COMMBANK Stadium	22
Health & Fitness Program	10	Program Planning Night	23
‘ACTIVE AQUA’ Water Aerobics		Dinner with Friends	24
Wednesday Workouts	10	Swim Session	25
‘THE SHREDDERS’ Fitness Friday		Sydney Cherry Blossom Festival	26
Gym Workout	11	Bingo Games Day	28
Fabulous & Fresh Cooking Lessons	14	Zumba Dance Night	29
‘Creative Cultural Cooking’		Gardening Session and BBQ	30
Thursday Night Classes	14	Sydney Rowers Club	31
Leisure Options	16	Aqua Golf & Arcade Games	32
State of Origin Night	16	Tennis & Pizza Night	33
Grease Tribute Music Show	17	Madame Tussauds	34
		Taronga Zoo	35

Maintaining Safe Practices

This means that Council will:

- Remain in line with Public Health advice and NDIS policy and practice framework and guidelines.
- Continue to monitor customer health and infection control by temperature checks and pre program wellness checks.
- Maintain a Seniors & Disability Services COVID Safe Business Plan.
- Keep the display of relevant signage for safeguards (eg '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).
- Keep a record of attendance and continue to support social distancing for activities and transport.

We ask you to do the following:

- Ensure you are and remain compliant with requests that is based on NDIS policy and Public Health advice relevant for people with disability in centre based / community-based group service settings.
- 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 good social distancing measures (staying 1.5m apart from people where possible) and wear suitable PPE when necessary / as requested.

**STAY ACTIVE,
STAY HEALTHY,
STAY CONNECTED**

NDIS Pricing Guide

Cumberland City Council Seniors & Disability NDIS Fees Schedule NDIS Pricing Arrangements and Limits Guide

Category	NDIS Code/s	Unit Rate	Price
Lifestyle & Leisure Links Program	NDIS Centre Capital Costs 04_599_0136_6_1	Per hour (Fractioned 1:3)	\$2.53
Assistance with Social Economic and Community Participation	Weekday (Standard) 04_102_0136_6_1		\$22.52
	Weeknight (8pm) 04_103_0136_6_1		\$24.81
Centre Based Activities / Group Activities / Recreational Activities in the Community	Saturday 04_104_0136_6_1		\$31.69
	Sunday 04_105_0136_6_1		\$40.86
Social Inclusion Program	NDIS Centre Capital Costs 04_599_0136_6_1	Per hour	\$2.53
Assistance with Social Economic and Community Participation	Weekday (Standard) 04_102_0136_6_1	Per hour (Fractioned 1:4)	\$16.89
	Weeknight (8pm) 04_103_0136_6_1		\$18.60
Centre Based Activities / Group Activities / Recreational Activities in the Community			

Category	NDIS Code/s	Unit Rate	Price
Assistance with Self-Care Activities	Weekday Daytime 01_011_0107_1_1	Per hour	\$67.56
Shopping Assistance			
Nutrition Services	Weekday 01_023_0120_1_1	Each	<i>As Per Council's Fees & Charges 2024/25</i>
Assistance with Daily Living Preparation and Delivery of Meals			\$10.10
Seniors & Disability Services	04_591_0136_6_1	Kilometre Distance Travelled	Per Vehicle
Activity Based Transport Fee (NDIS reasonable rate for vehicle hire, running costs, fuel)		(fractioned by passenger number/s) + any tolls or parking fees)	99c per km (standard vehicle) \$2.76 per km (bus or accessible vehicle)

