

# lifebridge

AUSTRALIA LTD

AUGUST - OCTOBER 2020

## SOCIAL AND COMMUNITY PARTICIPATION PROGRAM



# VISION, PURPOSE AND VALUES

## VISION

Lifebridge aspires to see independence and inclusion for the aged and people with disability in our community.

## PURPOSE

Support. Inclusion. Independence.

## STRATEGIC GOAL

Our strategic goal is to secure a sustainable future for Lifebridge that allows us to continue supporting our customers.



### Excellence

We seek to excel in everything we do and deliver the best outcome for our customers.



### Trust

We earn and instill trust by listening, being open, communicating well, being transparent and accountable for our actions.



### Integrity

We are true to our word and actions, and our behaviours reinforce this.



### Innovation

We strive to find new or better ways of doing things to meet our customers' needs.



### Respect

We are one team that respects our customers' individual rights and potential as well as our colleagues' skills, talents and contributions.



### Professionalism

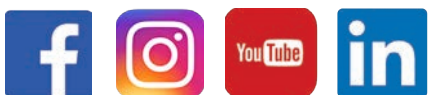
We are customer focused, outcome driven and business like in the way we work.

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# Bring your goals to life!

Welcome to our new and updated Lifebridge Social and Community Participation program

An exciting new range of activities, and some old favourites, have been improved and tailored to better meet your needs and support you to achieve your NDIS Goals.

Lifebridge understands that your goals are the things that are important to you and what you want to achieve in your life. Some goals might be big and take some time to get there, while other goals may be small and short term. That is why we have redesigned our Social and Community Participation programs.

It's all about delivering services that correspond with what you want to achieve for yourself now and in the future. We understand that the NDIS is about you having 'choice and control' and that the funding in your individual plan needs to be used in a way that links to your personal goals.

## HERE TO SUPPORT YOU

Lifebridge is here to support you, to meet your NDIS goals including:

- Becoming more independent and learning new skills
- Independence in daily living
- Learning something new
- Health and wellbeing-Improving on or maintaining your health and fitness
- Developing your communication skills
- Improving relationships
- Socializing and making new friends
- Job Ready
- Doing more social and recreational activities

That is why we have redesigned our Social and Community Participation Programs into 12 week modules.

This will allow you to have improved choice over what you do and allow you to try a range of new activities. Every 12 weeks you can choose another range of activities or you can simply continue with the activities that you have been doing – It's up to you!

## REPORTING ON YOUR GOALS

To assist you in your NDIS plan reviews, we will also provide you with progress updates. These updates will allow you to demonstrate to the NDIS how you are progressing with your goals. We will include:

- A summary of supports provided to you
- How the support has helped you to work towards your goals
- Any barriers that you may encountered during the plan period and adjustments made
- Risk identification
- Recommendations of additional supports, where required.

# SOCIAL AND COMMUNITY PARTICIPATION PROGRAM

The NDIS base plans on eight (8) outcome domains, the transition from bulk funding to plans has brought about a shift in the way support is to be delivered and it now focuses on individuals achieving their specified goals set out in their NDIS plans. We have listed the eight (8) outcome domains and which programs below:

## THERE ARE 8 OUTCOME DOMAINS IN THE NDIS



1. Daily Living- one on one support, short term accommodation and in-home support.



2. Home - in-home support and Independent living skills.



3. Health and Wellbeing - Active Life, Social, accessible arts.



4. Lifelong Learning - Job Ready, Lifestyle and most categories.



5. Work - Job ready (not claimable under the SLES or official job prep funding code).



6. Social and Community Participation - All activity categories.



7. Relationships - Social.



8. Choice and Control

Choice and Control Services might usually be billed from one or two most commonly used Support Items, even though in reality, it may be working towards goals from a range of Outcome Domains. The more broadly a provider thinks about how supports fit into Outcome Domains rather than a specific Support Item, the more varied parts of the Support Catalogue can apply. Thinking (and structuring your services) in terms of outcome domains, rather than specific Support Items or even activities, can broaden the range of items you can utilise.

