

Weekly Program (06 June 2025 – 26 September 2025)



Sunnyfield

Tweed Heads

Group based activities for participants **18+**

Start time 9am Finish time 3pm

Monday



Stitch and Switch Fashion Lab

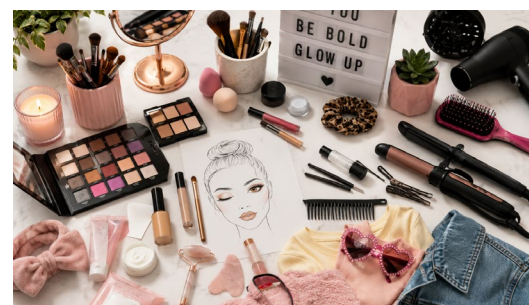
Got style? Stitch & Switch: Upcycled Fashion Lab is a creative, program where old clothes get a brand-new life. Designed by you, this is all about self-expression, sustainability, and having fun. Participants will explore cutting, stitching, dyeing, and decorating to transform everyday fabrics into unique fashion. Build confidence, learn new skills, and show off your personal style in a relaxed, social environment. Come create, connect, and wear your creativity with pride!

Dance and Shine

Step into the spotlight with our Sunnyfield Got Talent Show, where clients can explore the joy of dancing and performing in a fun, supportive environment. This program helps build confidence, creativity, and self-expression through movement, music, and teamwork. Join us as we celebrate every ability and give everyone their moment to shine on stage.

Please bring a packed morning tea and lunch.

Tuesday



Glow up Wellness Studio

Step into the world of style, creativity, and confidence with *Glow Up Studio!* This hands-on program is all about learning fun hair and makeup skills in a relaxed, supportive environment perfect for trying new things and discovering your personal style.

You'll explore makeup tutorials with a strong focus on healthy skin, hygiene, and how to properly remove and care for your skin afterwards. Learn simple techniques. We'll also dive into hair care and styling learning the importance of washing, drying, brushing, and regular haircuts, plus trying out different hairstyles you can use every day. There may even be some dress up involved.

"Move & Groove Tuesday"

A wellbeing-focused day with music, dancing, simple exercise circuits, yoga stretches, and group games to build confidence and fitness.

Please bring a packed morning tea and lunch.

Wednesday



Jam and Jar Mystery Cooking Box

What's in the box? Nobody knows! *Jar & Jam Mystery Cooking Day*, where participants will receive a surprise box of fresh ingredients and work together to decide what delicious creation to make. Could it be strawberries to turn into sweet homemade jam? Or maybe ingredients for a pie, hearty meal, The mystery is all part of the fun!

Learn valuable life skills including cooking and food preparation, teamwork, communication, decision-making, budgeting, following recipes, kitchen safety, and creativity in the kitchen. Building confidence, independence, and social connections. Come along, get creative, and discover the surprise waiting inside your mystery box!

Life Skills Lab Tuesday"

Practical learning like money handling, budgeting, cleaning skills, laundry practice, or role-play scenarios (shopping, appointments, workplace skills).

Please bring a packed morning tea.

Wear closed in shoes.

Activity cost: \$10

Thursday



Travel Master Hop, Skip and Ride

Each session is a real-life adventure whether it's visiting a library, heading to the park, or discovering somewhere new. You'll build confidence, independence, and everyday life skills in a supportive group where everyone learns at their own pace. Ready to get out and about with confidence?

Level Up Lounge

Step into our exciting new games room packed with fun, friendship, and friendly competition! From PlayStation battles and air hockey showdowns to pool games and a huge retro arcade machine, there's something for everyone to enjoy. Build social skills, confidence, teamwork, and communication while having an awesome time in a safe and supportive space. It's the perfect place to relax, connect, and level up your fun!

Please bring a packed morning tea and lunch. Wear closed in shoes

Friday



Hub Hustle: Job Quest Edition

Step into a world of real-life jobs in a fun, supportive, and hands-on way! We create unique Hub-based roles such as Admin Assistant, Gardener, Vehicle Safety Officer, Cleaner, Kitchen Assistant, Events Coordinator, Stock Controller, Customer Service Rep, and WHS (Work Health & Safety) Officer.

You will get the chance to explore the employment journey from creating a simple resume, applying for a role, and attending a fun interview process, right through to onboarding and actually performing your chosen job within the Hub. They'll learn what it means to show up, take responsibility, work as part of a team, and develop real workplace skills in a safe and encouraging environment.

This program builds confidence, independence, communication skills, problem-solving, and workplace readiness all while having fun and discovering new strengths. It's real-world learning with a creative twist, helping participants grow into capable and confident future workers

Please bring a packed morning tea and lunch. Wear closed in shoes

Start the conversation today and contact Nat Grandy

Tweed Heads Hub 24-28 Corporation Circuit, Tweed Heads South NSW 2486

☎ 0481 902 341

✉ n.grandy@sunnyfield.org.au

🌐 sunnyfield.org.au

Registered
NDIS
Provider



Weekly Program (26 June 2026 – 25 September 2026)

Tweed Heads (Group 1)

Group based activities for participants 18+

Start time 9am Finish time 3pm



Sunnyfield

Monday



Rolling Art Lab

Get ready to roll into creativity! Our Rolling Art & “Hack Your Chair” Lab is all about turning your wheelchair into a tool for expression and innovation. Create amazing artwork by using movement painting with brushes, rollers, and even glow-in-the-dark effects under blacklight! Then switch gears and design your own fun, removable wheelchair add-ons, from colourful wheel covers to creative accessories that show off your personality (no damage to your chair, of course!). Experiment with cool ideas, and bring your creations to life

