

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"*



ALARA
QLD Limited
Support • Connect • Include



Lukes Place Esk

Luke's Place Esk Information Handbook Somerset Area

Contact details

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ALARA email: alara@alaraqld.org

Luke's Place Esk

Phone: 5424 1242

Days of Service: Tuesday, Thursday & Friday.

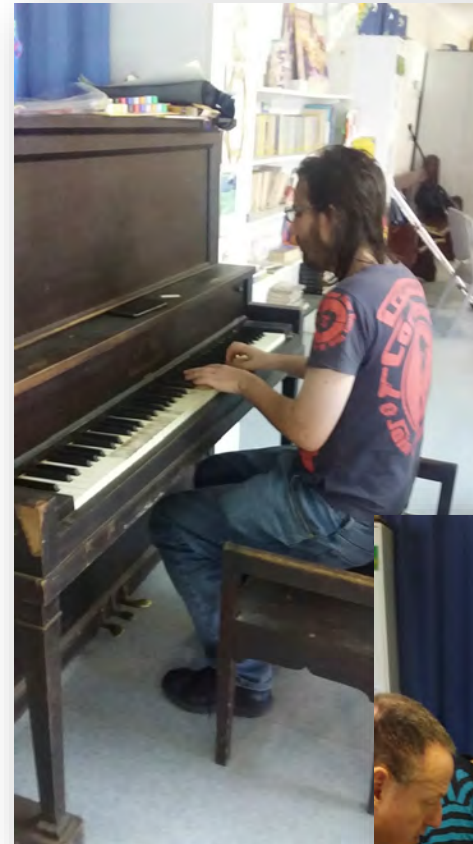
Located:

Lutheran Church Hall,
4 Russell Street, Esk, Qld 4312



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Photos



Fundraising

Sausage sizzle;

LPE run a fundraising sausage sizzle every second Friday in front of the Local Friendly Grocer



Car washing;

LPE run a fundraising car wash every Monday morning at Community Connection Point Esk



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

The activities and opportunities are:

- ♦ Goal based
- ♦ Community based
- ♦ Sampler activities - new ideas
- ♦ Ideas from group discussions and planning

A calendar will be sent to you regularly, to place on your fridge.

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

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WOODWORK

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

When: Fridays fortnightly



Cost: Please check your calendar

General Life Skills

Development

Age is no barrier to learning; adults who have not learnt daily living skills before can with the right support learn many general life skills to assist them towards more independence. While people can learn general life skills by watching someone else, people with intellectual disabilities often need to be shown using a more step-by-step method.

Some of the skills that clients learn will be: - Sweeping & mopping floors, dusting, cleaning down benches & tables, food safety & preparation, making tea & coffee, washing & drying dishes, proper rubbish disposal, hygiene, money handling & shopping, maintain a clean area or house, maintaining a clean bathroom & bathroom hygiene, cooking, gardening and maintaining a tidy yard, washing a car and communication e.g. making phone calls and posting letters.



Introduction

The aim of this handbook is to provide clients, carers, family members and significant others with information on the variety of services and activities and the role we play at Luke's Place Esk, in the Somerset region.

Our services include;

- ♦ Centre Based Support
- ♦ In-home services and support which includes cooking, cleaning, personal care and respite.
- ♦ Support to access community activities within the community and develop social networks.
- ♦ Social and recreational activities for both individuals and groups.

Our Centre Based days at Luke's Place Esk are filled with many activities and opportunities for clients to learn new skills and to achieve their personal goals.

Activities and skills may include:

- ♦ Cooking days.
- ♦ Volunteer jobs within the community.
- ♦ Gardening and maintaining our community planters.
- ♦ Learning life skills such as shopping, cleaning and daily chores that can be used at home.
- ♦ Office and computer skills.
- ♦ Helping community members with jobs.
- ♦ Relaxing and communicating with others.
- ♦ Joining in and helping with community events.

Centre Based Support

Centre based support provides access to a diverse range of activities which may include general life skills development, computer use, gardening, meal planning and cooking, physical wellbeing and fitness. Clients have the opportunity to join in and help community groups by volunteering for them on a regular basis.

Clients are encouraged to be involved and to help at local events and gatherings. Clients are asked to identify any personal goals they have as well as helping the group to plan future activities.

Transport is provided to and from Luke's Place Esk (Esk Centre) on centre days.

Physical Wellbeing & Fitness



Clients are encouraged to keep fit and active in ways that best suit the individual. Some clients keep fit by doing their volunteer work that involves various physical actions, others do exercises to keep themselves active and build up strength. Some clients will walk up to the town centre to shop for items and to also keep fit.

We have public pools (including a hydro pool within 30 – 40 minutes of Esk) that clients use to build up their strength, keep fit and active and also for enjoyment.



Computer Skills

Computers are a huge part of our lives now, from in the work place, shopping and even in our homes.

Clients interested in computers will learn; How to turn the computer on, where to find things on the computer, opening up a file, moving and copying pictures etc., how to use the internet, searching for content, downloading pictures or information, importing music onto the computer, shutting down the computer. Clients can also learn how to operate the Nintendo Wii, DVD player, CD player and the television at the centre. Support workers at the centre will also help the clients with lessons on their mobile phones if needed.



“For the of Cooking”

Cooking your meal to take home for either yourself or to share with your family

Sessions will involve:

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

What you need to Bring:

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



Cost: Please check your calendar

ARTS & CRAFTS

Art sessions can involve:
Opportunities for expressing yourself
through drawing, painting, sculpture
and a number of art mediums and
different crafts



Cost: Please check your calendar

Gardening

Thursdays

Gardening involves an opportunity to be active in the development of the gardens at
Esk Community Gardens

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

Contact Luke's Place
for further information

