

Interchange
illawarra

best life

SUPPORT PROGRAM

TERM 1

5 JANUARY TO 27 MARCH 2026

The *BestLife Support Program* is Interchange Illawarra's program of supported activities designed for people 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 the Wallis 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:

Swimming

Afternoon session:

Gentle yoga



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 &
cooking

Afternoon session:

Computer skills &
internet safety



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:

Fishing

Afternoon session:

Scenic walks &
nature photography



LEISURE THURSDAY

\$240

per term +
bring a packed
lunch

Leisure Thursday is all about fun!

Morning session:

Ten pin bowling

Afternoon session:

Card games &
board games



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 & 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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