

CONTENTS

Overview of Lockyer services:	Page 3
Contacts:	Page 4
Community Access & In-home Support:	Page 5
Luke's Place Lockyer:	Pages 6– 11
Lockyer Getaways:	Pages 12- 13
Lockyer Social Group:	Page 14
ALARA's Activity Program:	Page 15

ALARA ACTIVITIES PROGRAM

ALARA provides a range of monthly activities for people with a disability in the Ipswich area. These activities are developed to create opportunities to develop and foster friendships and assist with access to interesting community activities and events.

Flyers are sent out bi-monthly advertising upcoming activities and clients can register to attend the activities of their choice.

The Activities Department, apart from a small state government subsidy towards the Activities Coordinator position, is funded from ALARA's own resources.

To be eligible the person with a disability needs to:

- have a physical, intellectual or sensory disability or autistic spectrum disorder
- live within ALARA's service boundaries.

Age limits vary according to the group activity.

For some activities, places are limited so people are encouraged to register their interest as early as possible.

To find out more about opportunities to work in the Activities Program contact the Coordinator directly on **3817 0616**.



FRIDAY SOCIAL GROUP

Our clients from Friday social group recently wanted to share photos of their day out and their cheeky new friends (the camels) from Summer Land Camel farm, every one said it was the best day out and they had so much fun.

For more information please call ALARA Lockyer, phone 07 5465 3742



This handbook is designed to give you an overview of what opportunities are available to you in the Lockyer Region through ALARA QLD Limited.

In the Lockyer region services are designed to promote integration and participation. Individuals are assisted to identify their area of interests and are linked and assisted to undertake voluntary work, join community groups, experience a variety of sporting and recreational opportunities.

ALARA provides support for children and adults with a disability who:

- have a physical, intellectual, neurological or sensory disability or severe autistic spectrum disorder
- live within the ALARA's catchment area. This is broadly within the local government boundaries of the Ipswich City Council and rural areas that are now part of the Somerset, Lockyer and adjacent Scenic Rim Council areas.

CONTACTS

ALARA Head Office Ipswich:

Address: 8 Warwick Road, Ipswich
Phone: 07 3817 0600
Fax: 07 3812 0450
Office hours: 8.30am to 5.00pm
ALARA email: alara@alaraqld.org.au

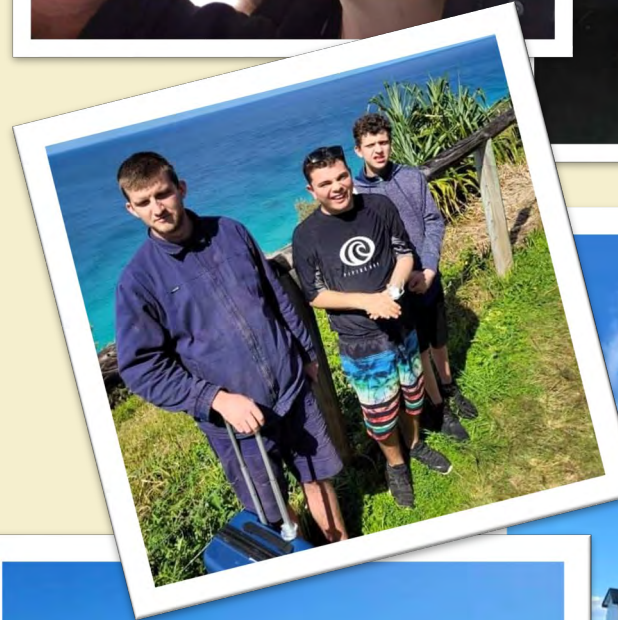
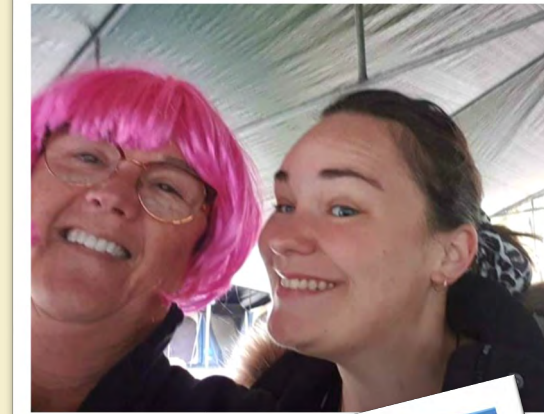
ALARA Lockyer office:

