

Come and join in the fun!

If you're 14-26 with mild intellectual disability and low support needs, we have a whole program of great supported events coming up. They will help you build community engagement, increase your capacity and add to your social and recreational activities.

HOLEY MOLEY PUTT PUTT + DINNER - OVER 18s

Friday 19th February @ 6:00pm - 10:00pm

Join us for 2 games of putt putt and then dinner.

Over 18s only as it's a licenced venue

Cost: \$83 NDIS plus 2 games of putt, putt, dinner and drinks.

MOONLIGHT CINEMA - WONDER WOMAN

Saturday 20th February @ 6:00pm - 10:30 pm

Come and relax and watch Wonder Woman do her thing in Centennial Park

Cost: \$119 NDIS + \$20 ticket + \$10 bean bag (optional)+ food and drinks.

JAMBEROO ACTION PARK

Saturday 27th February @ 9:00am - 6:00pm

Meet at St Matt's to travel to Jamberoo for a fun day at the water park

Cost: \$290 NDIS (1:3 ratio for safety) + \$70 transport, \$38 entry + lunch money.

BOWLING & PIZZA NIGHT

Friday 5th March @ 7:00pm - 9:30pm

Join us at Manhattan Superbowl, Mascot for a fun night of bowling, pizza and salads. Cost: \$52 NDIS + bowling and dinner.

DINNER AT MAMAS + PAPAS, RANDWICK

Friday 12th March @ 6:00pm - 9:00pm

Join us for our dinner at our favourite restaurant.

Cost: \$62 NDIS + meal and drinks (we'll invoice as no split bills)

SYDNEY ZOO

Saturday 20th March @ 8:00am - 6:00pm

Meet at St Matt's to travel to the zoo for a fun day exploring Sydney's newest zoo.

Cost: \$322 NDIS (1:3 ratio for safety) + \$70 transport, \$35 entry + lunch.

NRL - SOUTHS V EASTS

Friday 26th March @ 5:00pm - 11:00 pm

The grudge match. Will Easts save face or will the Mighty Rabbitohs be victorious? Must book soon! Cost: \$125 NDIS + \$50 transport + entry + food, drinks



A Slice Of Life

empowering programs for young
adults with additional needs

Book your place now!

bookings@asliceoflife.com.au

0433 795 429

www.asliceoflife.com.au

Note: All costs are based on participants with low support needs unless otherwise indicated. If your needs are higher, the cost may be higher as additional support worker may be needed.

FEB-MAR 2021



A Slice of Life

Empowering programs and support coordination

Programs

We offer quality, empowering programs that promote inclusion and build life skills, confidence and dignity. Open to 18-26 year olds with mild intellectual disabilities and low support needs.

Based at Botany in an accessible community hall, we have small classes and a good support ratio. Our qualified instructors are committed to make a genuine difference in the lives of all participants.

We use a person-centred structure to provide fun, meaningful support and create a learning environment full of opportunity and possibility. Participants will build skills and capacity to engage in the world with confidence.

Our programs are designed to give participants a richer slice of life and include cooking and food culture, preparing for work and managing your job, self care, art, drama and social clubs. They're scheduled to re-start in February 2021.

Independent Support Coordination

If you're looking to maximise the impact of your NDIS funding with a Support Coordinator who truly cares and wants to help you achieve your goals to live your best life, we'd love to help!

Working within your budget and your NDIS plan, Christine will source programs and support that will help you with your day to day activities and connect you with opportunities that will make your life richer.

- Friendly, approachable, solution focused, personalised service.
- Support to help you understand your NDIS plan to enable you to build capacity and live as independently as possible.
- Working creatively to connect you with providers and allied health professionals with high integrity.
- Understanding of NDIS, funding and assistance to gain access to the Scheme.
- Support to resolve issues.
- Genuine care and compassion
- General support + specialised support in complex needs eg hoarding, housing, etc.

Contact Christine to find out how you can easily transition to a Support Coordinator that genuinely wants the best for you.

Empowered people make empowering choices



Christine Cockburn
Owner/Facilitator
Support Coordinator
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Who Are We?

