

- *The ages are just an indication, - anyone can join in any group, depending on which level they feel they would enjoy most!*

About our Sessions and Facilitators



Musical Rhythm with Matt

Bring along your rhythm and soul and join in on this fun music and sound-based session. If you have an instrument you love to play – great, but if not, you'll have just as much fun if clap or stomp your feet!

Please note, this session can be loud, so be aware if you do not like a lot of noise.

Matt Bean

Matt has studied Psychology and recently completed his Certificate IV in disability. He has been working with Extended Families for 1.5 years and has a great ability to build rapport with the participants he supports.

In his spare time Matt plays guitar and is in a band. He is also very passionate about sports and loves to have a laugh.



Fun and Games with Dee

There's never a dull moment in the Fun and Games sessions. Test your wits with some fun and interactive quizzes, join in on a game of hangman, or join in conversations about interesting topics.

Best of all, you'll make new friends as you catch up your peers in these weekly sessions.

Gistau

Dee has been a Youth Support Worker for over 9 years and a Disability Support Worker for 4 years. She has lots of experience working with children and young people including running Youth outreach programs and student mentoring programs at a highschool.

Dee loves music and plays keyboard, a little guitar and sings occasionally. Dee is passionate about serving young people and seeing the next generation grown in their talents, gifts and purpose.



Drawing with Mary

Join our artist in residence, Mary in these fun and interactive drawing classes. Surprise family and friends as you produce both cartoon and life-like works of art each week. Don't worry about how much drawing experience you have as this session cater to all abilities.

Van Gils

Mary is an enthusiastic, warm and empathic support worker, she has a Bachelor of Fine Arts Honours degree and has spent many years painting and working with other artists. She has since undertaken a Certificate IV in Disability.

Mary has experience running Art classes for people who have Dementia, assisting people with disabilities in a community art space and helping to support clients and facilitate programs at a day service provider.

Outside of her art and work, Mary enjoys spending time with her nephews and cousins, tending to her many plants and taking care of all manner of animals especially her dog and parrot.



Dancing with Emma

Get your boogie on while dancing to popular songs. Be sure to come with a water bottle as you'll be sure get your heart pumping in this active session.

Druce

Emma has a passion for dancing and has experience teaching dance classes. She has a background in Nursing and is currently studying Occupational Therapy. Emma has been working in the disability sector for 5 years.

In her spare time, Emma loves to travel, take dance classes, go to the theatre, enjoy the great outdoors and spend time with friends & family.



Disney Story Time with Amanda

This will be a visual extravaganza delivered by a true Disney fan (and our very own Volunteer Coordinator). Disney fans are invited to delve into a different Disney fantasy each week - and to join in with a dress up if they so inclined. Stories will be followed by quizzes and games.

Perry

Amanda is a Social Worker with experience in fostercare, child and family welfare and disability; she works in our Volunteer Match and Support Coordination programs.

Amanda enjoys being creative, staying active and likes to spend time outdoors with her family and golden retriever puppy. She enjoys travel, particularly to the Disney Parks, as she also has a love of all things Disney!



Show and Share with Hayley

Who doesn't like to talk about what they know best – themselves!?
Each week you will be invited to bring along a special something and share it with the group. Make new friends and practice communication skills in a fun and informal way.

Kinneavy

Hayley is currently studying a Masters of Teaching (Primary). She has experience through teaching placements, basketball coaching, volunteering in an orphanage in Cambodia, tutoring high school students and nannying.
Her hobbies include playing sport, drawing/arts and crafts, listening to music, being outside and exploring, musical theatre, playing board games, going to the beach, traveling, photography and watching movies.
She is also a huge animal lover and has two dogs and two cats.



Exercise Group with Keely

Stay active and strong by doing a workout with Keely and friends.
We all know it can be hard to get up and get moving, but if it means you get to catch up with friends and have fun while you do it, this is exercise you'll look forward to.

White

Keely is currently in her final year of her Physiotherapy degree.
She has experience supporting youth who have a disability with their gym programs, in All Abilities Netball and supporting with physio exercises at home.
Keely's interests include science, sport, craft, sewing and drawing.