

Forster 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
10 Strand Street,
Forster NSW 2428

0438 824 714

Hours of Operation

Activities: 9am – 4pm

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.

Nature 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>Morning</p> <p>Coffee Club: Social coffee time.</p> <p>Get active: Walking or fun gym activities.</p> <p>Or choose your own activity.</p> <p>Lunch: Enjoy lunch out or bring your own.</p> <p>Afternoon</p> <p>Explore your creativity: Art & Craft or Painting Learn computer Skills Guitar Lessons.</p>	<p>Morning</p> <p>Coffee Club: Social coffee time.</p> <p>Get active: Walk or swim.</p> <p>Or choose your own activity.</p> <p>Lunch: Come together for a BBQ lunch at the Hub.</p> <p>Afternoon</p> <p>Explore fun activities: Art & Craft or Painting Have fun ten pin bowling Or choose your own activity.</p>	<p>Morning</p> <p>Coffee Club: Social coffee time.</p> <p>Or Get cooking!</p> <p>Enjoy lunch at the Hub.</p> <p>Afternoon:</p> <p>Explore your creativity: Art & Craft or Painting Movie afternoon Or choose your own activity.</p>	<p>Morning</p> <p>Coffee Club: Social coffee time.</p> <p>More cooking fun.</p> <p>Stay fit: Outdoor fitness.</p> <p>Or choose your own activity.</p> <p>Enjoy lunch at the Hub.</p> <p>Afternoon</p> <p>Get creative: Art & Craft or choose your own activity.</p>	<p>Morning</p> <p>Coffee Club: Social coffee time.</p> <p>Exciting day out: planned with the group last week.</p> <p>Enjoy lunch out at a place chosen by the group.</p> <p>Afternoon</p> <p>Continue the fun day out, planned together last week.</p>

Please note that activities listed are subject to change, but we'll ensure suitable alternatives are offered.