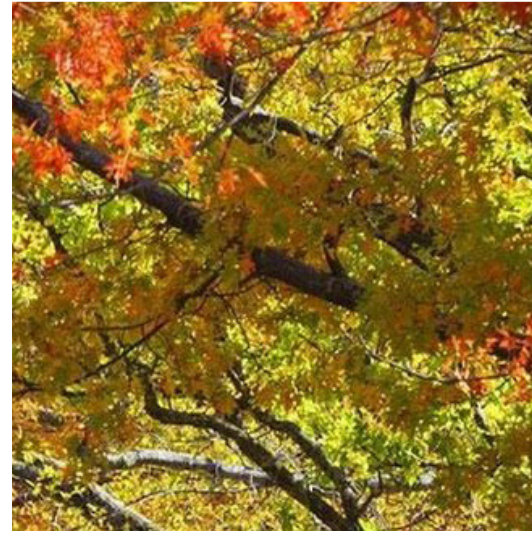


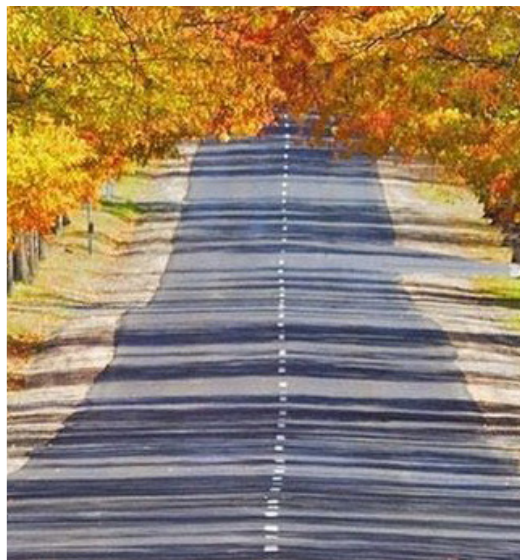


**ADVENTURE  
AWAITS**



lifebridge  
Australia Ltd

**GO PLACES  
WITH  
LIFEBRIDGE**



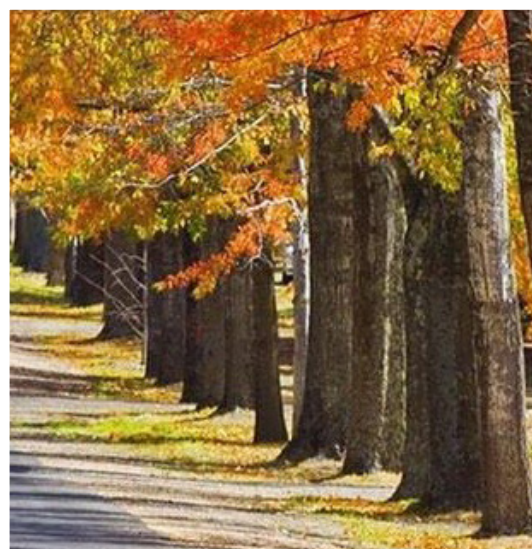
**TRY  
SOMETHING  
NEW**

# SOCIAL AND COMMUNITY PARTICIPATION PROGRAM

April - July 2021 (Autumn Edition)



