



**OUT AND
ABOUT**



lifebridge
Australia Ltd



SOCIAL AND COMMUNITY PARTICIPATION PROGRAM

February- April 2021



**GO PLACES
IN 2021**



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

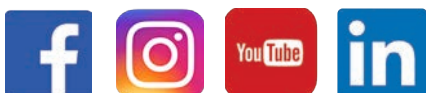
We are customer focused, outcome driven and business like in the way we work.

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BRING YOUR GOALS TO LIFE!

Welcome to the new year and Third edition of the Lifebridge Social and Community Participation booklet for February – April 2021. 2021 is all about 'Going places'

We are pleased to provide another diverse range of activities developed for you to enjoy, tailored to meet your individual NDIS goals and to get you going places!

Under the National Disability Insurance Scheme (NDIS), Social and Community Participation programs are all about supporting people with a disability to take part and participate in their local communities.

The Lifebridge Social and Community Participation programs are all about getting out and about, meeting new people and trying new things. The NDIS will fund reasonable and necessary supports in order for a person to pursue their goals and aspirations.

Lifebridge is all about supporting people to break down their individual NDIS goals into achievable outcomes and steps that can be achieved within the timeframe of the plan. A goal is something a person's wants to achieve such as:

- Becoming more independent and learning new skills
- Participate in my local community
- Making new friends and social networks
- Health and wellbeing- improving on or maintaining my fitness
- Finding and keeping a job

Goals can be about the things that you want to achieve, to do more of, to improve on or trying new things. Goals can support someone to overcome barriers, to become more confident and have a more independent life. At Lifebridge there are so many ways for you to meet new people, try new things and learn new skills.

COMMITTED TO YOUR SAFETY AND WELLBEING

Over the past 12 months, we have adapted our services to the new reality. Lifebridge is a registered NDIS service provider and COVID safe business. We are committed to delivering quality services, while doing everything possible to protect customers, staff and community.

Our COVID Safe Plan provides clear directions and obligations under Public Health orders, to minimize risk of transmission of COVID19 in all of our activities.

REPORTING ON YOUR NDIS 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.



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.

Going Places in 2021

MONDAY

Games Club

Social Days Module
Murwillumbah
Community Centre
9am- 3pm

Cooking

Lifestyle Module
Pottsville House
9am- 3pm

Water Sports

Active Life Module
Community Based
9am- 3pm

TUESDAY

Artists in Residence

Accessible Arts Module
Cabarita Beach Sports
Centre
9am- 3pm

Healthy Living

Lifestyle Module
Cabarita Beach Sports
Centre
9am- 3pm

Active Living

Active Life Module
Cabarita Beach Sports
Centre
9am- 3pm

WEDNESDAY

Cooking

Lifestyle Module
Murwillumbah
Community Centre
9am- 3pm

Active Social Club

Social Days Module
Murwillumbah
Community Centre
9am- 3pm

Independent Living

Lifestyle Module
Murwillumbah
Community Centre
9am- 3pm



THURSDAY

Gentle Exercise

Active Life Module
Cabarita Beach Sports
Centre
9am- 3pm

Social Club

Social Days Module
Cabarita Beach Sports
Centre
9am- 3pm

US the Band

Music and Culture
Module
Cabarita Beach Sports
Centre
9am- 3pm

FRIDAY

Job Ready

Job Ready Module
Murwillumbah
Community Centre
9am- 3pm

Movie/Theatre/Art

Music and Culture
Module
Community Based
9am- 2pm

Sports Club

Active Life Module
Murwillumbah
Community Centre
9am- 3pm

SATURDAY

Social Walking Club (fortnightly)

Active Life Module
Community Based
9am- 2pm

Weekend Kids Club (Monthly)

Social Days Module
Community Based
10am- 3pm

SUNDAY

Social Club (Monthly)

Social Days Module
Community Based
9am- 3pm

ACCESSIBLE ARTS

Overview

Accessible Arts have two (2) 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.