# ACTIVITIES AT A GLANCE

<b>MONDAY</b>	<b>Games Club</b> Social Days Module Murwillumbah Community Centre 9am- 3pm	<b>Cooking</b> Lifestyle Module Cabarita Beach Sports Centre 9am- 3pm
<b>TUESDAY</b>	<b>Gentle Exercise</b> Active Life Module Cabarita Beach Sports Centre 9am- 3pm	<b>Dancing</b> Active Life Module Cabarita Beach Sports Centre 9am- 3pm
<b>WEDNESDAY</b>	<b>Cooking</b> Lifestyle Module Murwillumbah Community Centre 9am- 3pm	<b>Craft</b> Accessible Arts Module Murwillumbah Community Centre 9am- 3pm
<b>THURSDAY</b>	<b>Music</b> Music and Culture Module Cabarita Beach Sports Centre 9am- 3pm	<b>Social Club</b> Social Days Module Cabarita Beach Sports Club 9am- 3pm
<b>FRIDAY</b>	<b>Art</b> Accessible Arts Module Cabarita Beach Sports Centre 9am- 3pm	<b>Healthy Living</b> Lifestyle Module Cabarita Beach Sports Centre 9am- 3pm
<b>SATURDAY</b>	<b>Social Walking Club (fortnightly)</b> Active Life Module Community Based/Kingscliff 9am- 3pm	<b>Social Club (Fortnightly)</b> Social Days Module Community Based/Kingscliff 9am- 2pm
<b>SUNDAY</b>	<b>Social Club (Monthly)</b> Social Days Module Community Based 4pm- 8pm	



<b>Craft</b> Accessible Arts Module Cabarita Beach Sports Centre 9am- 3pm	<b>Job Ready</b> Job Ready Module Community Based/Cabarita Beach Sports Centre 9am- 3pm	
<b>Sports Club</b> Active Life Module Community Based/Cabarita Beach Sports Centre 9am- 3pm	<b>Art</b> Accessible Arts Module Murwillumbah Community Centre 9am- 3pm	
<b>Walking Club</b> Active Life Module Community Based 9am- 3pm	<b>Social Club</b> Social Days Module Community Based 9am- 3pm	
<b>Us the Band</b> Music and Culture Module Chinderah Scout Hall 9am- 3pm		
<b>Sports Club</b> Active Life Module Murwillumbah Community Centre 9am- 3pm	<b>Independent Living</b> Lifestyle Module Murwillumbah Community Centre 9am- 3pm	<b>Friday Flicks</b> Music and Culture Module Kingscliff Cottage 6pm- 9pm
<b>Weekend Kids Club (Monthly)</b> Social Days Module Community Based/Kingscliff 10am- 3pm	<b>Footy Heads</b> Social Days Module Community Based depending on game schedule	





## 1. ART

Our art module allows participants to work on a variety of art mediums to learn skills or expand on current skills.

In this module participants will learn the following:



Painting  
Expressive Arts  
Art Admiration  
Inspiration



Photography  
Photo Editing  
Getting to know your camera



Drawing  
Life Drawing  
Adult Colouring In



Street Art  
Mural Design



# ACCESSIBLE ARTS

## Overview

Accessible Arts have two modules that you can choose from and they both run for twelve (12) weeks. These modules are made up of a large variety of different activities and projects that will allow you to learn different skills.

Our Accessible Art modules are on multiple times a week and at various locations so you won't miss out.

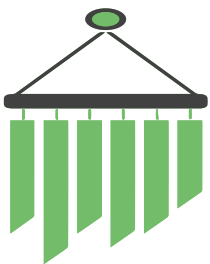
### EXAMPLE NDIS GOALS FOR THESE MODULES:

- I want to continue to expand on my art/craft skills.
- I want to express myself through art/craft.

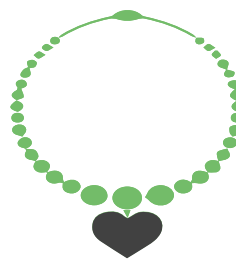
## 2. CRAFT

Our craft module allows participants to work on a variety of craft mediums to learn skills or expand on current skills.

In this module participants will learn the following:



Make a Wind Chime  
Make a Sun Catcher  
Make a Dream Catcher



Jewellery Design  
Upcycled Craft  
Macrame



Sand Sculpture  
Pottery



Plaster Craft  
Paper Mache

# ACTIVE LIFE

## Overview

Active Life consists of five (5) different modules that can be chosen throughout the year and each module runs for three (3) months so there is plenty of variety you can choose from. All including active ways to increase fitness, health and wellbeing. Make yourself feel good in a fun way!

### EXAMPLE NDIS GOALS FOR THESE MODULES:

- I want to increase my mobility.
- I want to maintain and improve my fitness.
- I would like to make new friends.
- I want to decrease pain.
- I would like to learn a new sport.
- I want to increase my fitness levels.