**BRING YOUR  
GOALS TO  
LIFE**



# 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.

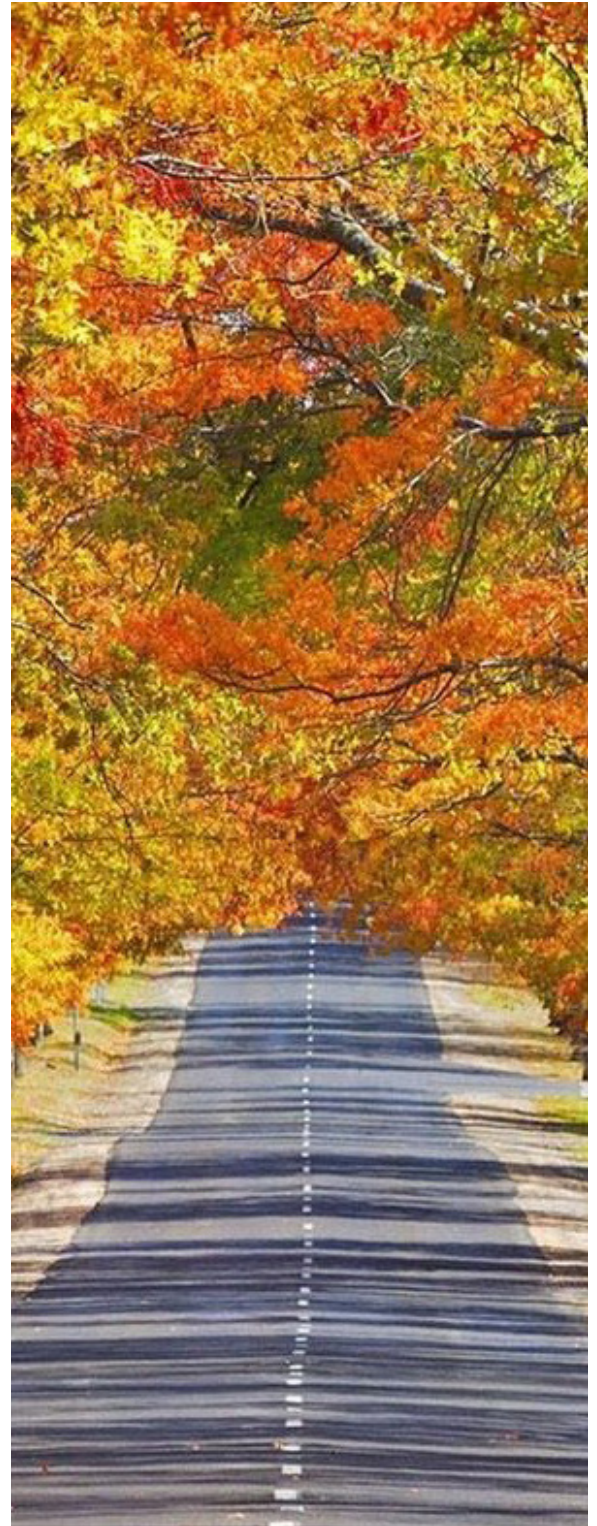


### *Professionalism*

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

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# ACHIEVE YOUR PERSONAL GOALS!

Welcome to our new Autumn 2021- Lifebridge Social and Community Participation Activity Booklet.

## TRY SOMETHING NEW

A range of new activities and the old favourites, improved and tailored to better meet your needs and support you to achieve your NDIS goals.

### **The most important thing about goals ..... is having one!**

Lifebridge understands that your NDIS Goals are the things that are important to you and what you want to achieve in your life. Setting goals gets you to places you want to go – it turns your dreams into reality! Learning to set goals for yourself is important right throughout life and it helps you shape your future. Some goals might be big and take a time to get there, other goals may be small and short term. That is why our Social and Community Participation programs are now in 12- week modules. This allows you to have improved choice over what you do and allows you to try a range of new activities, or you can simply continue with the activities that you have been doing – It's up to you!

Lifebridge is all about delivering services that correspond with what you want to achieve for yourself in the future.

## BRING YOUR GOALS TO LIFE

We understand that the NDIS is about you having choices and that the funding in your individual plan needs to be used in a way that links to a goal written in your NDIS plan. 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
- Finding and keeping a job
- Doing more social and recreational 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 have encountered during the plan period and adjustments made
- Risk identification
- Recommendations of additional supports, where required

**And remember ..... you can go places with Lifebridge!**



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.

# Go Places with Lifebridge

## 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

### Get Arty with Rachel

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 with Brandon

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. GET ARTY WITH RACHEL

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

## 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).



Increase your fitness  
Decrease pain  
Learn a new sport



Bush Walking  
Beach Walking  
Local Community  
Walks



Line Dancing  
Zumba Fitness  
Freestyle Dance



Soccer  
Cricket  
Lawn Bowls  
Golf  
Mini Golf



Pilates, Stretching,  
Yoga, Sensory,  
Massage



Basketball  
Ten Pin Bowling  
Bootcamp

# 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 WITH BRANDON

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



Baking  
International Cuisines  
Desserts and Sweets  
Cooking  
Fundamentals



Cooking for Health  
Healthy Eating  
Choices



Volunteer Work  
at an  
Animal Shelter



Gardening  
Environmental  
Recycling



Personal Care  
and Hygiene

# 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 paid for in total through CORE funding 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.

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.

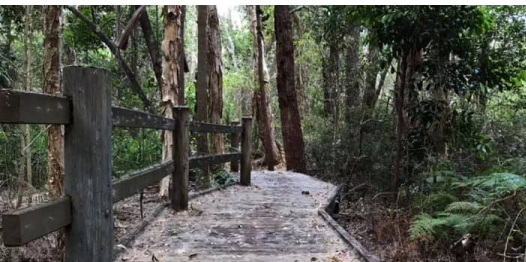
The walking and cycle tracks along the creek to the beach are flat and wheel chair friendly.

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.



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.

Award winning Pipit Restaurant is a celebration of the Northern Rivers coastal lifestyle, local produce and wood-fired cooking, set around an open-plan kitchen.



Pottsville Environmental Park is 54 hectares of coastal vegetation set between the two arms of Cudgera Creek. It has over 4km of walking tracks, wetland boardwalks and viewing platforms.

The popular Pottsville Beach Markets are a great avenue to purchase farm fresh produce, plants, home-made treats, local art and craft, clothing and jewellery, home decor, nic-nacks and much more.



You can kayak or canoe upstream on the tranquil Mooball Creek for around 6 kms, where eventually emerging from the tree cover you are greeted with a stunning view of Mt Warning.

# 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](mailto: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.



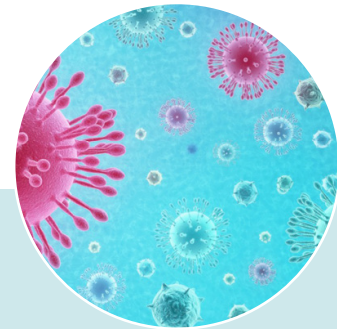
## SOCIAL DISTANCING

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](https://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](https://lifebridge.org.au) or call 1800 043 186