

EXPRESSION OF INTEREST

Participant Name:

Name of person completing the form (if not the participant):

Relationship to the participant (e.g. parent, Support Coordinator):

Phone number:

Email address:

Age of the participant:

Gender of the participant:

Male

Female

Other

Are you a current Interchange participant?

Yes

No

Do you have an NDIS plan?

Yes

No

Do you have low to moderate support needs?

Yes

No

Which *BestLife Support Programs* are you interested in attending? Please tick all that apply.

ACTIVE MONDAY

Active Monday includes activities like yoga, Zumba, pilates, walking and dancing.

LIFE SKILLS TUESDAY

Life Skills Tuesday includes activities like cooking healthy meals, money skills, time management and shopping.

OUTDOOR WEDNESDAY

Outdoor Wednesday includes activities like bushwalking, fishing, swimming, beach walks and mystery bus trips.

LEISURE THURSDAY

Leisure Thursday includes activities like bowling, going to the cinema, Timezone and day trips in the mini bus.

CREATIVE FRIDAY

Creative Friday includes activities like painting, card making, plant crafts, tie dye and jewellery making.

Do you have any questions about the *BestLife Support Program*? Please provide details below.

Please email this form to bestlife@interchangeillawarra.org or drop it at any of our offices.

Thank you for your expression of interest, the Interchange Illawarra intake team will be in touch.