



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 2021



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

Ensuring we remain COVID Safe

This means that Council will:

- Maintain COVID practices for Seniors and Disability Services
- 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)
- Will only provide services where possible and where volunteer/staff who provide services consent to, are comfortable to do so and where adequate infection control procedures are in place
- Do all that we can to continue to provide services to you, while ensuring the protection of staff, volunteers and customers at all times.
- Keep a record of attendance, set attendance limits and provide social distancing for activities and transport



We ask you to do the following:

- Please notify staff if you have travelled or been in a noted 'COVID hot zone' you have been in contact with someone recently travelled overseas, someone who has tested positive to COVID and need to self-isolate for a minimum of 14 days
- Notify staff if you believe you are at risk of contracting the virus
- 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)

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	\$58.80
	Sunday 04_105_0136_6_1_T		\$106.17
Assistance with Social Economic and Community Participation Group Activities in Community (1:3) TTP	Transitional Arrangement Fee (2020/21)	Per hour	\$24.30
	Weekday 04_120_0136_6_1_T		
	Transitional Arrangement Fee (2020/21) Weeknight (finish after 8pm) 04_123_0136_6_1_T	Per hour	\$26.75
	Transitional Arrangement Fee (2020/21) Saturday 04_121_0136_6_1_T	Per hour	\$34.09
	Transitional Arrangement Fee (2020/21) Sunday 04_122_0136_6_1_T	Per hour	\$43.88
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
<p>Community, Social and Recreational Activities (contribution for unaffordable program activity cost)</p> <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 Group

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	25
	July	2, 9, 16, 23, 30
	August	6, 13, 20, 27
	September	3, 10, 17, 24

Activity Cost: \$25 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 staff support you. Transport Fee applies for distance travelled as set by the NDIA.

'ACTIVE AQUA' Water Aerobics Wednesday Workouts A SPRING-TIME RETURN of Weekly Sessions (max 9 people)

At 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 1, 8, 15, 22, 29

Activity Cost: \$20 per week includes dinner (chicken and salad).

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. 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 staff support you. Transport Fee applies for distance travelled as set by the NDIA.

Fabulous & Fresh Cooking Lessons

'Creative Cooking' Thursday Night Classes

Practicing Safe Food Preparation and Cooking Skills

(avg. 6 people per session)

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

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, plus service transport fee.



June 2021

Various Calendar Activities

WEDNESDAY EVENING 23 JUNE

Ten Pin Bowling Night

At Zone Bowling Villawood

Activity Cost: \$30 includes dinner and game cost

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

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



FRIDAY EVENING 25 JUNE:

Cinema Movie Night

'Dream Horse' at Hoyts Wetherill Park

Activity Cost: \$40 includes dinner at Grill'd, Movie Ticket, plus an individual packaged popcorn, drink and lollies.

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 9.30pm onwards.

Wear: Smart casual clothes

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



SATURDAY 26 JUNE:

Outdoor Experience: Bike Riding and Picnic

Centennial Park Sydney

Activity Cost: \$40 includes lunch at The Greenhouse Café & Accessible Bike Hire

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 joggers

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

July 2021

Various Calendar Activities

FRIDAY EVENING 2 JULY:

Friday Night Footy

Cheer on the Parramatta Eels LIVE on the big screen at Council

Activity Cost: \$15 includes, snacks, pizza, salad and drinks

Meeting Point & Times: Cumberland City Council - 16 Memorial Ave Merrylands at 5pm – 9.45pm

Transport: Limited transport will be available for participants that require pick up from home from 4.30pm onwards. Limited transport will be provided home from 9.45pm onwards.

Wear: Parramatta Eels supporters wear

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



SATURDAY 10 JULY:

Wedding Singer Theatre Show

At State Theatre Sydney

Activity Cost: \$50 includes lunch and contribution toward show ticket

Meeting Point & Times: Cumberland City Council - 16 Memorial Ave Merrylands at 11am

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

Wear: Smart casual clothes

NDIS Fee: Show tickets may have an extra applicable unaffordable cost. This difference will be billed as an 'unaffordable NDIS cost'. The program hourly rate for this program is Community-Based Group 1:3 (Saturday rate) for the time staff support you. Transport Fee applies for distance travelled as set by the NDIA.