Address: 17 Campbell Street, Laidley
Phone: 07 5465 3742
Fax: 07 5465 3783

Senior Coordinator: 0418 111 044

Community Access Facilitator: 0419 369 327

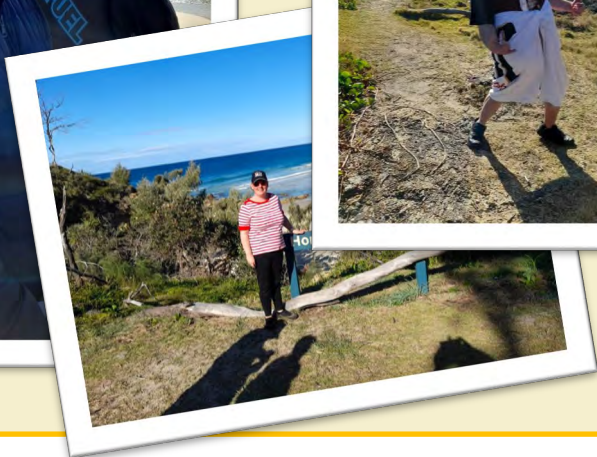
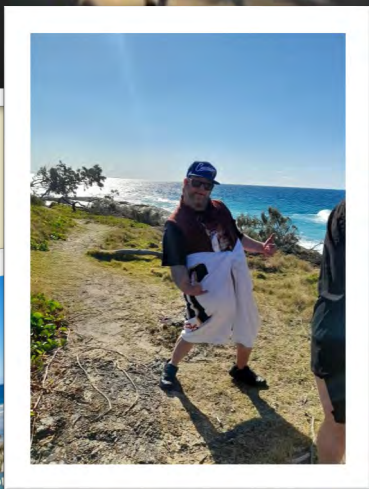
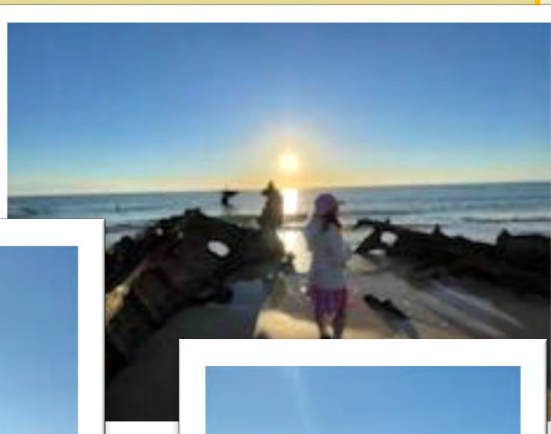
Office hours: 8.30am to 5.00pm
Monday to Friday



LOCKYER GETAWAYS

Our adult guys recently experienced a true camping getaway at Moreton Island Wilderness Camp. The Crew got to enjoy Kayaking, sand toboggining, 4WD Island tour and the shipwreck tour. There was not one complaint about the food provided from the camp site or the hospitality.

For more information please call our ALARA Lockyer office on phone 07 5465 3742



Community Access and In-home Support

ALARA provides

- Community access – participation in community life
- Respite within the home and in the community
- Assistance with personal care
- In-Home support
- Assistance with domestic tasks (e.g. assistance with cooking, cleaning, washing)
- Assist people to participate in community life and achieving personal goals— some examples of this could be doing the shopping, banking, going to the post office, catching public transport, attending TAFE, undertaking voluntary work, going to the library or attending to personal care needs at work
- Assistance with developing skills that enable the person to be as independent as possible or achieve their goals
- Assist with accessing and participating in recreational and leisure activities.

Services are tailored to individual needs and may include general life skills development, computer use for recreation or further education, gardening, craft, visual and performance arts, meal planning and cooking, physical fitness, recreation and leisure.

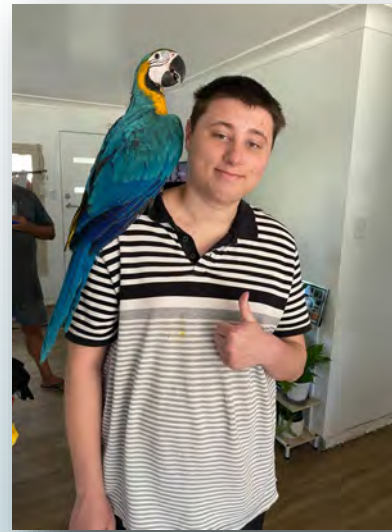
LUKES PLACE LOCKYER Centre Based Services

- Empowers service users to make informed decisions regarding their goals and aspirations
- Provides Opportunities to develop and increase daily living skills such as: Cooking, transport, banking/bill paying, life skills, voluntary roles, budgeting and money handling.
- Provides opportunities to integrate into local community
- Encourages social interaction with other community members.
- Provide guidance on how to access community resources.
- Assist service users where possible with transport to and from the Centre.
- Participate in age appropriate recreational activities.

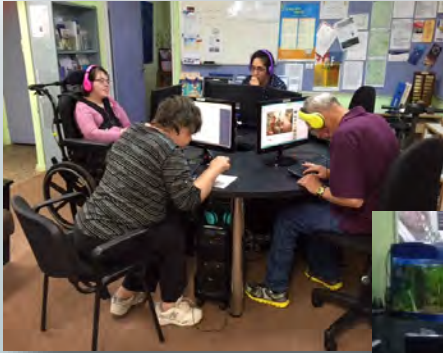
Luke's Place Lockyer offers service users a variety of activities:

- Volunteer opportunities such as assisting with a Sausage Sizzle, Arts, Crafts and Garden Stall
- Provides opportunities to join established community groups such as the Lockyer Wood Crafters Group in Forest Hill, Friday Social Group, Mix & Mingle, Crafty Creations Group, gardening club, and music groups
- Develop and increase health and fitness, gym attendance, swimming and other forms of physical fitness.
- Life skills are being developed and utilised through the weekly cooking group.
- Social group outings from time to time
- Enhance community involvement with the running of a weekly stall at the Laidley Markets
- Regular Adult & Youth Getaways

LUKES PLACE LOCKYER



LUKES PLACE LOCKYER



WEEKLY PLANNER

MONDAY

**MUSIC AND
MOVEMENT**

TUESDAY

**WOODTURNING /
MEALS ON WHEELS**

WEDNESDAY

**CREATIVE
COOKING**

THURSDAY

**ANYTHING GOES
GARDEN GROUP**

FRIDAY

**SOCIAL GROUP /
VOLUNTEERING**

SATURDAY WK 1

**CRAFTY
CREATIONS**

SATURDAY WK 2

**MIX N
MINGLE**

LUKES PLACE LOCKYER



LUKES PLACE LOCKYER

