



**WATCH DISABILITY SERVICES INC.**



***WATCH Me Shine!***

# WATCH Inspire

## Group Activities & Skill Development

In the WATCH INSPIRE program, we believe anything is possible and we will endeavour to excite, encourage and motivate you, giving you the opportunity to take part in a variety of fun, challenging and meaningful activities through your NDIS funding.

If you are a young school leaver (18-25 years old), come to the INSPIRE program to further develop your life skills, social skills, independent living skills, vocational skills, creative skills, and community connections.

The support of dedicated, qualified, and experienced staff will work with you to pursue your NDIS goals and aspirations and inspire you to achieve your goals.

Support levels are based on participants having medium to low support needs. You can choose to attend between 2 and 5 days a week - It's your choice!

### PROGRAMS INCLUDE:

#### Skills For Life

- Household Tasks/Domestic Duties
- Computers / iPads
- Budgeting / Money Management
- Recycling
- Road skills
- Travel Training
- Literacy/Numeracy
- Industry Visits
- Work Experience/Volunteering
- Formal Training Courses
- Health & Safety

#### Creative Arts

- Visual Arts
- Music and Movement
- Photography
- Performing Arts

#### Social Skills

- Communication and Conversation
- Friendships and Relationships
- Manners
- Managing Emotions
- Conflict Resolution

#### Health and Wellbeing

- Gym
- Swimming
- Yoga / Exercise
- Gardening
- Olympic Fun
- Personal Care & Emotional Wellbeing

#### Cooking

- Food Preparation
- Hygiene
- Nutrition & Healthy Eating
- Cooking & Baking
- Sensory Edible Garden

#### Community Inclusion

- Bowling
- Bushwalking
- Walks At Parks
- Shopping
- Social Groups
- Community Events
- Discos
- Myuna Farm



Come and join us for an enjoyable and enriching experience, and meet new friends along the way. Places are limited so contact us today to learn more.

**Enquire Now!**



Phone:  
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