WEDNESDAY EVENING 14 JULY:

State of Origin 3

Live at Wentworthville Leagues Club

Activity Cost: \$20 includes dinner and drinks

Meeting Point & Times: Cumberland City Council - 16 Memorial Ave Merrylands at 5.15pm

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

Wear: NSW Blues supporter wear

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

FRIDAY EVENING 16 JULY:

Line Dancing Night

At Council

Activity Cost: \$15 includes dinner and drinks

Meeting Point & Times: Cumberland City Council - 16 Memorial Ave Merrylands at 5.15pm – 8.15pm

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

Wear: Casual clothes

NDIS Fee: Line Dancing Facilitator Fee will be linked as an unaffordable cost. This fee will be divided by all participants and billed as an 'unaffordable NDIS cost'. The program hourly rate for this program is Centre-Based Group 1:3 (Weeknight rate) for the time staff support you. Transport Fee applies for distance travelled as set by the NDIA.



FRIDAY EVENING 23 JULY:

Greek Restaurant Night

Billy the Greek at Dural

Activity Cost: \$50 includes dinner, drinks and dessert

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: Smart casual clothes

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

SATURDAY 24 JULY:

Program Planning for October 2021 to January 2022

Face to Face Program Consultation Session

Activity Cost: FREE includes a BBQ 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 3pm onwards.

Wear: Casual clothes

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

WEDNESDAY EVENING 28 JULY:

Ten Pin Bowling Night

At Zone Bowling Villawood

Activity Cost: \$30 includes dinner and game cost

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

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

FRIDAY EVENING 30 JULY:

Music Jamming Session

Express yourself through Music

Activity Cost: \$15 includes dinner and drinks

Meeting Point & Times: Cumberland City Council - 16 Memorial Ave Merrylands at 5.15pm – 8.15pm

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

Wear: Casual clothes

NDIS Fee: Music Therapist Fee will be linked as an unaffordable cost. This fee will be divided by all participants and billed as an 'unaffordable NDIS cost'. The program hourly rate for this program is Centre-Based Group 1:3 (Weeknight rate) for the time staff support you. Transport Fee applies for distance travelled as set by the NDIA.

SATURDAY 31 JULY:

Xmas in July Party

At The Holroyd Centre Merrylands

Activity Cost: FREE includes entertainment, lunch, dessert and drinks

Meeting Point & Times: The Holroyd Function Centre – 17 Miller St Merrylands
11.30am – 3pm

Transport: Limited transport will be available for participants that require pick up from home from 10.30am onwards. Limited transport will be provided home from 3pm onwards.

Wear: Smart casual clothes

NDIS Fee: This program will be FREE to allow everyone access. The program costs for the event will be divided by all participants and billed as an 'unaffordable NDIS cost'. The program hourly rate for this program is Centre-Based Group 1:3 (Saturday rate) for the time staff support you. Transport Fee applies for distance travelled as set by the NDIA.

August 2021

Various Calendar Activities

FRIDAY EVENING 6 AUGUST:

Live Music Night

At Greystanes Inn

Activity Cost: \$25 includes dinner and 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 5.30pm onwards. Transport will be provided home from 9.15pm onwards.

Wear: Smart casual clothes

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

SATURDAY EVENING 7 AUGUST:

ABBA Show

At State Theatre Sydney

Activity Cost: \$50 includes dinner and contribution toward show ticket

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 4pm onwards. Transport will be provided home from 11.30pm onwards.

Wear: Smart casual clothes

NDIS Fee: Show tickets may have an extra applicable unaffordable cost. This difference will be billed as an 'unaffordable NDIS cost'. The program hourly rate for this program is Community-Based Group 1:3 (Saturday rate) for the time staff support you. Transport Fee applies for distance travelled as set by the NDIA.

WEDNESDAY EVENING 11 AUGUST:

Swim & Spa Night

At Stanhope Gardens

Activity Cost: \$25 includes pool entry and dinner cost

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 9pm onwards.

Wear: Warm casual clothes plus bring swimmers and towel

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



FRIDAY EVENING 13 AUGUST:

Zumba Dance Night

At Council

Activity Cost: \$15 includes dinner and drinks

Meeting Point & Times: Cumberland City Council - 16 Memorial Ave Merrylands at 5.15pm – 8.15pm

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

Wear: Casual clothes

NDIS Fee: Zumba Dance Facilitator Fee will be linked as an unaffordable cost. This fee will be divided by all participants and billed as an 'unaffordable NDIS cost'. The program hourly rate for this program is Centre-Based Group 1:3 (Weeknight rate) for the time staff support you. Transport Fee applies for distance travelled as set by the NDIA.

