

best life

SUPPORT PROGRAM

BESTLIFE SUPPORT PROGRAM

Introducing the *BestLife Support Program*, Interchange Illawarra's brand new program of supported activities designed for people (18+) with low to moderate support needs. With options from fishing to Zumba, there's something for everyone.

The program will commence on 6 January 2025, at our purpose-built Community Centre and office at 114 Church Street, Wollongong and will run from 8.30am to 3.30pm.

Each program will run for 12 weeks and you can sign up for any number of days per week.

For more information please contact our *BestLife* team on bestlife@interchangeillawarra.org or call 4227 1079.



ACTIVE MONDAY



LIFE SKILLS TUESDAY



OUTDOOR WEDNESDAY



LEISURE THURSDAY



CREATIVE FRIDAY



ACTIVE MONDAY



\$10
per week +
bring a packed
lunch

We know how important it is to stay active and maintain a healthy lifestyle.

Our Active Monday Support Program will include activities like yoga, pilates, dancing, stretching, walking and Zumba.

Each Monday we will start the week off right by moving our bodies and getting lots of steps in!

Participants are asked to wear suitable exercise wear and joggers and bring a water bottle each week.

Active Monday will be a fun, active day to enjoy with the group.

Possible goal achievement outcomes:

- Improved health and wellbeing from regular exercise and promotion of healthy lifestyle choices.
- Improved relationships and positive interactions with others.
- Increased social and community participation.



LIFE SKILLS TUESDAY



\$15
per week
including
lunch

Our Life Skills Tuesday Support Program will focus on independence building activities like planning and cooking healthy meals, food hygiene, management of money, community social skills and time management.

Participants will plan their meal and walk (with the Support Workers) to a grocery store to purchase the ingredients.

The group will eat together and assist with the cleaning up.

Life Skills Tuesday will focus on independence skills in a fun, supportive environment. Dietary requirements can be catered for.

Possible goal achievement outcomes:

- Increased independent living skills including cooking, shopping and cleaning.
- Improved health and wellbeing.
- Improved relationships and positive interactions with others, including team work and negotiation.
- Increased social and community participation.



OUTDOOR WEDNESDAY



\$5

per week +
bring a packed
lunch

Outdoor Wednesday is perfect for those people who love to get out and about in nature.

The program will include activities like bushwalking, fishing, swimming, beach walks, visiting waterfalls and nature reserves, mystery bus trips and much more!

Participants are asked to bring a packed lunch and we will stop to eat together while we are out.

This program combines adventure and moderate physical activity. Suitable clothing and footwear will be required.

Possible goal achievement outcomes:

- Improved health and wellbeing including promotion of a healthy and active lifestyle.
- Improved relationships and positive interactions with others.
- Increased social and community participation.



LEISURE THURSDAY



\$20

per week +
bring a packed
lunch

Leisure Thursday is all about fun!

The Leisure Thursday program will include activities like ten pin bowling, going to the cinema, Timezone and day trips in the mini bus.

We'll also go to Putt Putt mini golf, the driving range, barefoot bowling and much more!

Participants can bring a packed lunch or bring money to purchase their lunch while we are out.

Possible goal achievement outcomes:

- Increased independent living skills including money and time management.
- Improved health and wellbeing.
- Improved relationships and positive interactions with others.
- Increased social and community participation.



CREATIVE FRIDAY



\$15

per week
including
lunch

On Creative Friday we are getting super creative with some fantastic projects.

The activities will include flower and plant based craft (with Jodie from Eclectic Bower), jewellery making, guided painting exercises, card making, craft projects, tie dying of fabrics, paint marbling, sketching and much more!

A healthy lunch is included and the group will eat together on the deck each Friday, weather permitting.

Possible goal achievement outcomes:

- Increased independent living skills including decision making and time management.
- Improved relationships and positive interactions with others.
- Increased social and community participation.



MORE INFORMATION

The *BestLife Support Program* has been designed to cover a range of activities and interests, and you can sign up for any number of days per week.

The meeting point for all activities is the new Interchange Illawarra Community Centre/Office located at 114 Church Street, Wollongong. The activities will run from 8.30am to 3.30pm on weekdays. Transport is available for those who require it.

Each program is suitable for people with an NDIS Plan and low to moderate support needs. The program will run for 12 weeks.

Current Interchange Illawarra participants will receive priority placement in the program however we also welcome expressions of interest from new participants and Support Planners/Coordinators.

FREQUENTLY ASKED QUESTIONS

If I fill out an Expression of Interest form am I locked into the program?

No, an expression of interest form just lets us know that you might be interested. Someone from the *BestLife* team will contact you to discuss the program in more detail to ensure it is a good fit for you.

How is *BestLife* different to other Interchange Illawarra programs or activities?

The *BestLife Support Program* has been created to offer supported activities that focus on goal achievement outcomes on a regular basis. Skills are practiced each week with the same group of participants and Support Workers leading to consistent, practical, yet fun, approach to achieving goals.

Do I have to sign up for the whole 12 weeks?

Yes, the programs are designed to take place over a 12 week period and allow us to plan activities and roster staff members. However, if the program isn't for you, simply give 4 weeks notice (in writing) of your intention to leave the program.

NEXT STEPS?

If you think the *BestLife Support Program* sounds like a good fit, we invite you fill out an Expression of Interest form available from any of our offices or our website.

If you have any questions about the *BestLife Support Program* please contact the us on bestlife@interchangeillawarra.org or call the office on 4227 1079.