## 1. SPORTS CLUB

Our sports club module is for participants who like to be active and participate in various sports in a supportive environment. In this module you will get to participate in the following activities:



Soccer



Cricket



Lawn  
Bowls



Golf  
Mini Golf



Basketball



Ten Pin  
Bowling



Bootcamp

## 2. WALKING

Our walking club module allows participants to actively pursue the health benefits of walking in various pleasant settings:



Bush  
Walking



Beach Walking  
Local Community  
Walks



### 3. DANCING

Our dancing module allows participants to explore different dance forms to enhance fitness, self expression and just plain fun. In this module you will get to participate in the following dance styles:



Line Dancing



Zumba Fitness



Freestyle Dance

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### 4. GENTLE EXERCISE

Our gentle exercise module enables participants to experience the physical and mental health benefits of different forms of gentle exercise. In this module you will get to participate in the following activities:



Pilates



Stretching



Yoga



Sensory



Aqua Aerobics  
(Seasonal)



Massage



Swimming  
(Seasonal)

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### 5. WATER SPORTS *(seasonal)*

Our water sports module is for those participants that love the water and want to reach their goals of being more active in the water and outside of it. In this module you will get to participate in the following activities:



Kayaking



Swimming



Surfing



Sailing





# JOB READY

## Overview

Our Job Ready Module will provide you with the resources and skills to learn various things that will prepare you for the time you decide you would like a job.

The skills you will acquire will help with job seeking, as well as your general life, so the benefits are plenty.

### EXAMPLE NDIS GOALS FOR THIS MODULE:

- I want to gain skills to obtain employment.
- I want to increase my independence.
- I want to become a volunteer.

## 1. JOB READY

Our job ready module will assist participants to acquire certain skills that can be used in both life as well as to equip those who would like to look for work.

In this module you will get to participate in the following activities:



Photography



Technology  
Skills



Volunteer  
Work at an  
Animal Shelter



First Aid  
Courses



Computer  
Skills



Interview  
Skills



# LIFE STYLE

## Overview

Lifestyle consists of three (3) modules that both teach and inspire through participation in activities that encourage you to be more independent, and to live a healthy life.

### EXAMPLE NDIS GOALS FOR THESE MODULES:

- I want to increase my independent living skills.
- I would like to increase my health and fitness.
- I want to learn about healthy eating.
- I would like to lose weight.
- I would like to learn how to garden.
- I would like to learn a new sport.
- I would like to move out of home.
- I want to learn how to cook.

## 1. INDEPENDENT LIVING

Our Independent Living module is for participants who would like to learn everyday living skills which will enable them to maintain their independence. In this module you will learn the following activities:



Using Public  
Transport



Laundry  
Skills



Budgeting  
Skills



Cleaning  
Skills



Volunteer  
at Animal  
Shelter



Make  
Beds



Health and  
Fitness



Personal Care  
and Hygiene



## 2. COOKING

Our cooking module allows participants to learn different methods of cooking and the benefits of healthy eating. In this module you will learn the following:



Baking



International  
Cuisines



Desserts  
and Sweets

Cooking  
Fundamentals

## 3. HEALTHY LIVING

Our healthy living module encourages participants to explore activities related to a healthy lifestyle and will provide useful learning tools to become more independent.

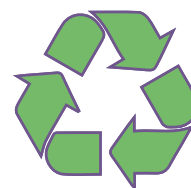
In this module you will get to participate in the following activities:



Gardening



Cooking for Health  
Healthy Eating  
Choices.



Environmental  
Recycling etc.



## 1. MUSIC

Our music module allows participants to explore the various therapeutic benefits related to music, from learning an instrument if you so choose, or listening to and attending live music.

In this module you will get to participate in the following activities:



Karaoke



Live Music  
Sessions



Learn an  
Instrument



Music  
appreciation



Create playlists

# MUSIC AND CULTURE

## Overview

Music and culture presently consists of three (3) modules that each explore the therapeutic benefits and sometimes energizing activities related to music, film and culture. You can participate actively, for example karaoke or band practice, or sit back and enjoy live music sessions or films. It's your choice!

### EXAMPLE NDIS GOALS FOR THIS MODULE:

- I would like to learn how to play an instrument.
- I would like to be part of a band.
- I want to increase my social network and make new friends.

## 2. US THE BAND

This repeating module is for participants who would like to utilize and improve their musical talents by being part of an active band who occasionally perform in community settings.



