

Interchange
illawarra

best life

SUPPORT PROGRAM

TERM 3

23 JUNE – 12 SEPTEMBER 2025

The *BestLife Support Program* is Interchange Illawarra's program of supported activities designed for people (18+) with low to moderate support needs.

There are a huge range of options and you can attend one day or many!

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.

For more information or to arrange a site visit please contact our team on bestlife@interchangeillawarra.org or call 4227 1079.



ACTIVE MONDAY



LIFE SKILLS TUESDAY



OUTDOOR WEDNESDAY



LEISURE THURSDAY



CREATIVE FRIDAY

www.interchangeillawarra.org

ACTIVE MONDAY

\$180

per term +
bring a packed
lunch

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

Morning session:

Box fit at Crockers Gym

Afternoon session:

Stretching & healthy lifestyles workshop



LIFE SKILLS TUESDAY

\$180

per term,
lunch is
included

Our Life Skills Tuesday Support Program focuses on independence and capacity building activities.

Morning session:

Meal planning and cooking

Afternoon session:

Road safety training course



OUTDOOR WEDNESDAY

\$120

per term +
bring a packed
lunch

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

Morning session:

Bushwalking

Afternoon session:

Mystery bus trip & activity



LEISURE THURSDAY

\$240

per term +
bring a packed
lunch

Leisure Thursday is all about fun!

Morning session:

Ten pin bowling

Afternoon session:

Board games, card games and indoor fun



CREATIVE FRIDAY

\$180

per term +
bring a packed
lunch

On Creative Friday we unleash our creative side with some fantastic art and craft projects.

Morning session:

Term long art projects

Afternoon session:

Freestyle art and craft activities



MORE INFORMATION?

If you are interested in booking in for the BestLife Support Program, have any questions or would like to arrange a site visit, please contact us on bestlife@interchangeillawarra.org or call 4227 1079.

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