



BIKESHED MOUNT ISA

Program timetable | February 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	ALL DAY Bike Maintenance Open Doors 10:00am-12:00pm General Information and Q&A Session Open Doors	10:00am-11:00am Bike Maintenance Open Doors	10:00am-12:00pm General Information and Q&A Session Open Doors		ALL DAY Bike Maintenance Open Doors	
	12:00pm-1:00pm Chit Chat & Cuppa		12:00pm-1:00pm Chit Chat & Cuppa		12:00pm-1:00pm Chit Chat & Cuppa	
Afternoon		1:30pm-4:30pm Men's Group (NDIS Only)		1:30pm-4:30pm Recreational Group (NDIS Only)		

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BikeShed Program Overview

Bike Maintenance

Designed for all skill levels, come along to the shed to fix up your bike or have a cuppa. In addition, this opportunity is offered for families looking to start a new project together, parent-child project, siblings, and friend groups. So, if you want to connect, build memories, and leave with a refurbished bike – this program is for you!

General Information and Q&A Session

The BikeShed provides opportunities for interested parents and individuals who want to know more about how our BikeShed operates and our programs. We offer information packs as well!

Practical Skills and Life Lessons

Our practical skills and life lesson sessions are tailored to prepare young adults moving from secondary school to adulthood. These sessions impart essential skills for short- and long-term success, boosting confidence in personal development. Each session will revolve around four key themes: culture, art, recreation, and education.

Understanding and Coping with Peer Pressure and Addiction Influences

Self-identity is crucial in today's world, where peer pressure and the risk of addiction are prevalent. These mentor sessions offer a secure space to explore external and internal influences. Through discussions and practical exercises, participants can enhance self-awareness, boost confidence, and effectively address personal issues and concerns.

Chit Chat & Cuppa

A social activity. Enjoy a cuppa and a bikkie with our Life Coaches at the BikeShed.

Men's Group – (NDIS Only)

Social and emotional health is crucial for well-being. In this group, you'll develop an awareness of your own social and emotional well-being, enabling better stress management and the ability to tackle life's challenges effectively.

Recreational Group – (NDIS Only)

This group offers a chance to socialise and hang out with like-minded individuals. We have a pool table, streaming services, and music. We also provide snacks and drinks!

Youth Group

Get creative in a fun, safe and friendly environment. 1:1 Social interaction with your peers. Our youth groups occur every week.

School Pupil Group

A fun social group where you can test and expand your general knowledge of bikes. We are closed for School referrals only.

Build a Bike - NDIS

A fun social group where you can test and expand your general knowledge of bikes & gain new friends. Bike rides occur every second Saturday.

Bike Ride

Alternating Saturdays. A Bike ride around some of Mount Isa's beautiful biking trails.