Band Practice



Music Inspiration



Song Writing



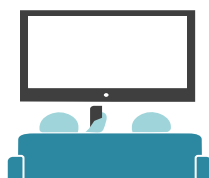
Community Performances

## 3. MOVIES

Our movies module is a social group that meet up on Friday evenings for movies, popcorn and chats.



Kingscliff Flicks



Movies on Demand



Social movie club



# SOCIAL DAYS

## Overview

Social Days contains four (4) modules that encourage interaction and fun activities with your friends, and promotes new friendships too! Engage your mind, socialize and have fun in a supportive all-inclusive environment.

### EXAMPLE NDIS GOALS FOR THESE MODULES:

- I want to socialise and make new friends.
- I want to learn a new skill.
- I want to access the community.
- I want to expand on my social network.

## 1. GAMES CLUB

Our games club module allows participants to explore and participate in fun games and activities. Test your knowledge with trivia, challenge your friends in board and card games and join in the excitement of learning something new.

In this module you will get to participate in the following activities:



Trivia



Board Games



Card games



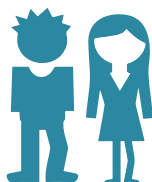
Sports Games

## 2. KIDS CLUB

Our kids club module is for our younger participants to encourage friendship building, social interactions and well as having lots of fun. These activities occur monthly and also during the school holidays.



Weekend Kids Club



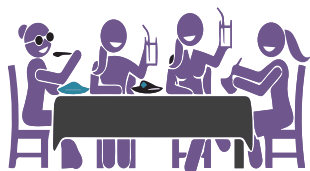
School Holidays Kids Club



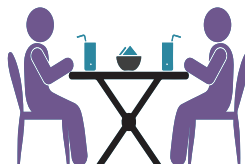


### 3. SOCIAL CLUB

This twelve (12) week module will allow participants enjoy social outings of various activities that will encourage friendship building, social interactions and fun times in an inclusive and supportive environment.



Outings  
to clubs



Social  
catch-ups



Coffee  
catch-ups  
Community  
Connections

### 4. FOOTY HEADS

Like your footy? In this twelve (12) week module you will join friends to head out to live NRL or AFL games, and experience the adrenaline and excitement of being part of a crowd enjoying two of the best games in the world!



Watch live  
NRL Games



Watch live  
AFL Games





## Have you considered a Short Term Accommodation Stay

### LOCATION, LOCATION!

Pottsville is a quite coastal town situated between Tweed Heads and Byron Bay on the North Coast of NSW. It is currently serviced by a small shopping centre with takeaway food, restaurants, beachside hotel, supermarket and surf and fishing supplies.

Famous for its excellent beaches, it is also a great place for canoeing and paddleboarding.

The Pottsville Bicentennial Environment Park is another attraction for bushwalking and picnics. There are also tennis courts and a nearby golf course for sporting enthusiasts.

There is a choice of five (5) World Heritage listed National Parks to explore and nearby tourist attractions include Tropical Fruitworld, Husk Distillery, Farm and Co and many more.





# SHORT TERM ACCOMMODATION

## Overview

Short-term accommodation replaces what used to be known as respite and provides people with disability the opportunity to have a holiday away from home and for their families and carers to have a break.

Our Pottsville Short-Term Accommodation House, which is open 7 days a week, 24 hours a day, is a beautiful blend of residential and coastal living. Compliant with the Disability Services Standards, it is suitable for people of all needs. Short Term Accommodation can be funded through core and you don't have to have it specified in your NDIS plan.

### EXAMPLE NDIS GOALS FOR SHORT TERM ACCOMMODATION STAYS:

- I would like to be supported to have a holiday.
- I would like to increase my independence.
- I want to increase my social network and make new friends.
- Time away from the family

## HOUSE ACCOMMODATION



Pottsville House is located in the exclusive “Black Rocks” estate in a quiet cul de sac street and is only a short walk to the pristine beaches or cycle along the bike track to the local shopping centre.



Offering four guest bedrooms and one staff room, the house has a large accessible bathroom with a spa bath and ceiling mounted electric hoists. There is also a smaller bathroom and powder room.



The design of the house is open plan, with a fully accessible kitchen, living and dining area which leads out to a large covered entertainment area and fully fenced outdoor areas with vegetable and herb gardens.



We aim to make your stay at Pottsville House as comfortable as possible and fully cater for individual diet and health needs.



Discover Lifebridge  
Visit [lifebridge.org.au](https://lifebridge.org.au) or call **1800 043 186**