



Together we can
make it happen!

March 2023

ALARA
QLD Limited
Support • Connect • Include



Warwick Road



Salisbury Road



Dingley Dell Gallery

Luke's Place
Information Handbook
Ipswich Area

Contact details

ALARA Main Office: 3817 0600
Fax 3812 0450
Office hours 8.30am to 4.30pm

Luke's Place:
8 Warwick Road 3817 0620
Fax 3812 2236

Luke's Place:
33 Salisbury Road 3281 4718

Dingley Dell Gallery:
10 Pine Mountain Road, North Ipswich

ALARA email: alara@alaraqld.org.au



Follow us on Facebook

Planner or Notes:

If you have any ideas or goals, please to not
hesitate to pass these onto the team at
Luke's Place

*"For all those things you
always wanted to do"*



Interested in selling your Art on consignment at Dingley Dell Art Gallery?



Call ALARA on 3817 600

This handbook is designed to give you more information on the types of programs and activities available through Luke's Place in the Ipswich area

The programs and activity opportunities are:

- ♦ Goal based
- ♦ Community based

Our new **Programs of Supports** are planned programs, scheduled into a set block of time of up to twelve (12) weeks.

The purpose of a **Program of Supports** is to assist individuals to achieve specific goals with set outcomes and timeframes

Program of Supports are a fixed booking and is not subject to short-term cancellation rules (refer Policy—Cancellations NDIS Services)

However, you can exit the program by giving two (2) weeks notice

If you have any questions please do not hesitate to contact Luke's Place

Contents

Cooking

- ♦ Cooking and Baking 6
- ♦ For the love of cooking 7
- ♦ Breakfast Club 8
- ♦ BBQ's in the park 9

Gardening and Volunteering

10

Social Groups

11

Public Transport

12

Creators and Hobbyists

13

Upcycle Clothing

14

Tinkers

15

Also available

- ♦ Pool table
- ♦ X-Box
- ♦ Wii
- ♦ Air hockey



Kitchen bookings:

If you would like to cook dinner to take home or to bake for a community group, contact the centre for further information to book the kitchen



Annual Events at 33 Salisbury Road

- ♦ Annual 'Salisbury in Spring' Market day
- ♦ Annual Twilight Market in November

Lets make it happen!

Through out the year we will send out requests for assistance with various projects or fundraising events

These can include:

- ♦ Fundraising for: Shave for a cure, Australia's biggest morning tea etc.
- ♦ Fundraising for equipment at Luke's Place for everyone to use
- ♦ Annual 'Salisbury in Spring' Market day
- ♦ Annual Twilight Market in November



Contents

Woodwork / Upcycling	16
Dingley Dell Gallery	17
♦ What's In Art?	
♦ My Art	18
Sport and Recreation	19
All Star Bowling League Team	20
ALARA Dance Group	
Lets Go Surfing	21
Fun fit	
Darts	22
ALARA Jets Touch Football	23

Cooking and Baking

Sessions will involve:

- ♦ Social cooking - cooking lunch together
- ♦ Cooking a meal to take home \$15/\$20 (For the love of cooking)
- ♦ Making treats to take home \$4/\$5
- ♦ Parks for BBQ's

Skills development:

- ♦ Menu planning
- ♦ Shopping for ingredients
- ♦ Preparing ingredients and cooking

Community involvement opportunities:

- ♦ Baking for the Ipswich SES, Homeless Services and local Emergency Services (Ambulance, Police and Fire)



Cost: Please check your calendar

ALARA JETS TOUCH FOOTBALL TEAM

Connecting... Choice... Opportunity...



Do you have a desire to play touch football

The team is in partnership with Ipswich Jets Rugby League team and TRL

Training days:

When: Every Thursday afternoon

Where: North Ipswich Reserve

Time: 4.00 pm - 5.30 pm

- ♦ Enhance your social connections and friendships
- ♦ Increasing fitness and wellbeing
- ♦ Improve self esteem
- ♦ Have fun!



Please call Luke's Place to sign up!

Darts



Ever wanted to play a sport where
your fine motor skills are really tested?

Your mind is challenged...
You are apart of a team...



Join the ALARA Dart Team
“Respect-Da-Bull”



The Team meet:

When: Every Monday

Where: West Moreton Darts Association
66 Riverview Road, Riverview

Time: 10.00 am - 1.00 pm

Please call Luke's Place to sign up!

“For the Love of Cooking”



*“For the love of cooking” will be Incorporated into
the Cooking and Baking program / activity*

*This involves cooking a meal to take home for
yourself or to share with your family*

Sessions will involve:

- ♦ Budget and shopping for ingredients
- ♦ Prepare, cook and work on safety tips when cooking

What you need to Bring:

- ♦ Bring what ingredients you have at home
- ♦ Money for additional ingredients
- ♦ A container or casserole dish to take the meal home



Cost: \$15 / \$20 to purchase meat or additional ingredients

Breakfast Club

Cooking Breakfast ~ Best Start For The Day

Sessions will involve:

- ♦ Menu planning
- ♦ Preparing ingredients
- ♦ Cooking ingredients
- ♦ Sampling healthy options
- ♦ Tasting something new
- ♦ Enjoying good company
- ♦ Sharing a great breakfast



Cost: \$5 per session

Lets go Surfing

When: Sundays

Times: 7.00am to 3.00pm

This activity is seasonal
Bookings essential



Fun Fit

When: Tuesday and Thursday

Time: 8.00am to 9.00am

Come along and join in for an hour of movement
with a personal trainer on the lawns at
Salisbury road
Bookings essential

Please call Luke's Place for Further information

All Star Bowling League Team

When: Saturdays

Where: Richland Bowls

Time: 8.30 am - 1.45 pm



Please enquire for available vacancies and additional costs to join the League

Limited transport OR you can meet up with the Team at Richland Bowls

Places are limited!

