



**melba**  
support services

# Community Connections Information Pack



## About us

Community Connections, based in Lilydale, works closely with people to support them to achieve their goals. We have a range of activities that are aimed building skills and capacity in meaningful ways.

Our focus goes beyond simply offering activities; we provide a wide range of engaging and enriching programs tailored to meet the diverse interests and passions of each person.

From creative arts and performance to social outings and all things food, we ensure everyone has the opportunity to explore what matters most to them. We are constantly reviewing and growing our range of activities to ensure we are offering the right balance of growth and fun.

## Funding your participation

Melba Support Services is a registered NDIS provider. You can discuss funding eligibility with your planner and incorporate these costs into your NDIS plan.

## Contact

Email: [engagement@melbasupport.com.au](mailto:engagement@melbasupport.com.au)



## Our programs

### Lilydale Timetable 2025

<b>Mon</b>	<b>Places of Interest</b> <b>Food Tech</b> My Right to Write Out and About Lawn Bowls	Travel Training Hiking Swimming Gardening at ECOSS <b>Stroll and BBQ</b>
<b>Tue</b>	Apple Bunch <b>Hands On</b> ECOSS	Mowing Bowling <b>Travel Training</b>
<b>Wed</b>	Art Cooking/Community Disco <b>Swimming</b>	Community Lunch Eggs on Legs <b>Wednesday Adventures</b>
<b>Thu</b>	Art Yarra Ranges in a Box <b>Dance Fit</b>	<b>Places of Interest</b> <b>Mowing</b> Sustainability
<b>Fri</b>	Food Tech Swimming	<b>Ball Sports</b> Music Therapy

### Mount Evelyn Timetable 2025

<b>Mon</b>	Swimming Eggs on Legs Social Club
<b>Tue</b>	Eggs on Legs Places of Interest <b>CFA/Hiking</b>
<b>Wed</b>	Healthy Cooking <b>Newspaper Round</b>
<b>Thu</b>	Dance Fit <b>Places of Interest</b>
<b>Fri</b>	<b>ECOSS</b> <b>Ball Sports</b> <b>Music Therapy</b>



## Core programs

### Food Tech

Preparing a meal from scratch, including creating a shopping list and budgeting, to preparing the meal and the clean up. Builds independent living skills, as well as food safety/hygiene processes.

**When:** Mondays

### Places Of Interest

Explore your community and enjoy various local activities with a supportive group. Develop skills in planning outings, managing money and navigating new environments while socialising and discovering new places.

**When:** Mondays, Thursdays

### Lawn Bowls

Group goes to Yarra Glen Lawn Bowls to play social lawn bowls.

**When:** Mondays

### Travel Training

Develop essential skills for independent living by gaining confidence in navigating your community. Learn to safely use public transport, plan your trips, read timetables, manage your money or Myki card, and identify hazards and risks.

**When:** Mondays, Tuesdays

### ECOSS

Immerse yourself in the sustainable practices and vibrant community life of ECOSS in the Yarra Valley. Get hands-on learning in eco-friendly living, including organic farming, renewable energy and environmental conservation. Engage in activities such as gardening, permaculture and workshops on sustainability, fostering a deep connection with nature and community.

**When:** Mondays, Tuesdays



## Social Club

Expand your social network by enjoying coffee or tea with peers. Share conversations about your passions and hobbies while exploring different venues together. Write and share reviews of your experiences with the group.

**When:** Monday

## Hands On

A group for people who want to learn to make or repair things using a variety of materials and hand tools.

**When:** Tuesdays

## Newspaper Round

Collating and delivering catalogues to local houses.

**When:** Tuesdays, Wednesdays

## Hiking

Take in the elements of nature and explore different walking trails while keeping fit and socialising in your community. Enjoy the holistic health benefits of being part of an outdoor group.

**When:** Tuesdays

## Art

Explore the therapeutic benefits of art in a supportive environment. Engage in various art techniques and creative activities to express yourself, manage stress and enhance emotional well-being. This program focuses on using art as a tool for self-discovery and personal growth.

**When:** Wednesdays, Fridays

## Journalism

Join our Community Connections newsletter team and contribute as a journalist, editor, publisher, illustrator, or researcher. Share stories, gather and organise content and create engaging articles using a mix of written and visual formats. Enhance your skills in storytelling and design to help produce a vibrant and informative newsletter.

**When:** Wednesdays





## Morning Melodies

Celebrate the tradition of Morning Melodies with the music of yester-year. Engage with members of your community through song and dance.

**When:** Wednesdays

## Eggs On Legs

Join our farm-to-table program, where participants engage in the entire journey, from farm to customer. This program involves sourcing fresh eggs, taking orders and delivering these fresh products directly to customers. Experience hands-on involvement in agriculture and logistics while connecting with the community through quality, locally-sourced produce.

**When:** Wednesdays

## Dance Fit

Community based, all abilities dance class.

**When:** Thursdays

## Dog Biscuits

Preparing, packaging and selling organic home made dog biscuits.

**When:** Thursdays

## Sustainability

Explore the principles of sustainability through hands-on learning about recycling and waste management. Participants will engage in activities such as sorting and recycling various materials, collecting cans and discovering the financial benefits of can-return schemes.

**When:** Thursdays

## Music

Engage in activities such as playing instruments, singing and rhythmic exercises to enhance emotional and mental well-being in a supportive environment.

**When:** Fridays

## Ball Sports

Be part of the team and develop your skills in various sports, including basketball, cricket and soccer. Enjoy the camaraderie, stay active and experience the excitement of team sports.

**When:** Fridays

