



# Our Space

G R O W W I T H U S

**Our Space is a foundational 10-week capacity building program** designed to help you build confidence, develop practical life skills, and form meaningful connections. Explore hands-on experiences in **Cafe, Kitchen and Handmade Giftware Environments**, while strengthening your **communication and social skills** through teamwork and shared projects. You'll have the opportunity to **build friendships** in a supportive, inclusive environment, and showcase your creations and skills at a **community pop-up shop**. This program also offers guided support to help you explore **future pathways** like starting a micro-business or moving toward meaningful employment.



Term 2 and 3 of 2025 will be animal themed in Handmade giftware Program.

FINDING  
AND KEEPING  
A JOB

YOUTH  
GROUP  
ACTIVITIES

COMMUNITY  
ENGAGEMENT

SCHOOL  
LEAVER  
EMPLOYMENT  
SUPPORT

ADULT  
GROUP  
ACTIVITIES

# WHAT WE DO



## WELCOME

### WELCOME TO APPLIED ABILITIES

Applied Abilities is located in the heart of the Redlands Coast and was established in 2021. We are well known for offering capacity building programs, pre employment programs, school leaver employment support and employment support. We also proudly deliver, community access and in home support. We have a dedicated team of employment mentors, support workers and warm back end support team waiting to help you achieve your goals

## BARISTA

### BUILDING SKILLS ONE CUP AT A TIME

Participants will build key barista micro-skills including grinding, dosing, tamping, espresso extraction, milk frothing, pouring, and preparing milkshakes and frappes. They'll also develop important foundational skills like hygiene, time management, multitasking, and customer service. A café excursion will give participants a behind-the-scenes look at real-world coffee service, connecting hands-on learning with industry practice in action. Gaining a recognised Barista Certification.



## GIFTWARE

### USE YOUR PAWS TO CREATE THE CUTEST GIFTWARE

Our Giftware program builds real-world skills through creative, animal-themed projects. Participants develop fine motor skills, safe tool use, planning and design, and attention to detail—while also building confidence, problem-solving, and teamwork. Each week builds on the last, helping participants gain the skills they need to create, package, price and even promote their own handmade giftware face to face and online.

## COOKING

### BUILD YOUR COOKING CAPACITY ONE MICRO SKILL AT A TIME

Our Space Cooking program is designed to take participants on a journey through the kitchen, one skill at a time. Each week builds onto the last, covering essential cooking techniques like slicing, dicing, measuring, mixing, and controlling heat on the stove and in the oven. We also focus on safe food handling practices, including proper storage of ingredients and leftovers to keep everyone healthy and confident in the kitchen. Gaining a Food Alert Certificate within the time.



## EMPLOYABILITY SKILLS

### PRE EMPLOYMENT SKILLS

During the term, we will be visiting local employers and doing a behind the scenes tour, to get to know the workforce. We will also be focusing on goal setting, resume creating, interview techniques, career pathways, exploring employer expectations, possible voluntry and paid employment opportunities and more.

## KEY INFORMATION

### THE NITTY GRITTY

Tuesday: Cleveland 10am to 2pm - QLD school term dates

Thursday: Victoria Point 10am to 2pm - QLD school term dates

**Cooking Crew** will be starting at **9am** to allow for shopping!

Core: 04\_210\_0125\_6\_1 - Community Social and Recreational Activities

Capacity Building - 09\_011\_0125\_6\_3 - Community Participation Activities

Capacity Building - 10\_021\_0102\_5\_3 - School Leaver Employment Supports

**Transport to and from can be provided at request**