Category	NDIS Code/s	Unit Rate	Price
Community, Social and Recreational Activities (contribution for unaffordable program activity cost) 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.			
Activity Cost	04_210_0125_6_1	Equally Fractioned Amongst Participant Group	As per NDIS Price Guide (not including GST)
Community Participation Activities This support item is designed to enable providers to claim reimbursement for the costs of tuition fees, art classes, sport coaching and similar activities that build a participant's skills and independence.			
Activity Cost	09_011_0125_6_3	Equally Fractioned Amongst Participant Group	As per NDIS Price Guide (not including GST)
Community Participation Cancellation Fee A short notice cancellation fee is applied when a program support is cancelled by the participant without 7 days' notice. A cancellation fee is as per NDIS Pricing Limits and charged at the 100% of the support line item. A fee free cancellation will apply if a replacement customer from the waitlist is applied and ratio of supports are restored to the correct level. In this case the NDIS charge will be applicable just to the replacement customer.			
Community Participation Establishment Fee As per the NDIS Pricing Limits and Arrangements, this fee is applicable when implementing a participants' first NDIS Plan. Within the agreement Council must supply a minimum of 20hrs per month of service for 3 or more consecutive months.			
NDIS Establishment Fee	04_049_0136_1_1	Standard / Anytime	\$675.60



Ten Pin Bowling Tournament

Presentation Night Zone Bowling

Dates:

1 July



How much is it?

\$35 per session to cover game & dinner costs.



Where to meet?

Cumberland City Council -
16 Memorial Ave Merrylands at
4:30pm.



Will there be any transport?

Limited transport will be available
for participants that require pick up
from home from 4:45pm onwards.
Transport will be provided home from
8:15pm onwards.



What to wear?

Warm casual clothes and enclosed shoes.

Location:

Zone Bowling Centre
Villawood

NDIS Fee:

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



Accessible



New 2025/2026 Bowling Tournament

Dates:

9, 23 September



How much is it?

\$35 per session to cover game & dinner costs.



Where to meet?

Cumberland City Council -
16 Memorial Ave Merrylands at
4:30pm.



Will there be any transport?

Limited transport will be available for participants that require pick up from home from 4:45pm onwards. Transport will be provided home from 8:15pm onwards.



What to wear?

Warm casual clothes and enclosed shoes.

Location:

Zone Bowling Centre
Blacktown/Villawood

NDIS Fee:

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



Accessible

Health & Fitness Program

'ACTIVE AQUA' Water Aerobics Wednesday Workouts

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:

3 September

17 September

Location:

Cumberland City
Council Swim Centre
(Granville / Lidcombe)



How much is it?

\$35 per session including purchasing a healthy dinner.



Where to meet?

Cumberland City Council -
16 Memorial Ave Merrylands at
4:15pm.



Will there be any 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.



What to wear?

Casual clothes, swimmers plus bring a water bottle and towel.

NDIS Fee:

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

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

‘THE SHREDDERS’ Fitness Friday Gym Workout

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.



How much is it?

\$35 per session including purchasing a healthy lunch.



Where to meet?

Cumberland City Council -
16 Memorial Ave Merrylands at
9:30am.



Will there be any transport?

Limited transport will be available for participants that require pick up from home from 9:45am onwards. Transport will be provided home from 1:45pm onwards.



What to wear?

Active wear, joggers plus bring a water bottle and towel.

Dates:

27 June

4, 11, 18, 25 July

1, 8, 15, 22, 29 August

5, 12, 19, 26 September

Location:

Lidcombe

NDIS Fee:

Group Based Activity 1:3 (Weekday rate) for the time you are in service with staff, plus the service transport fee.



Accessible

Fabulous & Fresh Cooking Lessons

'Creative Cultural Cooking' Thursday Night Classes

Practicing safe food preparation and cooking skills.



How much is it?

\$15 per session to cover ingredient costs.



Where to meet?

Cumberland City Council -
16 Memorial Ave Merrylands
at 4:30pm.



Will there be any transport?

Limited transport will be available for participants that require pick up from home from 4:15pm onwards. Transport will be provided home from 8:00pm onwards.



What to wear?

Warm casual clothes and bring an apron.

Dates:

26 June

3, 10, 17, 24, 31 July

7, 14, 21, 28 August

4, 11, 18, 25 September

Location:

Merrylands

NDIS Fee:

Group Based Activity 1:3 (Weeknight rate) for the time you are in service with staff, plus the service transport fee. A NDIS capital cost fee will be applicable being an onsite program.