1. ART

Our artist in residence 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

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, sun catcher, dream catcher
- Sand Sculpture, Pottery, Plaster Craft, Paper Mache
- Jewellery Design, Upcycled Craft, Macrame



Painting
Expressive Arts
Art Admiration
Inspiration



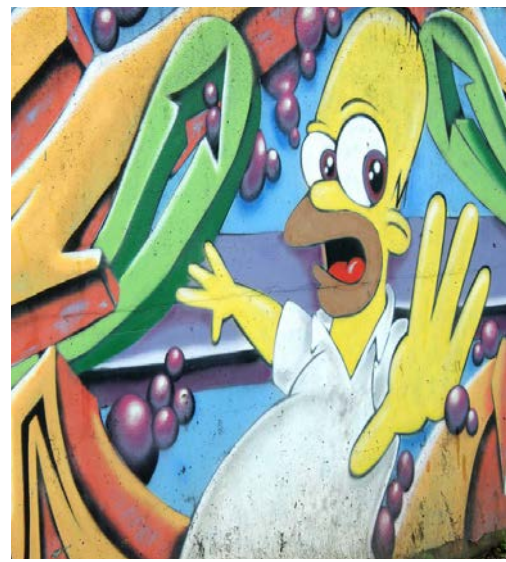
Photography
Photo Editing
Getting to know your
camera



Drawing
Life Drawing
Adult Colouring In
Street Art
Mural Design



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



Sand Sculpture
Pottery
Plaster Craft
Paper Mache



Jewellery Design
Upcycled Craft
Macrame

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 activities such as soccer, cricket, lawn bowls, golf, mini golf, basketball, ten pin bowling and bootcamp.

2. WALKING

Our walking club module allows participants to actively pursue the health benefits of walking in various pleasant settings like bush walking, beach walking and 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 dance styles such as line dancing, zumba fitness and freestyle dance.

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 pilates, stretching, yoga, sensory, aqua aerobics (seasonal), massage and swimming (seasonal).

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 and Sailing

Bush Walking
Beach Walking
Local Community
Walks



Line Dancing
Zumba Fitness
Freestyle Dance



Soccer, Cricket, Lawn
Bowls, Golf, Mini Golf,
Basketball, Ten Pin
Bowling, Bootcamp



Pilates, Stretching,
Yoga, Sensory, Aqua
Aerobics (seasonal),
Massage and
Swimming (seasonal).



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
- Computer Skills
- Volunteer Work at an Animal Shelter
- First Aid Courses
- Interview Skills



Photography Technology Skills



Increase your
Independence
Gain skills to obtain
employment



First Aid Courses
Training Courses



Volunteer Work
at an Animal Shelter
Volunteering
Opportunities



Interview Skills
Job Preparation
Job Seeking



Computer Skills
Information
Technology

LIFESTYLE

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 an 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

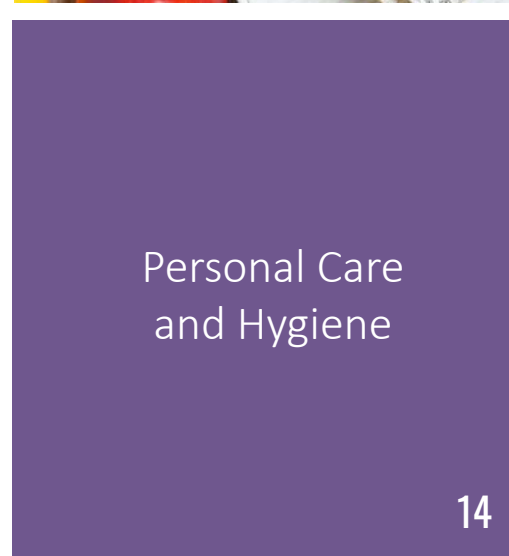
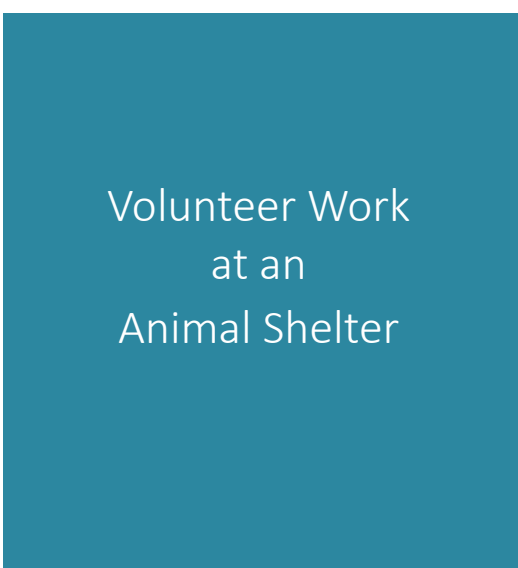
Our healthy living module encourages participants to explore activities related to a healthy lifestyle and will provide useful learning tools to become more independent.

