



Bedford

# Mount Gambier Learning and Experiences Hub Program

**Bedford's new purpose-built Learning & Experiences Hub will offer a range of programs to suit individual client needs with a focus on skill-based learning and developing independence.**



**For more information or to book a site tour:**

- (08) 8275 0211
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- 38 Attamurra Rd, Glenburnie



A sample of the types of classes and activities offered at the Learning & Experiences Hub.

## **Cooking**

Develop a variety of skills in the kitchen. Learn to make both main meals and desserts using a range of techniques.

## **The Lumber Workshop**

Learn to create small projects from wood. Build your confidence and skills using tools and other equipment.

## **Gardening**

Learn how to plant and maintain a vegetable garden, then use what's been grown in cooking sessions.

## **Photography**

Join this group and learn how to use a digital camera. The photo subjects follow a different theme each program.

## **Creative Arts**

Join our creative arts group and learn to use mediums like water paints, collage and sculpture.

## **Learn, Develop & Thrive**

A life skills program for those wanting to develop skills in the home and community, eg. shopping, banking etc

## **Beats & Music**

A dance teacher will lead the group in a choreographed routine.

## **Community Explorers**

Get out and about, exploring the countryside and visiting local attractions.

## **Heath & Wellness**

We explore what is mental health, eg. mindset, physical and emotional impact, emotions and communication.

## **Movement & Strength**

Walking and fitness group accessing the community to walk & talk plus learn to do yoga and stretching.

## **Cricut Craft**

Let your creativity run wild using a cricut machine to decorate items.

## **Sewing**

Develop sewing skills including how to use a sewing machine to make a range of items.

If your NDIS plan includes Core funding for social and community participation, you can access Bedford's Learning & Experiences service. If you do not have NDIS funding in this area but would like to join in, you can do so by self-funding your supports and services. Please note, certain programs will have a small activity fee that will assist with the program implementation and any resources required.