Leisure Options

State of Origin Night

NSW Blues v QLD Maroons on the
BIG SCREEN at Council



How much is it?

\$15 includes an assortment of pizzas, salads and drinks.



Where to meet?

Cumberland City Council -
16 Memorial Ave Merrylands at 5:30pm.



Will there be any transport?

Limited transport will be available for participants that require pick up from home from 5:45pm onwards. Transport will be provided home from 10:00pm onwards.



What to wear?

Come dressed in your team colours.

When:

Wednesday evening,
18 June

Location:

Merrylands

NDIS Fee:

Group Based Activity
1:3 (Weeknight rate)
for the time you are in
service with staff,
plus the service
transport fee. A NDIS
capital cost fee will be
applicable being an
onsite program.



Accessible

Grease Tribute Music Show

At Blacktown Workers Club



How much is it?

\$40 includes ticket costs, drinks and snacks.

Please have dinner prior to coming out.



Where to meet?

Cumberland City Council -
16 Memorial Ave Merrylands at 6:00pm.



Will there be any transport?

Limited transport will be available for participants that require pick up from home from 6:15pm onwards. Transport will be provided home from 10:45pm onwards.



What to wear?

Smart casual clothes.

When:

Saturday evening,
28 June

Location:

Merrylands

NDIS Fee:

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



Accessible

Leisure Options

Elvis Tribute Festival



How much is it?

\$75 includes ticket costs, drinks and snacks

Please have dinner prior to coming out.



Where to meet?

Cumberland City Council -
16 Memorial Ave Merrylands at 6:00pm.



Will there be any transport?

Limited transport will be available for participants that require pick up from home from 6:15pm onwards. Transport will be provided home from 11:00pm onwards.



What to wear?

Smart casual clothes.

When:

Friday evening, 18 July

Location:

Hurlstone Park

NDIS Fee:

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



Accessible

Music Jamming Session

Interactive Session at Council



How much is it?

\$25 includes an assortment of pizzas, salads and drinks.



Where to meet?

Cumberland City Council -
16 Memorial Ave Merrylands at 5:00pm.



Will there be any 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.



What to wear?

Warm casual clothes.

When:

Friday evening,
25 July

Location:

Merrylands

NDIS Fee:

Group Based Activity
1:3 (Weeknight rate)
for the time you are in
service with staff,
plus the service
transport fee. A NDIS
capital cost fee will be
applicable being an
onsite program.



Accessible

Leisure Options

Christmas in July Party

At Coolibah Hotel



How much is it?

\$35 includes entertainment and lunch costs



Where to meet?

Cumberland City Council -
16 Memorial Ave Merrylands at 11:00am.



Will there be any transport?

Limited transport will be available for participants that require pick up from home from 10:45am onwards. Limited transport will be provided home from 2.45pm onwards



What to wear?

Come as something beginning with "C" for Christmas in July.

When:

Sunday 27 July

Location:

Coolibah Hotel

NDIS Fee:

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



Accessible



Leisure Options

Mystery Movie Day

At Parramatta



How much is it?

\$40 includes ticket, lunch, snacks and drinks.



Where to meet?

Cumberland City Council -
16 Memorial Ave Merrylands at
9:30am to 3:00pm.

Bring your Carer Companion Card.

**Bring your OPAL Card as we may
need to use Public Transport.**



Will there be any transport?

Limited transport will be available for participants that require pick up from home from 9.45am onwards. Limited transport will be provided home from 2:45pm onwards.



What to wear?

Smart casual clothes.

When:

Tuesday, 29 July

Location:

Parramatta

NDIS Fee:

Group Based Activity
1:3 (Weekday rate) for
the time you are in
service with staff,
plus the service
transport fee.

Live NRL Game at COMMBANK Stadium

Parramatta Eels v Melbourne Storm



How much is it?

\$35 includes reserved seating.



Where to meet?

Cumberland City Council -
16 Memorial Ave Merrylands at 5:45pm.



Will there be any transport?

Limited transport will be available for participants that require pick up from home from 6:00pm onwards. Transport will be provided home from 10:00pm onwards.



