

Community Connection – Social and Community Participation

Whether you're keen to get out and about in the community, sign up for an art class, or learn to catch public transport – whatever your goals are, our social and community supports have something for you.



Choose how you want to spend your day, with centre-based and community social and lifestyle programs designed to help you achieve your goals.

From horse riding to pottery, recreation to gardening, fitness to cooking — we have social and community programs for everyone based at Brighton.

If you prefer one-on-one support to live more independently, get active in the community or take up a hobby, our mentoring program can help you achieve your goals, with a friend to support you along the way.

No matter what your lifestyle goals are, or how you want to achieve them, we have an option for you!


Activities include:

- Activities of daily living
- Social outings and participation
- Horseriding
- Pottery
- Cooking
- Fitness and so much more!
- It's all about exploring things you never thought possible!

How do I sign up?

Let our team know what your goals are, and we'll support you to achieve them.

We're here to help — call us today to find out how 1800 164 632 or email hello@minda.asn.au



We want to be a part of your journey and to help you reach your goals. Whether you're keen to get out and about in the community, sign up for an art class, or learn to catch public transport - our social and community services has something suitable for everyone.

mindainc.com.au



Lifestyle Supports - Social and Community Participation



Under the NDIS, Social and Community services are about supporting people with disability to take part in the community.



At Minda, we offer a day options program, MyPath, mentoring services and Independent Support Services (ISS). These services are provided by our highly trained Disability Support Workers. MyPath allows you to choose how you want to spend your day, with programs designed to help you achieve your goals. From horse riding to pottery, recreation to gardening, fitness to cooking – we have something for everyone.

What programs does MyPath offer?

We offer a range of programs at MyPath, including:

- All Things Food (Quick Cooking, Cooking Essentials)
- Life Skills (Community Spirit, Communication, Independent Living)
- Fitness, Leisure and Recreation (Fitness, Leisure and Recreation)
- Healthy Living and Wellbeing (Healthy Ageing, Mind, Body and Spirit, Health Awareness)
- ICT (Art Techno, Social Media, Computers for Learning)
- Culture and Arts (Visual Arts, Creative Arts, Music & Dance)
- Transition to Employment Options (Volunteering, Work Skills)
- Gardens and the Environment (Our Environment, Green Gardens, Animals and Creatures, Horse Riding)

Our mentoring program can help you reach your goals, while having a friend to help you along the way. If you're wanting to develop your skills, explore your hobbies or get active in the community, our mentoring service is for you. You'll be paired with someone who matches your interests and personality – and our support workers can even come to you!

What can Minda's mentoring team help me with?

Our mentors can support you with many tasks, including:

- Cooking and cleaning
- Personal care
- Shopping
- Money and budgeting
- Volunteering and working
- Taking medication
- Catching public transport
- Daily outings, such as going to the Art Gallery
- Activities and hobbies, such as fishing

Independent Support Services aids those who live independently but need assistance with daily tasks such as grocery shopping or making appointments. It is a paid personal support under the NDIS, where you can receive up to 7 hours a week of support. Your goals and living requirements are considered so you can receive the required support you need while living independently as possible.

Client spotlight

Mikey accesses our mentoring program on a weekly basis. As an avid car enthusiast, Mikey's long-term goal was to visit The Bend Motorsport

Park in Tailem Bend, and thanks to our mentoring team, he achieved his goal. Mikey is already planning his next trip to The Bend.

NDIS

Social and Community Participation services are funded under either Core Supports (Assistance with Social & Community Participation) or Capacity Building (Increased Social & Community Participation).



How do I sign up?

We look forward to welcoming you to our Lifestyle Supports at Minda! If you're wanting to join one of our MyPath programs, please contact our Senior Practitioner, Mellanie Patfull on (08) 7077 1113 or mellanie.patfull@minda.asn.au.



To sign up to our mentoring program or to find out more about ISS, please contact 1800 164 632.