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

- Gardening, Cooking for Health, Healthy Eating Choices, Environmental Recycling etc.



Using Public Transport
Laundry Skills
Budgeting Skills
Cleaning Skills
Health and Fitness



MUSIC AND CULTURE

Overview

Music and culture presently consists of four (4) 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.

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 Karaoke, Live Music Sessions, Learn an Instrument, Music appreciation, Create Playlists.

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

3. MOVIE/THEATRE/ART

Our movie/theatre/art module is for participants who enjoy going to the movies, live theatre and visiting art galleries to expand cultural insight.



Karaoke
Live Music Sessions
Learn an Instrument



Band Practice
Music Inspiration
Song Writing



Kingscliff Flicks
Movies on Demand
Social Movie Club



Music Appreciation
Create Playlists



Be part of a band
Community
Performances



Increase your Social
Network and make
new friends

SOCIAL DAYS

Overview

Social Days contains five (5) 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 Holiday 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!

5. ACTIVE SOCIAL

Our Active Social Module allows participants to explore and participate in social activities that include some gentle exercise. This module encourages you to make friends and improve your health and fitness at the same time.

Weekend Kids Club
School Holiday
Kids Club



Outings to Clubs
Social Catch Ups
Coffee Catch Ups
Gentle Exercise



NRL Games
AFL Games
Community
Connections



Trivia
Board Games
Card Games
Sports Games



Expand on your
Social Network and
make new friends

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

BRING YOUR BEACH GETAWAY TO LIFE

Escape to a home away from home just minutes away from one of the Tweed Coast's most beautiful beaches. Pottsville is a coastal town in the Northern Rivers of NSW, serviced by a small shopping centre with takeaway food, award winning restaurants, beachside hotel, supermarkets and surf and fishing supplies.

The many creeks and estuaries around Pottsville are great for canoeing, fishing and swimming. Visit the Beachside Markets on the first and third Sunday of each month for local produce and crafts. Pottsville Environment Park has beautiful walks that wind through natural bushland and has so many picturesque spots to enjoy a picnic or BBQ.

WHAT IS INCLUDED?

We aim to make your stay at the Pottsville Short Term Accommodation House as comfortable as possible and our Short Term Stay package includes:

- The option to stay during the school holidays and public holidays, Qualified support staff 24/7, All meals including breakfast, lunch and dinner – (we can fully cater for individual diet and health needs), Social activities, outings and much more, Accessible Transport Bus, No out of pocket expenses.



Qualified support staff are on duty 24 hours a day during your stay.



Pottsville House is an open plan, wheelchair friendly house with four private guest bedrooms, two bathrooms, one equipped with a spa bath, fully accessible kitchen, living and dining areas which lead out to a covered entertainment area.



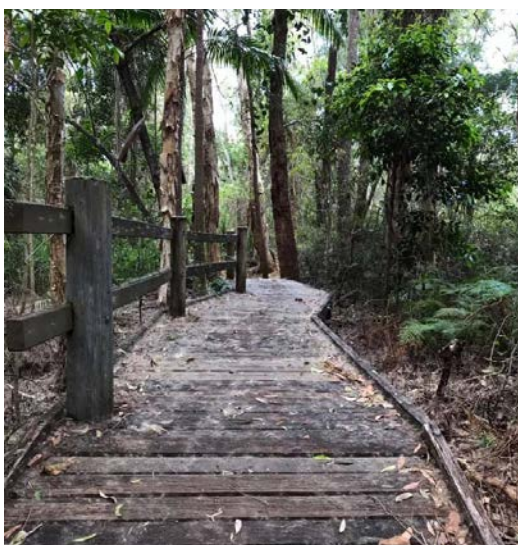
Located in the exclusive "Black Rocks" Estate, the house is perfectly positioned to enjoy the essence of the Pottsville Beach lifestyle. The walking and cycle tracks along the creek to the beach are flat and wheel chair friendly.