What to wear?

Your team supporter wear.

When:

Thursday evening,
31 July

Location:

Parramatta

NDIS Fee:

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

Leisure Options

Program Planning Night

Consultation Session for our
October 2025 – January 2026 Calendar



How much is it?

FREE dinner will be provided.



Where to meet?

Cumberland City Council -
16 Memorial Ave Merrylands at 5:30pm



Will there be any 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.



What to wear?

Warm casual clothes.

When:

Friday evening,
1 August

Location:

Merrylands

NDIS Fee:

Group Based Activity
1:3 (Weeknight rate)
for the time you are
in service with staff,
plus the service
transport fee. A NDIS
capital cost fee will be
applicable being an
onsite program.



Accessible

Dinner with Friends

Mediterranean Restaurant Night



How much is it?

\$50 includes dinner, drinks and dessert



Where to meet?

Cumberland City Council -
16 Memorial Ave Merrylands at 5:00pm.



Will there be any transport?

Limited transport will be available for participants that require pick up from home from 5:15pm onwards. Transport will be provided home from 9:30pm onwards.



What to wear?

Smart casual clothes.

When:

Saturday Evening,
2 August

Location:

Merrylands

NDIS Fee:

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



Accessible

Leisure Options

Swim Session

At Ruth Everuss Aquatic Centre



How much is it?

\$30 includes pool entry and lunch costs.



Where to meet?

Cumberland City Council -
16 Memorial Ave Merrylands
at 9.30am to 2:30pm.



Will there be any transport?

Limited transport will be available for participants that require pick up from home from 9:45am onwards. Limited transport will be provided home from 2:45pm onwards if required.



What to wear?

Warm casual clothes, bring swimmers and a towel.

When:

Wednesday
6 August

Location:

Lidcombe

NDIS Fee:

Group Based Activity
1:3 (Weekday rate) for
the time you are in
service with staff,
plus the service
transport fee.



Accessible

Sydney Cherry Blossom Festival

Auburn Botanical Gardens



How much is it?

FREE bring a packed lunch.



Where to meet?

Cumberland City Council -
16 Memorial Ave Merrylands
at 9:30am – 2:30pm.

Bring your Carer Companion Card.

**Bring your OPAL Card as we will use
Public Transport.**



Will there be any transport?

Limited transport will be available for participants that require pick up from home from 9:45am onwards. Limited transport will be provided home from 2:45pm onwards if required.



What to wear?

Warm casual clothes.

When:

Friday 22 August

Location:

Auburn Botanic
Gardens

NDIS Fee:

Group Based Activity
1:3 (Weekday rate)
for the time you are
in service with staff,
plus the service
transport fee.



Accessible

Leisure Options

Bingo Games Day



How much is it?

\$25 includes game and lunch costs.



Where to meet?

Cumberland City Council -
16 Memorial Ave Merrylands at
9:30am – 2:30pm.



Will there be any transport?

Limited transport will be available for participants that require pick up from home from 9:45am onwards. Limited transport will be provided home from 2:45pm onwards if required.



What to wear?

Warm casual clothes.

When:

Wednesday, 27 August

Location:

Guildford Leagues

NDIS Fee:

Group Based Activity
1:3 (Weekday rate)
for the time you are
in service with staff,
plus the service
transport fee.



Accessible

Zumba Dance Night



How much is it?

\$20 includes dance class, pizzas, salads and drinks.



Where to meet?

Cumberland City Council -
16 Memorial Ave Merrylands at 5:30pm.



Will there be any 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.



What to wear?

Warm casual clothes.

When:

Friday evening,
29 August

Location:

Merrylands

NDIS Fee:

Group Based Activity
1:3 (Weeknight rate)
for the time you are in
service with staff, plus
the service transport
fee. A NDIS capital
cost fee will be
applicable being
an onsite program.



Accessible

Leisure Options

Gardening Session and BBQ



How much is it?

FREE includes BBQ lunch



Where to meet?

Cumberland City Council -
16 Memorial Ave Merrylands
at 9:30am - 2:30pm.



