

## PHARAOH CARE SUPPORTED ACTIVITIES

- Cooking Lessons
- Indigenous Art Classes
- Arts and Craft
- Sewing
- Basic Computer Skills
- Community Participation
- Day Outings
- Fishing

Contact us to discuss your options!

Pharaoh Care offer assistance with a variety of activities which can be tailored to suit your needs. Days, times and availability of activities may vary subject to space and weather conditions. We would love to hear from you to discuss providing support with learning new skills or building on your current skills.

## CONTACT US

**Ph: 07 40311771**  
**Email: [info@pharaohcare.com.au](mailto:info@pharaohcare.com.au)**  
**Website: [pharaohcare.com.au](http://pharaohcare.com.au)**

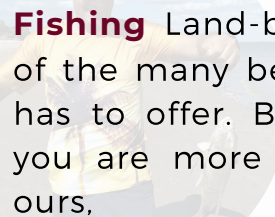
Property of Pharaoh Care



## ACTIVITIES PROGRAM



## WE SUPPORT YOU



**Fishing** Land-based fishing from one of the many beautiful beaches Cairns has to offer. Bring your own gear or you are more than welcome to use ours.

**Gardening** Community Gardens are a great way to meet people while growing your own herbs and vegetables. With our assistance set up your own little plot or garden in the communal areas.  
(Various locations available).

**Beach Wheelchairs** Get out onto the beach and into the water with The Surf Life Saving Club at Palm Cove or Ellis Beach with our support workers. (Available at times it is deemed safe by on-duty Life Guards and subject to wheelchair availability).

**Visit the Parks** Let our support workers take you to visit the animals at the Cairns ZOOM and Wildlife Dome, Rainforestation, Hartley's Crocodile Adventures and much more. All with wheelchair access.

## LET'S GO OUT TOGETHER

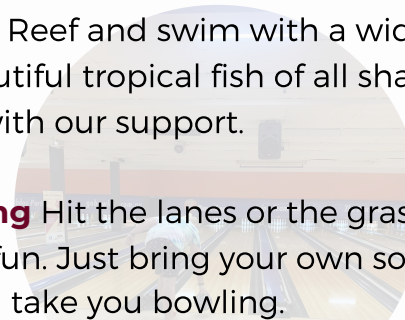
### Farm Visit in Mareeba

Spend time out with nature where you can actively help with fruit picking if you like or tend to the plants of all ages in the greenhouses. Or just simply lay down on the manicured lawns and enjoy the beautiful FNQ sun.

**Swimming** Join in for fun or for fitness at The Cairns Esplanade Lagoon. Babinda Boulders and Crystal Cascades are also just a few easily accessible locations our participants enjoy.

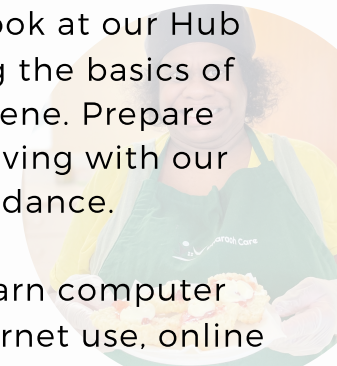
**PCYC** With a variety of activities and sports that suit all needs and interests, each centre has something different to offer. Together we can find something that will spark your interest.

**Trip to Green Island** Enjoy the Great Barrier Reef and swim with a wide variety of beautiful tropical fish of all shapes and sizes with our support.



**Bowling** Hit the lanes or the grass for some social fun. Just bring your own socks and we will take you bowling.

## JOIN US AT THE HUB



**Cooking** Learn to cook at our Hub while understanding the basics of food safety and hygiene. Prepare meals for everyday living with our support worker's guidance.

**Computer Skills** Learn computer skills for emails, internet use, online shopping, applications and how to fill out forms with our personal support workers.

**Arts and Crafts** Let your imagination and creativity flow with our arts and crafts program. Create your own indigenous painting masterpiece with the assistance of a skilled support worker. We can also support you to attend any other art & craft classes in Cairns that may interest you.



**All activities are charged as per the NDIS pricing guideline - Transportation can be organised at an additional charge.**