Interchange Illawarra

best life

SUPPORT PROGRAM

TERM 2

30 MARCH TO 19 JUNE 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:

Zumba with Terri

Afternoon session:

Movement and mindfulness

LIFE SKILLS TUESDAY

$180 per term, lunch is included

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

Morning session:

Meal planning & cooking

Afternoon session:

Life skills training courses

OUTDOOR WEDNESDAY

$120 per term + bring a packed lunch

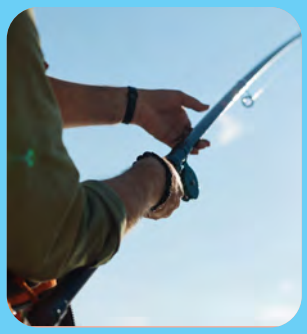
Outdoor Wednesday is perfect for those people who love to get out and about in nature.

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:

Gaming with single player and multiplayer options

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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