Will there be any transport?

Limited transport will be available for participants that require pick up from home from 9:45am onwards. Limited transport will be provided home from 2.45pm onwards.



What to wear?

Casual clothes and hat.
Gardening gloves and
equipment will be provided.

When:

Sunday, 31 August

Location:

Auburn Centre for
Community

NDIS Fee:

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



Accessible

Sydney Rowers Club

Travel by Ferry for a Seafood Lunch



How much is it?

\$50 includes lunch costs.



Where to meet?

Cumberland City Council -
16 Memorial Ave Merrylands
at 9:30am – 3:30pm.

**Bring your ID and your OPAL Card
as we will use Public Transport.**



Will there be any transport?

Limited transport will be available for participants that require pick up from home from 9:45am onwards. Limited transport will be provided home from 3:45pm onwards.



What to wear?

Smart casual clothes.

When:

Saturday, 6 September

Location:

Abbotsford

NDIS Fee:

Group Based Activity
1:3 (Saturday rate)
for the time you are
in service with staff,
plus the service
transport fee. A NDIS
capital cost fee will be
applicable being an
onsite program.



Accessible

Leisure Options

Aqua Golf & Arcade Games



How much is it?

FREE just bring a plate of food to share for dinner.



Where to meet?

Cumberland City Council -
16 Memorial Ave Merrylands at 4:30pm.



Will there be any transport?

Limited transport will be available for participants that require pick up from home from 4:45pm onwards. Transport will be provided home from 9:00pm onwards.



What to wear?

Casual clothes.

When:

Friday evening,
12 September

Location:

Panthers Penrith Rugby
Leagues Club

NDIS Fee:

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



Accessible

Tennis & Pizza Night



How much is it?

\$25 includes game/s and dinner costs.



Where to meet?

Cumberland City Council -
16 Memorial Ave Merrylands at 4:30pm.



Will there be any 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.



What to wear?

Casual clothes.

When:

Friday evening,
19 September

Location:

Greystanes

NDIS Fee:

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

Leisure Options

Madame Tussauds

At Darling Harbour



How much is it?

\$50 includes entry ticket.
Bring a packed lunch.



Where to meet?

Cumberland City Council -
16 Memorial Ave Merrylands
at 9:30am – 4:00pm.



Will there be any transport?

Limited transport will be available for participants that require pick up from home from 9:45am onwards. Limited transport will be provided home from 4:15pm onwards if required.

Bring your Carer Companion Card.

Bring your OPAL Card as we will use Public Transport.



What to wear?

Casual clothes and wear comfortable walking shoes.

When:

Friday, 26 September

Location:

Darling Harbour

NDIS Fee:

Group Based Activity
1:3 (Weekday rate) for
the time you are in
service with staff, plus
the service transport
fee if required.



Accessible

Taronga Zoo



How much is it?

\$50 plus bring your own packed lunch.



Where to meet?

Cumberland City Council -
16 Memorial Ave Merrylands
at 9:30am – 4:00pm.

Bring your Carer Companion Card.

**Bring your OPAL Card as we will
use Public Transport.**



Will there be any transport?

Limited transport will be available for participants that require pick up from home from 8:45am onwards. Limited transport will be provided home from 4:15pm onwards.



What to wear?

Casual clothes, comfortable walking shoes, hat & water bottle.

When:

Sunday, 28 September

Location:

Mosman

NDIS Fee:

Group Based Activity
1:3 (Sunday rate) for
the time you are in
service with staff, plus
the service transport
fee if required.



Accessible

For new membership bookings,
please contact Council's Seniors & Disability Services
Access & Inclusion Team on 8757 9152.

**STAY ACTIVE,
STAY HEALTHY,
STAY CONNECTED**



CUMBERLAND
CITY COUNCIL

Cumberland City Council

16 Memorial Avenue, PO Box 42, Merrylands NSW 2160

T 8757 9000 W www.cumberland.nsw.gov.au E council@cumberland.nsw.gov.au

Follow Us f @ in ▶