

## Lifestyle & Community Supports Group Activity Program

Our 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  
Hunter Hub  
65 Broadmeadow Road  
Broadmeadow NSW 2292

**02 4918 4901**

#### Hours of Operation

Office hours: 8.30am - 5pm (Monday to Friday)

Group Program: 9am – 3pm

Individual Supports: 24/7, 7 days a week

#### Transportation

We offer transportation to and from our group activities. Whenever possible, we use public transport. Additionally, we provide a shuttle service to and from the Hunter Hub. For more details, please feel free to contact us.

## What to bring

**All activities - bottled water, morning tea, lunch, extra clothes, a hat and any money for personal items.**

**Monthly social events** - Life Without Barriers offer monthly excursions where clients will be required to pay an entry fee. These may include concerts, special events, shows, vineyard lunches as well as other local events and destinations.

**Groups in the community** – Please ensure you have closed in shoes and appropriate clothing for outdoor activities.

## 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

## Disability services

Support on your terms

### Lifestyle & Community Supports

Group program



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>The Hub</b>	Cooking Gardening group Performance crew	Art The Workshop	Music and movement	Fruit and Vege group Busking and band practice	Catering Performance crew
<b>Hand 2 Hand Shop</b>	Retail , art & craft	Retail, art & craft	Retail, art & craft	Retail, art & craft	Retail, art & craft
<b>Community Groups</b>	TenPin bowling league Revo Fitness Gym crew Adventure walking group	Choose your own adventure group Sailing Retail work experience	Swimming Men's social group	Retail work experience Rainbow Committee	Social Club Sports and BBQ crew