Please bring: Packed morning tea, lunch, water bottle, hat and enclosed shoes

Tuesday

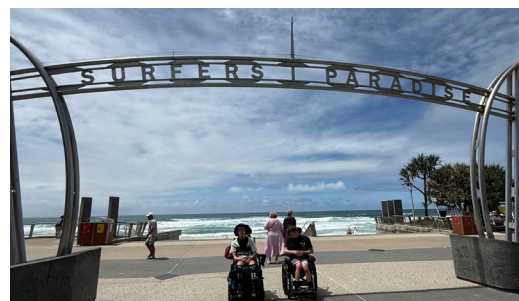


Vertical Urban Gardening

Ready to grow something amazing? Join our Vertical Urban Farming program, designed to be fully wheelchair-friendly so everyone can get involved no bending or standing required! You'll learn how to grow your own herbs, microgreens, and even strawberries using raised garden beds and cool hydroponic systems set at the perfect height. It's hands-on, relaxing, sensory experience, and a great way to connect with others while building new skills.

Please bring: Packed morning tea, lunch, water bottle, hat and enclosed shoes

Wednesday



The Great Wander Collective

Discover the world without limits with The Great Wander Collective, a program designed to empower individuals to explore their community from the comfort and confidence of their wheelchairs. Whether it's rolling through local streets, visiting hidden gems, or connecting with others along the way, this initiative celebrates independence, accessibility, and adventure. The Great Wander Collective is more than just a journey it's a movement that brings people together, encourages exploration, and proves that every path is open to those ready to wander.

Please Bring: Packed morning tea, lunch, water bottle, hat and enclosed shoes

Thursday



Sensory Reset and Mindfulness Lab

Step into a world of calm and rejuvenation a program where participants reconnect with themselves through mindful practices and immersive sensory experiences. Enjoy pampering massages, soothing relaxation techniques, and other restorative activities that nurture both body and mind. Whether you're seeking a moment of peace or a deeper sense of balance, the Sensory Reset & Mindfulness Lab invites you to pause, breathe, and reset one indulgent, mindful moment at a time.

Please bring: Packed morning tea, lunch, water bottle and enclosed shoes

Friday



E- Sports League

Level up your game with the E-sports League, whether you're navigating controllers with technology or joining team tournaments. This league offers an inclusive space to connect, compete, and celebrate skill and friendly matches. In addition to modern esports titles, the league also brings in nostalgic and classic favourites like Pac-Man, pool, foosball, and air hockey blending digital and physical games so everyone can find something they enjoy. The Adaptive Esports League proves that gaming has no limits just endless opportunities to play, compete, and thrive

Please bring a packed morning tea and lunch water bottle and enclosed shoes.

Start the conversation today and contact Nat Grandy

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Weekly Program (30 June 2025 – 26 September 2025)

Tweed Heads (Group 2)

Group based activities for participants **18+**

Start time 9am Finish time 3pm



Sunnyfield

Monday



Five Senses Kitchen

Get ready to mix, mash, and make something amazing with Sensory Cooking. Participants will explore food through touch, taste, smell, sight, and sound. From rolling chocolate treats to building colourful parfaits, every session is packed with hands-on activities designed to build confidence, independence, and joy in the kitchen. With supportive guidance, adaptive tools, and plenty of laughter along the way, everyone can take part.

Please bring: Packed morning tea, lunch, water bottle, hat and enclosed shoes

Tuesday



Sensory Self Care

A fun, relaxed, and empowering journey into self-care, wellbeing, and confidence. Each session invites participants to explore soothing sensory experiences like warm hand soaks, gentle massages, calming scents, hair and skin care, and simple daily hygiene routines in a supportive and respectful environment. The program encourages participants to engage at their own pace whether that's fully participating, trying new sensations, or building independence step by step with guidance. With a focus on comfort, dignity, and enjoyment

Please bring: Packed morning tea, lunch, water bottle, hat and enclosed shoes

Wednesday



Connect, Discover, Belong

Step outside and into something new. This fun and inclusive outdoor program combines community outings, friendship-building, and hands-on sensory play to create meaningful and enjoyable experiences. Each week offers something different relaxing picnics in the park, creative outdoor activities, and engaging sensory experiences like nature exploration, textured materials, sound games, and hands-on play in the environment. Encouragement to connect with others, explore the world around them, and build confidence at their own pace.

Please bring: Packed morning tea, lunch, water bottle, hat and enclosed shoes

Thursday



Wheels in Motion

Ready to roll into something new? Our Wheelchair Sports Program is all about movement, confidence, and seriously good fun. From fast-paced basketball and tennis to precision sports like archery, you'll try a wide range of activities in a supportive, social environment. Whether you're brand new or looking to level up your skills, this program builds strength, independence, and connection one push at a time. Come for the sport, stay for the laughs, and discover just how much you can do.

Please bring: Packed morning tea, lunch, water bottle, hat and enclosed shoes

Friday



Beat space: Music Sensory Lab

Step into a world where music can be felt as much as it is heard. The Music & Sensory Program is a welcoming, inclusive space where creativity has no limits and every participant is encouraged to explore, play, and express themselves freely. Whether you want to relax, move, create, or simply enjoy the moment, this program offers something for everyone in a warm, supportive, and joyful environment.

Please bring: Packed morning tea, lunch, water bottle, hat and enclosed shoes

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