Contact us today on 1800 043 186 or email admin@lifebridge.org.au for further information about your stay.



Whether you are looking for a Girls or Guys 'Night Out", a sports Weekend, an all adventure experience, Coastal Chill or a Fishing weekend, our Pottsville Short Term Accommodation House is right where the action is.



The Tweed Coast is a beach lover's dream with 37 km of stunning coastline, covering all you need for aquatic adventures from heart-pumping action to meditative moments.

COMMITTED TO SAFETY

The COVID-19 pandemic has highlighted Lifebridge's role as an essential service to our customers and our community.

More than ever do we stand behind our motto of supporting people in our community and we are committed to a COVID Safe workplace for our customers, staff and volunteers.

We have changed the way we do things to make being COVID Safe an essential part of our daily lives.

If you have any further questions about the COVID safe measures put in place by Lifebridge, please contact us on 1800 043 186 or email admin@lifebridge.org.au

We are committed to keeping our customers, staff and volunteers as COVID safe as we possibly can and appreciate your cooperation in adhering to all COVID safe protocols put in place.



PERSONAL HYGIENE

Good Hygiene Practices are reinforced in our monthly Staff Updates and also in communications to our customers.

Signage reinforces the message at our physical locations to best support a COVID safe workplace.

Sanitising stations have been set up at all Lifebridge locations and forms part of our condition of entry.

Infection Control Training is a mandatory requirement for all Lifebridge staff.



PERSONAL PROTECTIVE EQUIPMENT

All Lifebridge staff and volunteers have access to Personal Protective Equipment (PPE) which includes:

- Face Masks
- Gloves
- Hand Sanitiser
- Disinfectant Wipes
- Shoe Booties
- Glen 20 spray.

WE'RE
COVID
SAFE



CLEANING AND SANITISING

All Lifebridge venues and administration offices underwent an extensive clean during the COVID Lockdown period.

Cleaning and sanitising is regularly carried out at Lifebridge locations after each group activity.

Buses are also wiped down and sanitised at the end of every shift.

Office staff have been instructed to clean and sanitise their workstations every afternoon.



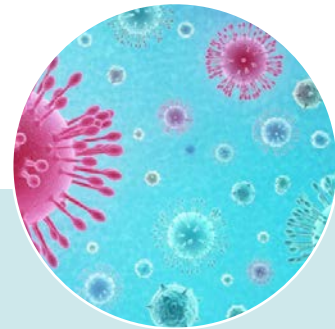
SOCIAL DISTANCING

To maintain a safe working environment, Lifebridge have imposed strict guidelines around social distancing.

Activity Groups have reduced in size to maintain social distancing.

We have also limited group sizes at our Kingscliff Cottage.

Office staff have the option to work at home and only 12 staff members are permitted in our administration building at one time.



PANDEMIC RESPONSE PLAN

Lifebridge have created a Pandemic Response Plan which is available to download on our website lifebridge.org.au under the Resources Tab.

The purpose of this plan is to provide services and business continuity, protection and reassurance to customers and staff of Lifebridge in the event of a pandemic or pandemic like event.

All Lifebridge staff must read and understand the Pandemic Response Plan as part of their employment.



A new range of
'Pop Up' Activities
in addition to
our 12 week
programs



COMING SOON TO LIFEBRIDGE



Sunday Sessions
The Market Trail
Yoga
Live Entertainment
Footy Heads
and more



For more information and to let us know you are interested,
please call either Martin or Andrew on 1800 043 186.



Discover Lifebridge
Visit lifebridge.org.au or call 1800 043 186