



Community, Social and Recreational Supports

Lifestyle Solutions

We believe that taking part in community, social and recreational activities increases the wellbeing of our customers, helping them to forge a stronger community spirit...and, most of all, to have fun!

Our community, social and recreational supports cater to the individual interests and abilities of our customers. We provide a comprehensive range of programs and activities to help you get out in the community, take a class, volunteer, exercise and make new friends.

We help customers to build confidence and pursue their interests by providing:

- = support to expand social networks and friendship groups
- = practical skill building activities such as numeracy, literacy and financial management
- = life and transition planning such as transitioning from school to adulthood
- = volunteering opportunities with organisations such as Meals on Wheels and other community groups.

Our Community Hubs foster an inclusive and supportive culture and offer a calm and creative environment for our customers to engage in activities such as:

- = sensory interactive activities
- = social outings
- = music groups
- = arts and crafts
- = cooking and developing domestic skills
- = swimming, hydrotherapy and water aerobics
- = sailing
- = dancing
- = gym, bowling and many other leisure activities.

What our customers can expect?

We're committed to our customers. As part of our service delivery, our customers can expect reliable, responsive, flexible, friendly, empathetic and caring service.



Talk to us

Contact one of our friendly staff at Lifestyle Solutions on 1800 634 748 for more information.

You can access Community, Social and Recreational Supports by asking your Local Area Coordinator to include them in your NDIS plan.

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lifestylesolutions.org.au



For more information on how we can help you, or someone in your care, contact us.

1800 634 748
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