

# Letter to Members

Dear Member,

We thank you for your support and understanding during the transition to program delivery under the NDIS.

Total Recreations new NDIS advertising and booking system, along with many other background processes, and new website are now live. There will be some fine tuning and a review process (that will include member feedback), to complete the transition.

In future the What's On newsletter will be distributed every six months, and then redistributed after three months with updates. This newsletter includes three months of programs April to June.

## Program Booking

All program bookings must be done by signing and submitting the NDIS schedule of supports document. This is required under the NDIS to approve program payments through your NDIS plan.

This mail out includes the schedule of supports documents, if you are interested in an advertised program that you haven't registered for please sign and return to Total Recreation.

***Please note: Programs have limited positions, signing the schedule of supports document does not guarantee you place on programs. If there is sufficient interest and activities can be duplicated Total Recreation will look to conduct additional sessions.***

## New Website

Total Recreation has just launched its new website [www.totalrecreation.org.au](http://www.totalrecreation.org.au) . Keep up to date with all the programs detail and see what's new!.

If you have any questions or feedback let us know.

Regards

Total Recreation Team

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## WHATS ON! NEWSLETTER

@ TOTAL REC MARCH-JUNE 2020





# What's New

Welcome to Total Recreations new look *What's On* (Waz-On!) newsletter. The *What's On* newsletter will now be released quarterly and advertise three months of programs. Like the newsletter many things have changed with the roll out of the National Disability Insurance Scheme (NDIS). These changes include Total Recreation internal processes, member communications, program booking and funding processes.

What hasn't changed is Total Recreations commitment to delivering high quality programs and activities designed to grow independence and confidence in the community in a safe, supportive environment.

## Programs

Total Recreation provides a range of programs from art, sport, fitness, active recreation, social engagements through to travel opportunities. Total Recreation have now defined their programs into five key program areas, this includes:

- **Totally Social** - all your social needs, dinner, movies, concerts, and all major community events.
- **Total Sports** - play basketball, lawn bowls, AFL, swimming, athletics and more.
- **FREDI Fitness** - Total Recreations popular active recreation, and fitness program.
- **Total Youth** - youth activities include, holiday programs & camps, sport and now FREDI youth.
- **Total Travel** - offering a range of weekenders, interstate and international travel options.

## Funding

Program funding has changed with the role out of the NDIS. The funding to plan, deliver and support programs and activities was previously distributed directly to Total Recreation. Under the NDIS funding is now distributed to individuals (through NDIS plans) to provide individuals with the opportunity to choose the services you access.

You will notice that each advertised program or activity now displays three separate amounts Supported Hours (purple), Program Costs (orange) and Out of Pocket (green).



Support Hours and Program Costs come out of your NDIS plan, this covers staff support hours and program costs (program costs include transport, venue and instructor expenses). Out of Pocket (green) is what members must pay out of their own pocket, this expense is meals, tickets to events or entry fees (these costs are not covered by the NDIS).

Total Recreation programs are based on a 1:3 ratio (one staff per three members), advertised cost are at the 1:3 ration cost.

## Boys / Girls Day Out

Spend a day doing boys and girls focused activities, get your nails done or play a round of golf, afterwards sit down for lunch to discuss the day.

**Date:** Saturday 7 Mar

**Time:** 10am - 4pm

Support Hours

\$193

Program Cost

\$75

Out Of Pocket

\$90

## NTFL Grand Final

See Darwin's best two NTFL teams battle it out for AFLNTs biggest prize the NTFL Premiership, held at TIO Stadium.

**Date:** Saturday 14 Mar

**Time:** 5pm - 9pm

Support Hours

\$193

Program Cost

\$75

Out Of Pocket

\$55

## Lawn Bowls

Four week lawn bowls program. Wednesday afternoon lawn bowls, hit the rink and roll a few balls at jack.

**Date:** Mondays March

**Time:** 5pm - 7pm

Support Hours

\$193

Program Cost

\$75

Out Of Pocket

\$50

## Mad Gnome Film Club

Mad Gnome Film Club is a cult retro film club in Darwin. Screening in small café in a city arcade the film club brings back the cult movies of the past, while providing café food and drinks.

**Date:** Friday 20 Mar

**Time:** 5pm - 9pm

Support Hours

\$155

Program Cost

\$75

Out Of Pocket

\$45



## Butterfly Farm

Stay overnight at one of Darwin's most unique accommodations the Butterfly Farm and visit Litchfield National Park.

