

Interchange
illawarra

best life

SUPPORT PROGRAM

TERM 3

22 JUNE TO 11 SEPTEMBER 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:

Line Dancing with
Karissa



Afternoon session:

Stretching & healthy
lifestyles workshop

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:

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:

Nature photography
using your smart
phone or camera

LEISURE THURSDAY

\$240

per term +
bring a packed
lunch

Leisure Thursday is all about fun!

Morning session:

Ten pin bowling



Afternoon session:

Board games and
card 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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