ALARA Dance Group

Enjoy freestyle and structured dance

When: Thursdays

Time: 3.00pm to 5.30pm



Please call Luke's Place for further information

BBQ's in the Park

BBQ lunch will involve:

- ♦ Purchasing items
- ♦ Cooking the BBQ items

BBQ lunch costs:

\$6 to \$10 BBQ lunch = one or two various meat items, a tossed salad, pasta or potato salad, beetroot, pineapple or other salad items

\$4 Sausage sizzle = 2 sausages, bread and onion



Costs and location: Please check your calendar

Gardening

Wednesdays and Fridays: 9.00am to 3.00pm

Gardening involves an opportunity to be active in the development of the gardens at Salisbury Road

Sessions will involve:

- ♦ Growing herbs and vegetables
- ♦ Shop for products and equipment
- ♦ Visit garden shows and events
- ♦ Assist to sell produce
- ♦ Use computers for research

Volunteer Gardeners wanted!
Contact Luke's Place
for further information



Sport and Recreation

Sessions can involve:

- ♦ Bush walking
- ♦ Sports in the park e.g. cricket & basketball
- ♦ Swimming - Leichhardt, Bundamba or Goodna pool
- ♦ Swim classes - look out for future swimming classes
- ♦ Cooking sessions based on healthy choices
- ♦ Gym - Attend regular workouts and classes

Gym information: No annual joining fee required. Pay as you go. Closed in shoes must be worn and please bring a water bottle and towel

Cost: Please check your calendar

MY ART

Create your own art pieces

Bookings are essential

When: Fridays

Time: 9.30 am to 2.00 pm

Participants to provide own all art supplies

Art sessions can involve:

Opportunities for expressing yourself through drawing, painting, sculpture and a number of art mediums



Cost: Bring Own Equipment

Social Groups

Groups plan own activities based on goals and interests

(Previously know as the men's and ladies groups)

Sessions may include:

- Information talks on good personal hygiene practices including grooming and taking care of ourselves
- Health and wellbeing
- Nutrition, diet & exercise
- Outings: Swimming or parks and BBQ's
- Woodwork projects
- Craft
- Cooking and baking
- Fundraising events



Cost: Please check your calendar

Public Transport

Sessions will involve:

- ♦ Accessing public transport e.g. buses, trains and city cat
- ♦ Setting up a 'Go' card
- ♦ Catching the bus from outside Salisbury Road Luke's Place
- ♦ Various outing - local and out of Ipswich
- ♦ Local walks to practice road safety skills e.g. walking to Coles from Warwick Road Luke's Place
- ♦ Money handling skills



Information talks:

- ♦ Police information talks on road safety and personal safety
- ♦ Queensland rail information talks

Cost: Please check your calendar

Dingley Dell Gallery

Is a venue that was donated to ALARA for the purpose of delivering a variety of Art sessions

What's in ART?

Session days and times:

Tuesdays 9.30 am to 2.30 pm

Wednesday 9.30 am to 2.30 pm

Thursdays 9.30 am to 2.30 pm

Bookings are essential!

Limited places due to space

I
N
P
A
S
S
I
O
N

H
E
A
R
T

A
I
M
A
G
I
N
A
T
I
O
N


E
X
P
R
E
S
S
I
O
N
I
N

Please call Luke's Place for further information

WOODWORK / UPCYCLING

Involves making personal items and working on group or community projects

Sessions will involve:

- ◆ Learning about techniques, products and safety
 - ◆ Making your own projects
 - ◆ Going out and sourcing materials
 - ◆ Trying your hand at wood burning
- 
- A collection of safety equipment including a blue helmet, a pair of yellow gloves, and a white hard hat, resting on a green surface.



When: Wednesdays 10.00am to 2.30pm

UPCYCLING FURNITURE

Develop basic woodwork and design skills

- ◆ Upcycling pre loved furniture or using pre loved wood for projects



When:

Tuesdays 10.00 am to 2.30 pm

Thursdays 9.00am to 2.30pm

Creators and Hobbyists

Try your hand at making personalised items for yourself, family members or a local community group

Sessions will involve:

- ♦ Shopping for supplies for projects.
- ♦ Money handling and budgeting
- ♦ Computer use for researching projects and planning ideas

Community involvement opportunities:

- ◆ Make gifts for a local charity
- ◆ Make gifts for nursing homes at Christmas time
- ◆ Gift making may include cooking light baked items for local community groups

Cost: Please check your calendar

Upcycling Clothing

Develop basic sewing and design skills

When:

Fridays 10.00am to 3.00 pm

Sessions will involve:

- ♦ Safety and information talks
- ♦ Equipment use
- ♦ Upcycling of pre loved clothing
- ♦ Quilt making
- ♦ Repairs to clothing
- ♦ Community projects



Cost: Please check your calendar

Tinkers

Try your hand at making personalised items for yourself, family members or a local community group

Sessions will involve:

- ♦ Shopping for supplies
- ♦ Planning ideas

When:

Mondays 9.00am - 3.30 pm

Tuesdays 10.00 am to 3.30 pm



Cost: \$5 every week