

PEER SUPPORT SATURDAY

2026

JANUARY & FEBRUARY

Interchange Illawarra
Peer Support Saturday
14A Evans Street,
Wollongong

JANUARY

All activities run from 10am-3pm unless otherwise specified.

Saturday 3 January Option 1	Saturday 3 January Option 2	Saturday 10 January Option 1	Saturday 10 January Option 2
			
New Years BBQ	Movies	Water Fun Day	Honk Music Festival
Join us for a delicious barbecue lunch.	We're off to the cinema to see a new release movie.	Join us as for a day of water fun! Bring your swimmers & a towel.	We're going to the Honk Music Festival in Wollongong.

Saturday 17 January Option 1	Saturday 17 January Option 2	Saturday 24 January Option 1	Saturday 24 January Option 2
			
Backyard Cricket	Albion Park Show	Bingo Day	Ten Pin Bowling
Join us for a game of backyard cricket.	Get excited we're off to Albion Park Show! 5pm-11pm	Join us for a day of bingo.	Will you get a strike? We're going to ten pin bowling.

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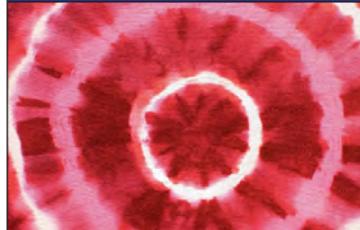
2026

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Saturday 31 January Option 1	Saturday 31 January Option 2	Saturday 7 February Option 1	Saturday 7 February Option 2
	 Photo credit: Roo Theatre		
Art & Craft	Robin Hood	Karaoke Day	Mystery Bus Trip
Unleash your creative side with art & craft activities.	Join us to watch Robin Hood at Roo Theatre. 12.30pm-5.30pm	Get ready to sing at our karaoke day.	Join us for a bus trip with a mystery destination.

Saturday 14 February Option 1	Saturday 14 February Option 2	Saturday 21 February Option 1	Saturday 21 February Option 2
			
Card Making	Lunch @ The Pub	Tie Dye Day	Ten Pin Bowling
We're getting creative and making cards for our loved ones.	Join us for lunch at a local pub.	We're getting creative with tie dye!	Join us for ten pin bowling.

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Saturday 28 February Option 1	Saturday 28 February Option 2
Pizza Day	Jamberoo Action Park
What's your favourite pizza topping?	We're off to Jamberoo Action Park! (9am-4pm)

All activities run from 10am-3pm unless otherwise specified.



PEER SUPPORT WEEKDAYS

Our Weekdays group do some great activities including the cooking program, ten pin bowling, art and craft, going out for lunch, listening to live music, going the cinema and much more!



NIGHTLIFE SOCIAL

Interchange Illawarra runs fun social get togethers on Thursday and Friday nights.

The program includes outings like ten pin bowling, dinner at a local club, movies, late night markets and the DanceAbility Disco nights.

Enjoy a night out with friends!



WEEKENDS AWAY

Weekends Away offer short term accommodation to participants, with a group of their friends from the Social Support program.

Weekends Away give participants a chance to increase their independence, practice their daily living skills, and spend time away from their primary carers.

The group does fun activities in the Illawarra.



SHORT TERM RESPITE

If you have funding for short term respite in your NDIS plan, you could have a stay at our lovely Villa at Lake Illawarra.

You can organise a stay with a Support Worker for a fun break away from your parents or carers.

Weekdays and weekends are available.