

WE are Recreation Specialists/Therapists and have worked with people who have acquired disabilities for over 20 years. People with disabilities from transport or work accidents, strokes or illness. We support **YOU** to develop social networks, explore and engage in recreational activities of **YOUR** choice.

Do you want to:

- **Increase your social networks?**
- **Explore new re-creational activities?**
- **Pursue a particular interest?**

Community Based Recreation and Social Activity

We help you identify, explore, trial and engage in your interests that are inline with your goals. Together we work through the barriers to succesful participation.

Examples:

- Join creative writing and art groups/exhibitions
- Play mainstream or wheelchair sports
- Volunteer
- Join music and drama groups and choirs
- Join a Men's Shed or cooking group

WHAT EVER INTERESTS YOU!

We are also very experienced at complex holiday planning for individual and group holiday, both specialised and mainstream.

We have a strong belief in creating opportunities for participants to build strong, safe social networks which may lead to friendships.

CONTACT US:

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At Leisure Balance we run ONLINE...

- **Weekly Trivia** - a great way of interacting with others, having **FUN** and **LEARNING**.

"I love socialising with everyone and meeting lots of new people. I enjoy the social aspect and trivia is one of the things I look forward to the most each week"

- **Mini Socials** - social groups with selected participants with appropriate social skills - max 6 people. The small group ensure interesting conversations and everyone gets the chance to speak and to be listened to.

"I like it because when I speak, people listen"

- Safe and private **Facebook** Group
- **Regular emails** with interesting links
- **Blog** on our website to share suitable art, images, stories, creative writing

FOR MORE INFORMATION, VISIT US AT:

www.leisurebalance.com.au

ASSESSMENT

We like to really get to know you so we can help you to explore, try new recreational and social activities. There are a number of levels of initial assessment. Contact us to establish which of these are most suitable for you.

INDIVIDUAL RECREATIONAL, SOCIAL PROGRAM

Your program will be developed for you based on your unique interests and goals.

This may include:

- A combination of community based and online activities.
- Options run by other mainstream or specialised organisations.
- Leisure Balance online options if that interests you.

"Leisure Balance has been excellent and have helped me connect back to the community, through connecting me to organisations that I have volunteered with, to others such as recreation for sport and other activities"

IT'S REALLY ABOUT WHAT BEST MEETS YOUR GOALS.