FRIDAY EVENING 20 AUGUST:

Creative Arts Session

Gift making with the Facilitation Support from Linda Brescia

Activity Cost: \$15 includes snacks, dinner and 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 4.30pm onwards. Limited transport will be provided home from 9pm onwards.

Wear: Casual clothes

NDIS Fee: Art Facilitator Fee will be linked as an unaffordable cost. This fee will be divided by all participants and billed as an 'unaffordable NDIS cost'.

The program hourly rate for this program is Centre-Based Group 1:3 (Weeknight rate) for the time staff support you. Transport Fee applies for distance travelled as set by the NDIA.



SATURDAY EVENING 21 AUGUST:

Outdoor Experience: NRL Game at Bankwest Stadium

Cheer on the Parramatta Eels v North Queensland Cowboys

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 5pm onwards. Transport will be provided home from 10pm onwards.

Wear: Warm Parramatta Eels supporters wear

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

WEDNESDAY EVENING 25 AUGUST:

Ten Pin Bowling Night

At Zone Bowling Villawood

Activity Cost: \$30 includes dinner and game cost

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

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

FRIDAY EVENING 27 AUGUST:

Outdoor Experience: Tennis & Burger Night

At Pemulwuy

Activity Cost: \$20 includes court hire and outdoor dining

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 5pm 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, plus service transport fee.



SATURDAY 28 AUGUST:

Outdoor Experience: Taronga Zoo

Zoo Park Visit

Activity Cost: \$50 includes entry fee and lunch costs purchased at the Zoo

Meeting Point & Times: Cumberland City Council - 16 Memorial Ave Merrylands at 9.30am – 4.00pm

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

Wear: Casual clothes, plus bring an OPAL Card

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

September 2021

Various Calendar Activities

FRIDAY EVENING 3 SEPTEMBER:

Aqua Golf & Dinner

At Panthers

Activity Cost: \$25 includes Aqua Golf Game and Outdoor Dining

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

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

Wear: Warm casual clothes

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

SATURDAY 4 SEPTEMBER:

Outdoor Experience: Ferry Ride & Fish n Chips

At Doyles Wharf Casual Dining Restaurant

Activity Cost: \$30 includes lunch costs and an ice cream

Meeting Point & Times: Cumberland City Council - 16 Memorial Ave Merrylands at 9.30am – 4.00pm

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

Wear: Casual clothes, plus bring an OPAL Card

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

FRIDAY EVENING 10 SEPTEMBER:

Girls Night In

Pampering Session & Movie Night

Activity Cost: \$15 includes packaged snacks, pizza, salads and drinks

Meeting Point & Times: Cumberland Council - 16 Memorial Ave Merrylands at 4.30pm – 8.30pm

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

Wear: Casual clothes

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

SATURDAY 11 SEPTEMBER:

Outdoor Experience: Ferry Ride & Manly Markets

Shopping Trip

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

Meeting Point & Times: Cumberland City Council - 16 Memorial Ave Merrylands at 9.30am – 4.00pm

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

Wear: Casual clothes, plus bring an OPAL Card

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

FRIDAY EVENING 17 SEPTEMBER:

Timezone Games Night

An Hour of Unlimited Games at Panthers

Activity Cost: \$35 includes game and dinner costs

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

Transport: Limited transport will be available for participants that require pick up from home from 5pm onwards. Transport will be provided home from 9.15pm onwards.

Wear: Casual clothes

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

SATURDAY 18 SEPTEMBER:

Outdoor Experience: Paddle Boats and Picnic

At Audley

Activity Cost: \$40 includes Aqua Bike / Paddle 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 10am onwards. Transport will be provided home from 3pm onwards.

Wear: Casual clothes and enclosed shoes

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

FRIDAY EVENING 24 SEPTEMBER:

Ten Pin Bowling Night

At Zone Bowling Villawood

Activity Cost: \$30 includes dinner and game cost

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

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

SATURDAY 25 SEPTEMBER:

Outdoor Experience: Sydney Zoo

Western Sydney Wildlife Park

Activity Cost: \$50 includes entry fee and lunch costs purchased at the Zoo

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 (Saturday rate) for the time you are in service, plus service transport fee if applicable.
