

Narrabri Hub

Our Hub activities program provides you with the opportunity to enjoy a range of fun and educational activities in a safe and supportive environment.

Our staff understand that every person has different needs and goals. We will work with you to decide which group activities you would like to join that match your interests and ability.

Join us and have fun!

Things you need to know

Contact details

Life Without Barriers
58 Balonne Street
NARRABRI, NSW 2390

02 67929101

Hours of Operation

Monday to Friday
Activities: 9:00 am – 3:00 pm

Morning tea and lunch: bring your own morning tea and lunch, except on cooking days where your lunch will be provided.

Transportation

We provide transportation to and from the daily activities.

What to bring

All activities - bottled water, morning tea, lunch, extra clothes, and a hat.

Cooking Days - Your Team Leader will have contacted you about your dietary requirements. On our cooking day we will ensure that your dietary requirements are met therefore you do not need to bring your lunch.

Excursions - Life Without Barriers offer monthly excursions where clients will be required to pay an entry fee. These may include visits to the Territory Wildlife Park and Crocosaurus Cove, as well as other destinations.

Walks – Please ensure you have closed in shoes and appropriate clothing for bush walking.

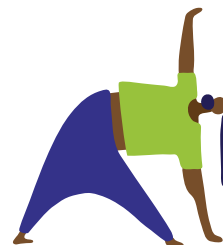
Participation costs

This service is funded for eligible clients under the NDIS. Additional charges will apply for some activities.

Holidays

If you are not able to attend – please refer to your Service Agreement regarding the notice period required, two weeks notice is required for planned holidays.

**LIFE
WITHOUT
BARRIERS**



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Weeks 1 & 3</p> <p>Morning: 1030 - 1230</p> <p>Get your hands dirty: Gardening.</p> <p>Afternoon: 1230 - 1430</p> <p>Lunch outing.</p> <p>1400 – 1500</p> <p>Cooking plan for next week.</p>	<p>Weeks 1 & 3</p> <p>Morning: 1000 - 1200</p> <p>Morning tea and lakeside walk.</p> <p>Afternoon: 1200 - 1500</p> <p>Lunch and craft time at the centre.</p>	<p>Weeks 1 & 3</p> <p>Morning: 1000 - 1200</p> <p>Morning tea and games room fun.</p> <p>Afternoon: 1200 - 1500</p> <p>Lunch and a movie/video/ DVD.</p>	<p>Weeks 1 & 3</p> <p>Morning: 1000 - 1430</p> <p>Silver polishing session and Lunch.</p> <p>Afternoon: 1430 - 1500</p> <p>Prepare for going home.</p>	<p>Weeks 1 & 3</p> <p>Morning: 1000 - 1230</p> <p>Morning tea and Library visit.</p> <p>Afternoon: 1230 - 1400</p> <p>Outing for Lunch.</p> <p>1400 – 1500</p> <p>Cards and fun games.</p>
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Weeks 2 & 4</p> <p>Morning: 1030 - 1230</p> <p>Morning tea , shopping for cooking and cooking session.</p> <p>Afternoon: 1230 - 1500</p> <p>Lunch and sewing time.</p>	<p>Weeks 2 & 4</p> <p>Morning: 1000 - 1230</p> <p>Morning tea at One23 café and riverside walk.</p> <p>Afternoon: 1230 - 1430</p> <p>Picnic lunch at the Pirate Park or similar.</p>	<p>Weeks 2 & 4</p> <p>Morning: 1000 - 1200</p> <p>Morning tea at Day Program, crafts and games.</p> <p>Afternoon: 1200 - 1500</p> <p>Lunch, Music and/or Exercise Session.</p>	<p>Weeks 2 & 4</p> <p>Morning: 1000 - 1430</p> <p>Silver polishing session and lunch.</p> <p>Afternoon: 1430 - 1500</p> <p>Return Home</p>	<p>Weeks 2 & 4</p> <p>Morning: 1000 - 1430</p> <p>Morning tea outing and excursion to be advised.</p>