

## FOCUS - Freedom Of Choice Utilising Strengths

Do you live with a mild to moderate mental health challenge and want to re-connect with your community and/or learn new skills?

Able's Activity Centre in Calder St may have just what you're looking for.

New programme starting Monday 7 Sept 2020:



### Women's DIY Skills



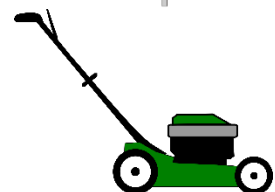
A 10-week programme developing and extending skills in:

⇒ Transportation, incl buses, bikes & cars

⇒ Home maintenance

⇒ The Outdoors

⇒ Woodwork



For more information or to register to attend this programme please contact:

Katy—Ph: 03 455 5973; email: [admin@able.org.nz](mailto:admin@able.org.nz)



Able Activity Centre—2 Calder Street, St Kilda

# WOMEN'S DIY

## DRAFT PROGRAMME OUTLINE – MONDAY 10am - 12pm

<b>Week 1</b> 7 Sept	<ul style="list-style-type: none"> <li>• <b><u>TRANSPORTATION</u></b> <ul style="list-style-type: none"> <li>○ <b>Buses</b> <ul style="list-style-type: none"> <li>▪ Catching a bus – reading the timetable, costs, how to pay</li> </ul> </li> <li>○ <b>Bikes</b> <ul style="list-style-type: none"> <li>▪ Finding and fitting the right bike</li> <li>▪ Fitting a helmet correctly</li> <li>▪ Checking the brakes</li> <li>▪ Fixing a puncture</li> <li>▪ Putting a chain back on</li> </ul> </li> <li>○ <b>Cars</b> <ul style="list-style-type: none"> <li>▪ Checking tyre pressure</li> <li>▪ Checking and topping up fluids (oil, water, window wash)</li> <li>▪ Changing window wipers</li> <li>▪ Valet and cleaning a car</li> <li>▪ Changing a tyre</li> <li>▪ How to fit a car seat properly</li> </ul> </li> </ul> </li> </ul>
<b>Week 2</b> 14 Sept	
<b>Week 3</b> 21 Sept	<ul style="list-style-type: none"> <li>• <b><u>HOME MAINTENANCE</u></b> <ul style="list-style-type: none"> <li>○ <b>Home tool kit</b> <ul style="list-style-type: none"> <li>▪ What do you need in it</li> <li>▪ How to care for your tools</li> </ul> </li> <li>○ <b>Assembling a flat pack</b></li> <li>○ <b>In the house</b> <ul style="list-style-type: none"> <li>▪ Which lightbulb do you need?</li> <li>▪ Fire safety including escape plans, fire alarms</li> <li>▪ Locating the fusebox – what to do when fuse trips/blows</li> <li>▪ Locating the mains water tap – changing a tap washer</li> <li>▪ Unblocking a drain</li> <li>▪ Patch, prime, undercoat and paint walls, furniture</li> </ul> </li> </ul> </li> </ul>
<b>Week 4</b> 28 Sept	
<b>Week 5</b> 5 Oct	
<b>Week 6</b> 12 Oct	<ul style="list-style-type: none"> <li>• <b><u>OUTDOORS</u></b> <ul style="list-style-type: none"> <li>○ <b>Camping</b> <ul style="list-style-type: none"> <li>▪ Pitch a tent, bedding options</li> <li>▪ Light and maintain a BBQ</li> <li>▪ Hygiene when BBQing</li> </ul> </li> <li>○ <b>Home Garden</b> <ul style="list-style-type: none"> <li>▪ Composting your waste</li> <li>▪ What to plant during which season</li> <li>▪ Maintenance, rotation planting</li> </ul> </li> <li>○ <b>Lawn Mowers</b> <ul style="list-style-type: none"> <li>▪ 2-stroke, 4-stroke or electric</li> <li>▪ Starting, using and maintaining a mower</li> </ul> </li> </ul> </li> </ul> <p><b>** NB – NO CLASS MONDAY 26 OCT ABLE CLOSED FOR LABOUR DAY **</b></p>
<b>Week 7</b> 19 Oct	
<b>Week 8</b> 2 Nov	<ul style="list-style-type: none"> <li>• <b><u>WOODWORK</u></b> <ul style="list-style-type: none"> <li>○ Complete a small wooden project               <ul style="list-style-type: none"> <li>▪ Wooden Caddy for storing tools, garden supplies, spices on the table, utensils – anything you can think of really</li> </ul> </li> </ul> </li> </ul>
<b>Week 9</b> 9 Nov	
<b>Week 10</b> 16 Nov	<ul style="list-style-type: none"> <li>• <b><u>CELEBRATION</u></b> of your accomplishments !!!</li> </ul>

