



Interchange Illawarra is a not for profit, community based, registered NDIS organisation providing quality flexible supports for people with disabilities.



Community Inclusion

We offer a choice of assistance during activities, including pursuing personal interests or goals.



Daily Living Assistance

We provide support to people with disabilities to increase independence.



Parent/Carer Support

We develop opportunities for parents and carers to participate in free social events and informal networks.

Interchange Illawarra is known for:

- Working with people with disability, with particular expertise in working with people who have ASD and/or intellectual disabilities.
- A 'can-do' and innovative approach to providing flexible support.
- Providing frequent training and upskilling opportunities for our Support Workers.
- Supporting carers through our Parents/Carer Health and Wellbeing Program.



SOCIAL SUPPORT

Our social support programs are great for trying new things and making friends. They are designed for NDIS participants with low to moderate support needs.



WEEKDAYS PROGRAM MONDAY, TUESDAY & FRIDAY

LOCATION: WOLLONGONG

- Our Weekdays Program offers fun group activities like soap making, ten pin bowling, movie days, craft, karaoke, bus trips, a cooking program and more!
- We are super flexible and you can pick and choose the activities you enjoy.

NIGHTLIFE SOCIAL THURSDAY/FRIDAY NIGHTS

LOCATION: VARIOUS ILLAWARRA LOCATIONS

- Join us for night time social activities on Thursday and Friday nights.
- Activities are published every two months and feature things like dinner at local clubs, twilight walks, movie nights, barefoot bowling and the DanceAbility Disco.



SATURDAY SOCIAL SATURDAYS 10AM TO 3PM

LOCATION: WOLLONGONG & LAKE ILLAWARRA

- Our Saturday Social Support Program offers heaps of fun activities like bushwalks, bowling, craft, fishing, Timezone, lunches out, movie days and much more!
- We even have trips to special events like the Sydney Royal Easter Show and musicals.



WEEKENDS AWAY 4PM FRIDAY TO 3PM SUNDAY

LOCATION: WOLLONGONG & KANAHOOKA

- Weekends Away offer short term accommodation to participants, with a group of their friends from the Social Support Group.
- Separate boys' and girls' weekends include activities like dinner and dancing at a local club, day trips, shopping, bowling, cooking and more!



SUPPORT PROGRAM & SHORT TERM ACCOMMODATION

BESTLIFE SUPPORT PROGRAM



The poster for the BestLife Support Program Term 2 (31 March - 20 June 2025) features the Interchange Illawarra logo and the text 'best life SUPPORT PROGRAM'. It lists activities for each day of the week: Active Monday, Life Skills Tuesday, Outdoor Wednesday, Leisure Thursday, and Creative Friday. The program is held at 114 Church Street, Wollongong, from 8.30am to 3.30pm. Contact information is provided at the bottom: www.interchangeillawarra.org.

LOCATION: WOLLONGONG

The BestLife Support Program is Interchange Illawarra's 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 commences each day from our centre at 114 Church Street, Wollongong, and runs from 8.30am to 3.30pm. Transport is also available for those who require it.

If you would like to book in for a site visit or need more information please email bestlife@interchangeillawarra.org or call our office on 4227 1079.

SHORT TERM ACCOMMODATION



The poster for Short Term Accommodation features the Interchange Illawarra logo and the text 'SHORT TERM ACCOMMODATION'. It shows a scenic view of a pier extending into the water at sunset. Below the main image are six smaller photos showing the interior of the accommodation units, including living areas, dining rooms, and bedrooms. Contact information is provided at the bottom: www.interchangeillawarra.org.

LOCATION: WOLLONGONG & LAKE ILLAWARRA

Our Short Term Accommodation houses are a great place to relax. They are a home away from home and can cater for groups or for 1:1 support needs.

We have a house at Wollongong (within easy walking distance of the Central Business District) and a villa at Lake Illawarra (close to the lake and great bike paths). Both houses feature accessible bathrooms, lounge areas, outdoor seating areas and modern kitchens.

We can help you work out an itinerary of activities to make the most of your stay. For example, you could cook up a feast, go exploring in the local area or settle in to enjoy some relaxation time. You could also get a group of friends together and make your own weekend away agenda like booking in for a sporting event or a local concert.

COMMUNITY, CAPACITY BUILDING & DAILY LIVING

COMMUNITY INCLUSION



Whether you would like assistance during activities and outings to pursue personal interests or hobbies, or work towards a goal, we have a community inclusion option to suit you.

At Interchange we:

- Are risk aware, not risk averse.
- Say 'we'll give it a go' rather than 'we can't'.
- Introduce you to fun things to do and places to go.
- Have workers who display initiative and creativity.
- Work in partnership with you. You choose the support times that suit you best.

DAILY LIVING

If you require assistance with cleaning, cooking or other daily living tasks we can support you to increase your independence in your home.

Our workforce recognises the value of doing things with people rather than doing things for them and we're responsive to changing needs.



CAPACITY BUILDING

At Interchange Illawarra we can support you to improve, retain or master new skills in order to help you reach your goals.

You may want to increase your employability skills, travel independently or learn how to cook your favourite meal.

