

## Individual Programs



Contact [support@ahhlifeskills.com](mailto:support@ahhlifeskills.com) to see what days you can come and work in the coffee cart, or explore our exciting day options program with an engaging curriculum that is designed by special needs teachers for scaffolded independent Lifeskills.

Whether it be picnics in the park, yoga, dance or drama, cooking a main course and dessert to share with the group, going for a swim, playing table tennis or have a hot spa, we have you covered

*Effective mentoring paves the way to success.*



## Travel With AHH Lifeskills Over 18's

*Next trip is to Queensland from 15th June to 22nd June 2023. Escape winter as we explore the glorious Sunshine Coast, visit the family theme park Aussie World, experience the beauty of the Glass House Mountains, discover the ultimate wildlife adventure at Australia Zoo, and take in the sights at Noosa with the excitement of paddleboarding and much more.*



*AHH Living supports children and adults with Supported Independent Living across Adelaide and all over SA, contact our AHH Lifeskills team today.*

## AHH Lifeskills Day Options

Miss Sunshine • Community Access • Day Options



AHH Lifeskills supports young people and adults with disabilities by providing personalised skills programs that are both stimulating and fun.



Weekday Individualised Programs to suit you. Do as many days as you like, while laughing, learning and making friends in a supported environment.



Day Options 9:30-2:30 Monday to Friday,  
Transport Available

Purpose with passion makes our coffee cart and community café a success.



Miss Sunshine is a coffee cart designed to give people with special needs the experience to work and connect with their local community. You can do a minimum of 3 hours or 6 hours in the coffee cart with a mentor, whilst learning how to make barista quality coffee.

Due to the success of the program we have purchased another coffee cart, the “Miss Sunshine Too” that services the Adelaide Hills and Port Noarlunga. You can learn how to do point of sale, basic food service and barista made coffees.

On Tuesday’s Miss Sunshine helps run the Aldgate Community Café at the Aldgate Train Station, serving delicious slices and biscuits to the kindy group, the gardening group and local community.

*Purpose drives people to get up and contribute daily to their local community, and our coffee van ‘Miss Sunshine’ is a vehicle to make this happen, metaphorically and literally.*

Term 2 Overview May to July 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	Craft	Coffee Cart	Music	Community Activity	Cooking
<b>Starting 17<sup>th</sup> May</b>	Papermaking	Community Café Aldgate	Animals Anonymous	Inhabitable World	<a href="#">Homemade Pizza &amp; Biscuits for the Community</a>
<b>Week 2</b>	Craft	Coffee Cart	Music	Community Activity	Cooking
<b>Starting 27<sup>th</sup> May</b>	Autumn Leaf printing	Coffee Cart - Aldgate Train Station, Gardening & food pantry.	Gift Basket	St Kilda Playground & hangover walk, BBQ lunch.	<a href="#">Dumplings &amp; Cream Soufflé</a>
<b>Week 3</b>	Craft	Coffee Cart	Animal Therapy	Community Activity	Cooking
<b>Starting 13<sup>th</sup> May</b>	Puppy Snuggles Kit	Community Café & Gardening at the hut	Animals Anonymous	Farm Barn	<a href="#">Crabbing 101 &amp; Prawn Cheese Bites</a>
<b>Week 4</b>	Craft	Coffee Cart	Gift Basket	Community Activity	Cooking
<b>Starting 22<sup>nd</sup> May</b>	Watercolour on nest paper	Community Café - Gardening at the hut	Gift Basket - Gift Night In - Make Chocolates	Water Fun Night	<a href="#">Egg Box Knead Treats</a>
<b>Week 5</b>	Sailing & Craft	Coffee Cart	Animal Therapy	Community Activity	Cooking
<b>Starting 29<sup>th</sup> May</b>	Make organic items spray / room freshener	Community Café - Gardening at the hut	Animals Anonymous	Laser Tag & Game Lobby	<a href="#">Peanut Butter Cheesecake Bites</a>
<b>Week 6</b>	Art & Craft	Coffee Cart	Gift Basket	Community Activity	Cooking
<b>Starting 5<sup>th</sup> June</b>	Use our paper to make greeting cards	Community Café - Gardening at the hut	Gift Basket - Good Neighbour Bait Baities	Botanical Gardens & markets	<a href="#">Fruit Smoothies &amp; Biscuits</a>
<b>Week 7</b>	Craft	Coffee Cart	Animal Therapy	Community Activity	Cooking
<b>Starting 12<sup>th</sup> June</b>	Make organic dog shampoos	Community Café Gardening at the hut	Animals Anonymous	Indoor Swimming & hot pools	<a href="#">Homemade Biscuits &amp; Apple pie</a>
<b>Week 8</b>	Craft	Coffee Cart	Gift Basket	Community Activity	Cooking
<b>Starting 19<sup>th</sup> June</b>	Chalk/Pastel Jelly Fish	Community Café - Gardening at the hut	Gift Basket - Puppy Bandana & Warm Rags	Movie Day	<a href="#">Biscuits, Cookies &amp; Buns</a>
<b>Week 9</b>	Craft	Coffee Cart	Animal Therapy	Community Activity	Cooking
<b>Starting 26<sup>th</sup> June</b>	Natural foot/hand scrubs	Community Café - Gardening at the hut	Animals Anonymous	Bounce	<a href="#">Biscuits</a>
<b>Week 10</b>	Craft	Coffee Cart	Animal Therapy	Community Activity	Cooking
<b>Starting 3<sup>rd</sup> July</b>	Term paper collage	Community Café - Gardening at the hut	Gift Basket - Get well soon Cards Making	Outland Wildlife Park	<a href="#">Homemade Biscuits &amp; Buns</a>

Miss Sunshine allows NDIS participants the valuable experience of working and developing real life skills, money skills and social skills



The AHH Lifeskills Day Option curriculum is designed and developed by special needs teachers, we understand the importance of scaffolded learning.

The coffee cart involves each participant will have...

- Fun while connecting with staff and making coffee
- Develop social networks with other participants and long term friendships
- Increased individual levels of self-esteem and personal satisfaction

*Get in touch with us about joining our fantastic day options program, experiences are carefully planned with our virtual Teacher to provide a tailored multi-disciplinary approach. Email us at [hr@ahhlifeskills.com](mailto:hr@ahhlifeskills.com) for more information!*