

MOVEMENT AND MAKER

PILOT PROGRAM



BRIEF

This 8-week program replaces passive day activities with a high-engagement 'Movement and Maker' model.

By linking Primal Flow exercise directly to the physical demands of sculptural fabrication, we bridge the gap between fitness and functional application.

Using an adaptive goal-setting framework, we provide participants with a clear path to independence and the verifiable data required for NDIS reporting. Individual reports will be provided for each participant.

We are looking for a small group of participants to join this 6-week trial.



MISSION: BUILDING
FUNCTIONAL STRENGTH
THROUGH COLLECTIVE
CREATION

VISION: STRONGER
BODIES, CREATIVE
MINDS, CONNECTED
COMMUNITIES.

MOVEMENT

FUNCTIONAL PHYSICALITY:
Measurable increases in repetitions, weight lifted, or
range of motion.



The Movement section builds foundational physical vocabulary through ground-based primal flow and functional strength.

Participants practice essential patterns—squatting, reaching, and pushing—to improve mobility, balance, and independence.

These low-impact exercises are dynamically scaled to each individual's ability, preparing the body for daily tasks and the physical demands of the fabrication process.

(02)

CREATIVE OUTPUT

Tangible contributions to the collective sculpture

SOCIAL/COGNITIVE ENGAGEMENT

Tracking independence and decision-making frequency.

MAKER

The Maker section translates physical effort into shared achievement. Participants engage in tactile fabrication—joining, shaping, and assembling materials—to contribute to a large-scale collective sculpture.

This develops motor skills and spatial reasoning while fostering a "fabricator crew" identity, ensuring every individual contribution is meaningful, verifiable, and essential to the final work.

(03)



RED47 STUDIOS

DAVID WAKEFIELD

Red47 Studios, based in Morwell, was founded by David Wakefield, an artist, maker, and coach with a lifelong connection to the Gippsland community. The vision for this program emerged from direct consultation with local care providers, identifying a critical gap: a lack of structured, movement-based exercise and creative programs that deliver genuine social engagement and verifiable outcomes.

David brings a unique blend of high-level safety management and specialised educational experience:

- **Inclusive Education:** Extensive experience at Gippsland TAFE, including the GET Centre, working directly with students with intellectual disabilities to improve engagement through initiative-based learning and community projects.
- **Certified Safety Professional:** A qualified OHS practitioner with expertise in developing and managing ISO 9001, 45001, and 14001 systems. This ensures the program isn't just impactful, but operates at the highest standards of safety and quality assurance.
- **Community Mentorship:** A history of leading youth and disability groups in real-world environments, from day-trip excursions to the restoration of community gardens.

A PROVEN TRACK RECORD OF IMPACT

This integrated model isn't just theory; it is built on successful precedents.

During a previous Work for the Dole (WfD) initiative, this combination of physical training and functional craft led to life-changing results, including:

- Leadership Development: One participant progressed to become a Program Leader.
- Career Realization: Another participant successfully transitioned into the Australian Army after discovering their physical and mental potential.



PILOT PROGRAM

(06)

We are looking for a small group of participants to join this 6-week trial.

This pilot is the perfect opportunity to test the model with individuals who:

- Would benefit from structured, low-impact movement.
- Are looking for a tangible, creative outlet beyond traditional craft.
- Thrive in a small-group, "crew-based" environment.

Is there someone in your program who comes to mind?

I would love to discuss how this specific "Movement and Maker" approach could align with their current goals.

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REACH OUT TO US AT
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**STRONG BODIES
CREATIVE MINDS
TOGETHER**

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