



**WHOLESOME  
SOLUTIONS**

PTY LTD





































FRIDAY (AM)		Intended Outcomes			
09:00 – 11:30	<b>Tool Workshop</b>  Whether it’s learning how to hammer a nail or understanding how to measure and cut materials, our focus is on building confidence with tools and tackling projects step-by-step. This workshop is perfect for anyone interested in any DIY tasks, or simply learning new skills in a fun and safe environment.				
	Week 1	<b>Tool Stations &amp; Sign Offs</b> <i>Hands-on practice using essential hand tools – getting familiar in assembling basic structures</i>			
	Week 2	<b>Power Tool Introductions &amp; Sign Offs</b> <i>This session focuses on safety, operation and utilising tools for upcoming projects</i>			
	Week 3	<b>Component Exploration – What’s inside?</b> <i>Gain a deeper understanding of how different machines and tools work to create projects</i>			
	Week 4	<b>Wood Burning – Design a set of Coasters</b> <i>Learn the art of wood burning to design some custom coasters</i>			
	Week 5	<b>DIY Basic Toolbox &amp; Design</b> <i>Essential measurements &amp; design principals in action – considering size, function &amp; aesthetics</i>			
	Week 6	<b>Woodworking Project – Create a Toolbox 1</b> <i>Begin your toolbox projects, focusing on accurate measuring &amp; cutting</i>			
	Week 7	<b>Woodworking Project – Create a Toolbox 2</b> <i>Continuation of your toolbox project, focus on finalising your cuts and assembling the structure</i>			
	Week 8	<b>Woodworking Project – Create a Toolbox 3</b> <i>Bringing it all together – time to sand and add your finishing touches</i>			
	Week 9	<b>Woodworking Project – Create a Toolbox 4</b> <i>Final adjustments and stain / varnishing before your toolbox is ready to roll</i>			
	Week 10	<b>Furniture Designs</b> <i>Use your new toolbox while you work together on your final project – restoring a furniture set!</i>			
	Week 11	<b>Team Woodworking Project - Restoration</b> <i>From tools to teamwork transformations – restore, rebuild and refine your skills</i>			
	Week 12	<b>Team Woodworking Project - Restoration</b> <i>From tools to teamwork transformations – restore, rebuild and refine your skills</i>			

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FRIDAY (PM)			Intended Outcomes		
09:00 – 11:30	<b>Mechanics Workshop</b>  These workshops offer practical, hands-on experience in the world of mechanics. Participants will learn essential skills, such as basic car maintenance, understanding tools, and how to troubleshoot common mechanical issues. It’s an opportunity to gain confidence and independence, whether you’re working on vehicles or learning general mechanical techniques.				
	Week 1	<b>Workshop Inductions</b> <i>PPE &amp; All things safety!</i>			
	Week 2	<b>Automotive Tools Safety</b> <i>Get the right tools for the right job – learn how to use them safely &amp; effectively</i>			
	Week 3	<b>Understanding Vehicle Systems &amp; Electrical Basics</b> <i>Dive into vehicle systems and learn the basics of the electrical components</i>			
	Week 4	<b>Automotive Tools Safety</b> <i>Get the right tools for the right job – learn how to use them safely &amp; effectively</i>			
	Week 5	<b>Mechanical Components Breakdown</b> <i>Discover the mechanics behind the part – crack open a part to understand how it works</i>			
	Week 6	<b>Basic Car Maintenance &amp; Engine Identification</b> <i>Get under the hood and learn to check your radiator coolant, water, and much more!</i>			
	Week 7	<b>All Things Tires</b> <i>Learn essential skills in checking, and changing tires including pressure, and car-lifting/jacking</i>			
	Week 8	<b>Engine Removal</b> <i>Continue taking apart the engine for our project patrol &amp; general tool practice</i>			
	Week 9	<b>Fluid Deep Dives &amp; Windscreen Updates</b> <i>Learn how to replace &amp; maintain wiper blades &amp; your radiator / fluid for a safer, clearer drive</i>			
	Week 10	<b>Replacing Headlights &amp; Interior Restoration</b> <i>Hands-on practice at cleaning &amp; replacing your headlights / restoring car interiors</i>			
	Week 11	<b>Detailing &amp; Car Aesthetics</b> <i>Waxing, Polishing and Basic Scratch Removal – learn how to take care of your vehicle</i>			
	Week 12	<b>Car Battery and Charging System Maintenance</b> <i>Inspect and learn how to maintain the car’s battery safely in this hands-on session</i>			

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