We endeavour to match you with a Support Worker who has the appropriate skills and attitude to assist you reach your goals.



Meet Carly, business owner of Carly's Coffee Couriers.

INDEPENDENCE PATHWAY

The Independence Pathway is an individually tailored capacity building program to promote independent living skills.



You can practice your independent living skills with an experienced Support Worker one on one in a home-like environment at our modern villa, located in beautiful Lake Illawarra.

The Independence Pathway can cover things like cooking, cleaning, personal care, shopping and time management.

We will work with you to determine your goals and time frame.

YOUTH ACTIVITIES (12 TO 17 YEAR OLDS)

SCHOOL HOLIDAY PROGRAM WEEKDAYS IN SCHOOL HOLIDAYS

LOCATION: WOLLONGONG

Our school holiday program runs on weekdays each school holidays and is designed for high school students with an NDIS plan and low to moderate support needs.

We offer many great activities during school holidays including day trips (like the Sydney Royal Easter Show, Jamberoo Action Park, Luna Park and Symbio), fishing, craft, cooking, ten pin bowling, Timezone, Flip Out, bushwalking, Lego days, putt putt mini golf, laser tag and much more.

Make some new friends and do some really fun stuff in a supported environment.



SATURDAY CLUB 10AM-3PM SATURDAY

LOCATION: WOLLONGONG

Interchange Illawarra's Saturday Club is a program featuring activities that run from 10am-3pm on a Saturday in Wollongong.

Activities include things like ten pin bowling, bushwalking, movies, putt putt mini golf, laser tag, fishing, day trips (like the Sydney Royal Easter Show), pizza and gaming, water fun, Timezone and much more.

We help to make your Saturday extra fun!

Interchange Illawarra's Youth Programs are designed for high school students with an NDIS plan and low to moderate support needs.



ACTIVITIES FOR CHILDREN

MYTIME FOR PARENTS/CARERS



MyTime

MyTime is for parents and carers of a child (aged 0-16 years) with a disability, chronic medical condition or other additional needs including developmental delay.

Unwind, meet new people and share experiences with others who understand.

• Friendly supportive environment
• Play session is provided for pre-school aged children
• Trained facilitators

MyTime is free, includes coffee & nursing tea for parents/carers.

MyTime is a funded Federal Government program. It is run by TAFE NSW, Big Fat Smile and Interchange Illawarra.

An experienced educator from Big Fat Smile and a TAFE teacher lead a group of Diploma of Early Childhood Education students to engage and care for the children, while a trained facilitator runs a group session with parents.

You are welcome to stay with your child or join the facilitator in another room and enjoy the company of other parents in a relaxing environment.

Interchange Illawarra Big Fat Smile

LOCATION: NORTH WOLLONGONG

MyTime is for parents and carers of a child (aged 0-16 years) with a disability, chronic medical condition or other additional needs including developmental delay.

MyTime is a funded Federal Government program. It is run by TAFE NSW, Big Fat Smile and Interchange Illawarra.

An experienced educator from Big Fat Smile and a TAFE teacher lead a group of Diploma of Early Childhood Education students to engage and care for the children, while a trained facilitator runs a group session with parents.

You are welcome to stay with your child or join the facilitator in another room and enjoy the company of other parents in a relaxing environment.

Unwind, meet new people and share experiences with others who understand.



PARENTS/CARER ACTIVITIES

PARENT/CARER HEALTH & WELLBEING

At Interchange Illawarra we are proud of our Parent/Carer Health and Wellbeing Program which aims to develop social and support opportunities for parents and carers. We do this through assisting parents and carers to participate in their local community, foster relationships that strengthen informal networks, and provide opportunities to attend free social events with other Interchange Illawarra parents and carers.

Our health and wellbeing activities vary from year to year and can include lunches, morning teas, bus trips, Carer Week events and workshops. We've even hosted fishing expeditions and winery tours.

By organising health and wellbeing activities and workshops we provide opportunities for parents and carers to meet others in a similar circumstance, socialise, learn new skills and enjoy some fun time out that's all about them.

The health and wellbeing activities are run by our Support Coordinators/Planners throughout the year and provide you an opportunity to get to know the Interchange Illawarra staff better too.



ABOUT US



You can expect all of our supports to be:

- **Local:** We believe local staff with knowledge of our area should support local people. Our workforce, from our Support Workers to our Support Coordinators, use their knowledge of our area to provide customised and flexible services.
- **The Right Level of Support:** We offer several models of support to prevent unnecessary over servicing and provide the best value for money.
- **Person-centred:** We pride ourselves on delivering a person-centred service. We are professional, yet still friendly, warm and interested in you and your experiences. We present convenient, ethical and responsible support options for you and your family.

OUR LOCATIONS



Community Centre & Head Office:
114 Church Street,
Wollongong.



Southern Office:
153 Pur Pur
Avenue,
Lake Illawarra.



Social Support Centre:
14a Evans Street,
Wollongong.



The Cottage (Short Term Accommodation):
14 Evans Street,
Wollongong.



The Villa (Short Term Accommodation):
10 Stanley Street,
Lake Illawarra.



02 4227 1079



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