**Date:** Sat 21-22 Mar

**Time:** Overnight Stay

Support Hours

\$1022

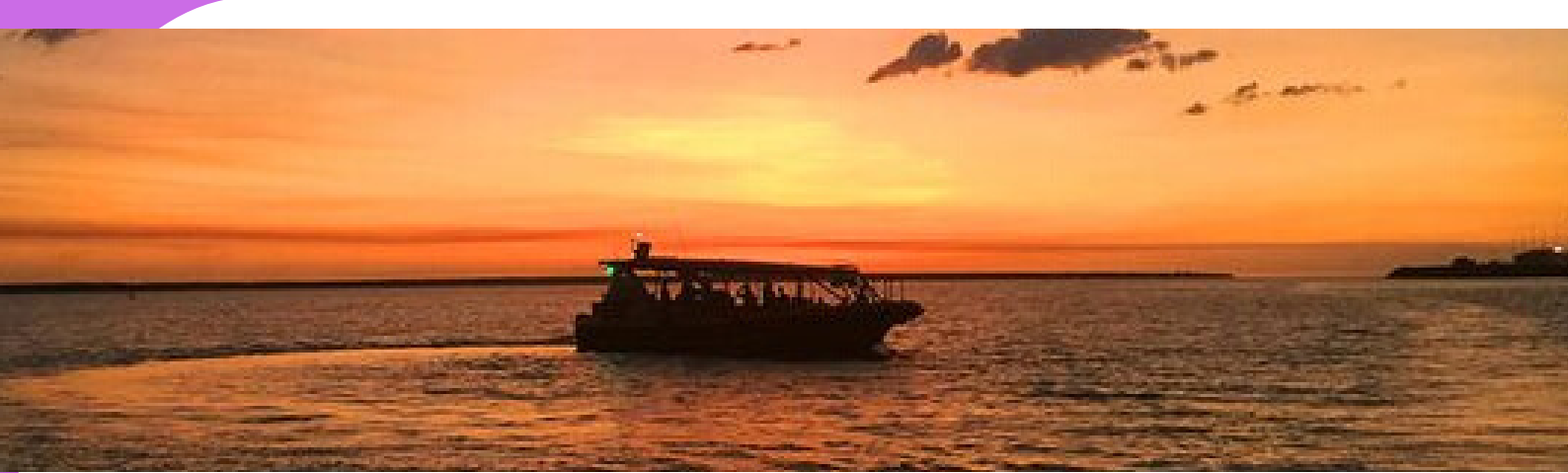
Program Cost

\$425

Out Of Pocket

\$200





## Sunset Dinner Cruise

Sea Darwin sunset cruise on the harbour, watch the world famous Darwin sunset while enjoying fish and chips.

**Date:** Saturday 28 Mar

**Time:** 5pm - 8pm

Support Hours

\$193

Program Cost

\$75

Out Of Pocket

\$110



## Water Moves

Low impact exercise in the pool, join Total Recreation and the FREDI Fitness crew in water moves. (6 x sessions)

**Date:** Tuesday 31 Mar

**Time:** 4pm - 6pm

Support Hours

\$422

Program Cost

\$180

Out Of Pocket

\$120



## HIIT Boxing

High intensity boxercise specifically designed for Total Recreation members. Box your way to a fitter you (6 x sessions).

**Date:** Thursday 1 Apr

**Time:** 4pm - 6pm

Support Hours

\$422

Program Cost

\$180

Out Of Pocket

\$120

## Darwin Greyhounds

A social evening watching Darwin's fastest dogs race. Enjoy dinner from airconditioned comfort of the pavilion.

**Date:** Sunday 5 Apr

**Time:** 5pm - 9pm

Support Hours

\$252

Program Cost

\$75

Out Of Pocket

\$40

## Red Hot Summer Concert

Celebrate 10 years of Red Hot Rock with Hunters and Collectors, James Reyne, The Living End, The Angels, Baby Animals, Killing Heidi, Boom Crash Opera. Tickets are limited.

