

**LIFE
WITHOUT
BARRIERS**

Lifestyle and Community Supports

Nowra Hub



lwb.org.au

Disability services. Support on your terms.

What we offer

Located centrally in Nowra in the picturesque Shoalhaven Region, our centre is the perfect location to enjoy a range of fun and educational activities in a safe and supportive environment.



Meet new friends, socialise and have loads of fun



Learn new skills



Grow your confidence



Explore your interests



Try a range of activities on offer every week



Enjoy fun recreational activities

Our facilities and location

Our centre offers fantastic programs and activities in a safe, fun, relaxing and friendly environment.

- Accessible kitchen to prepare healthy meals and enjoy cooking sessions.
- Transport vehicles for drop-offs and pick-ups within local areas and surrounding suburbs.
- Learning areas to access educational programs and gatherings.
- The centre is a historic house, located only 1km from Nowra CBD.

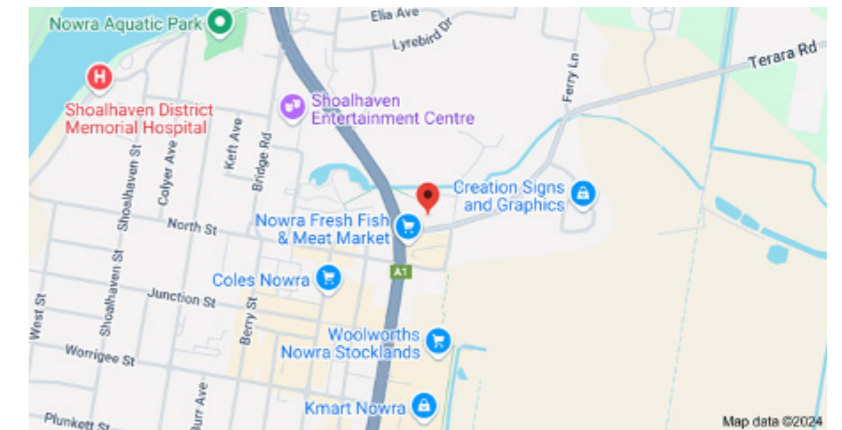
Activities you can enjoy at Nowra Hub

At the Nowra Hub, we can tailor activities for you, or you can choose from the wide range of activities we have on offer, such as:

- Sports and recreation activities
- Music program
- Arts and crafts programs
- Gardening activities
- Cooking social events
- Sensory activities
- Local community activities
- Money and budgeting skills
- Café program

You can mix and match your programs to experience more variety in your week!

We offer both centre and community-based group activities and individual activities with one-to-one support.



Why choose Life Without Barriers?

We support people with physical, intellectual, and psychosocial disability to live their best life.

As a registered NDIS provider, and experienced disability and mental health service provider, we can help you unlock the potential of your NDIS plan to get the most out of your supports.

- Other NDIS supports and services we offer
- Supported independent living (SIL)
- Specialist disability accommodation (SDA)
- Support coordination
- Health, therapy and wellbeing
- Short term accommodation (respite)
- Disability employment programs



LWBAustralia



Life Without Barriers



Life Without Barriers



Life Without Barriers

To find out more and to access our NDIS services, get in touch today.

Phone: 1800 935 483

Email: info@lwb.org.au

If you are d/Deaf or find it hard to hear or speak with people who use a phone, contact us through:

Voice relay: 1300 555 727

TTY: 133 677

SMS relay number: 0423 677 767

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