

Day Programs

Recreational, Sport and Community Participation

What are Day Programs?

Windgap Day Programs provide an opportunity for individuals to actively participate in the community through recreational, sport and life skills development.

Our person centred approach ensures that our programs are designed for the individual to help achieve the goals set out within their plan and fulfil their interests and aspirations.

Programs are facilitated by our passionate team of Community Support Workers, who arrange daily activities based on common interest or needs, from individual to group activities.

We travel! We have a fleet of transport vehicles and regularly take public transport to ensure we get out and about in the community to explore new places and activities.

Activities

Some of our activities and experiences include:

- Art classes
- Dance classes
- Cooking classes
- Mosaic classes
- Gardening and veggie gardens
- Swimming
- Yoga
- Beach walks
- Café visits
- Fishing
- Sports and gym activities
- Sailing
- Library activities
- Learning, including literacy and numeracy programs
- Computer training
- Community volunteering
- Sensory room access
- Concerts and shows at local clubs
- Plus, a range of excursions to the movies, museums, Sydney festivals for example.

Our Day Programs are facilitated at our five locations across the South-Eastern area of Sydney and are set up to feel like a home away from home. Each location caters for varying levels of support and takes into account the social and emotional needs of the individual.

What are the benefits of our Day Programs?

Our Day Programs provide many short and long term benefits for both the participants and their families, including:

- Opportunity to learn new skills and uncover talents
- Enhancement of literacy, numeracy and communication skills
- Community inclusion and participation
- Health and wellbeing
- Building confidence and self esteem
- Promote Independence and empowerment
- Team building and social skills
- Opportunity to meet new people, form friendships and have fun!

About Windgap

The Windgap Foundation is a not for profit organisation, started by a group of parents over 65 years ago to provide education to their children with intellectual disabilities.

Today, as in the past, our 'Person Centred' approach is at the heart of everything we do and we pride ourselves on providing quality programs and support to foster independence, learning and development, fun and empowerment.

Our NDIS registered programs and services are guided by the Windgap Customer Care and Advocacy and include:

- Plan Management and Support Coordination
- School Leavers Employment Support
- Life After Work Program
- Day Programs – recreational, sport and community participation
- Learning, including literacy and numeracy programs
- Supported Employment Service
- Flexible Support Service
- Supported Accommodation
- Growability – our landscape employment initiative
- Making Airwaves – our unique radio program initiative

How do I apply?

Our Customer Care and Advocacy Service is the best place to start, so we can work with you to understand your plan, needs and goals.

Contact us directly on **1300 NDIS CARE** or send an enquiry through our website.



Contact us

To find out more call us on:
1300 NDIS CARE or (02) 8337 3600
8.00am to 5.00pm - Monday to Friday

1300 NDIS CARE | www.windgap.org.au

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