**Date:** Saturday 11 Apr

**Time:** 5pm - 10pm

Support Hours

**\$193**

Program Cost

**\$75**

Out Of Pocket

**\$150**



## Walks in the Dry

Walk your way to the fitter you with the walking program, hosted at a variety of walking trails around Darwin and Palmerston (6 x sessions)

**Date:** Thursday 23 Apr

**Time:** 4pm - 6pm

Support Hours

**\$563**

Program Cost

**\$220**

Out Of Pocket

**\$80**

## NRL Match

The Parramatta Eels take on the Brisbane Broncos in the NRL (National Rugby League) ANZAC Darwin blockbuster.

**Date:** Friday 24 Apr

**Time:** 6pm - 9pm

Support Hours

**\$155**

Program Cost

**\$75**

Out Of Pocket

**\$65**

## Photography (beginners)

Learning the basics of digital photography, how to take amazing pictures and become the best photographer you can be.

**Date:** Saturday 25 Apr

**Time:** 10am - 3pm

Support Hours

**\$193**

Program Cost

**\$120**

Out Of Pocket

**\$45**





## Go ride (out doors)

Outdoor cycling program, with an emphasis on safety, build your confidence towards cycling outdoors (6 x sessions).

**Date:** Tuesday 5 May

**Time:** 4pm - 6pm

Support Hours

\$422

Program Cost

\$180

Out Of Pocket

\$120

## Dinner and Deckchair

Enjoy dinner with your friends and sit back and enjoy a movie at the deck chair cinema at darwins water front.

**Date:** Sunday 3 May

**Time:** 10am - 3pm

Support Hours

\$252

Program Cost

\$75

Out Of Pocket

\$40



## Cairns

Join Total Recreation on a trip to Tropical Cairns. (Formerly Bintan this trip has been changed to Cairns, Bintan to be rescheduled in the new year).

**Date:** 2nd - 10th May

**Time:** 9 days

Support Hours

\$2951

Program Cost

\$2400

Out Of Pocket

\$1100

## Freds Pass Rural Show

One of the Territories best rural shows, enjoy entertainment, displays, animals, woodchopping and a whole lot more.

**Date:** Saturday 16 May

**Time:** 10am - 3pm

Support Hours

\$193

Program Cost

\$75

Out Of Pocket

\$45



## Photography (advanced)

An afternoon of art. Unleash your inner artist with an afternoon of art with Josh and the team.

**Date:** Saturday 23 May

**Time:** 10am - 3pm

Support Hours

**\$193**

Program Cost

**\$120**

Out Of Pocket

**\$45**



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## Buddy Fishing Day

Palmerston Fishing Club host Total Recreation members in a day out fishing on Darwin harbour.

**Date:** Saturday 30 May

**Time:** 8am - 3pm

Support Hours

**\$193**

Program Cost

**\$75**

Out Of Pocket

**\$45**



## Adventure Challenge

The JACANA Adventure Challenge in a survivor inspired event. Teams will take on several adventure challenges to see who will be the 2020 Champion team.

**Date:** Fri 19 June

**Time:** TBC

Support Hours

**\$161**

Program Cost

**\$90**

Out Of Pocket

**\$40**

## Photography Tour

With a focus on photography, travel and stay two nights in the Katherine region and photograph the amazing surrounds.

**Date:** 5 - 7 June

**Time:** 2 nights

Support Hours

**\$1682**

Program Cost

**\$600**

Out Of Pocket

**\$300**

## Greek Glenti

Celebrate all that is Greek at Darwin's 2020 Greek Glenti, roasted lamb, greek dancing and a whole lot more.

**Date:** Saturday 6 Jun

**Time:** 3pm - 8pm

Support Hours

**\$193**

Program Cost

**\$75**

Out Of Pocket

**\$30**

## Traveling Film Festival

Northern Territory Travelling Film Festival (NTTFF) celebrates the outstanding short film, television and video productions from the NT.

**Date:** Saturday 13 -Jun

**Time:** 3pm - 8pm

Support Hours

**\$193**

Program Cost

**\$75**

Out Of Pocket

**\$45**

## Cooking Workshop

Join Total Recreation for a cooking workshop teaching participants how to navigate the kitchen and prepare meals.

**Date:** TBC

**Time:** TBC

Support Hours

**TBC**

Program Cost

**TBC**

Out Of Pocket

**TBC**



## Chocolate Workshop

Join Charlette's Web Chocolate factory and make your own chocolate masterpieces in a guided chocolate workshop.

**Date:** Saturday 20 June

**Time:** 10am - 3pm

Support Hours

**\$193**

Program Cost

**\$75**

Out Of Pocket

**\$80**