



# Community, Social and Recreational Support

  
Lifestyle  
Solutions



## We can support you to

- Do things you enjoy
- Meet new friends
- Take part in the community

It is about you having fun and doing things you like.



## How Lifestyle Solutions can help

We can support you to meet new people.

We can help you get better skills in

- Reading and writing
- Managing money.



We help you plan what you want in life such as when you move from school to work.

We give you opportunities to volunteer at places like Meals on Wheels.



## Community Hubs

Our Community Hubs support you to be creative and have fun.

You can learn skills and do activities you enjoy

- Outings with friends
- Music, art and craft
- Cooking and living skills
- Swimming, aerobics and sailing
- Dancing, gym, bowling and other activities.



## NDIS

Speak to your Local Area Coordinator or LAC.  
Ask for Community, Social and Recreational Supports in your NDIS plan.

### For more information



**1800 634 748**



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**[www.lifestylesolutions.org.au](http://www.lifestylesolutions.org.au)**

This factsheet is written in a way that is easy to read.