

COMMUNITY DAY PROGRAMS

Getting out and about in the community



What are Day Programs?

With Windgap Day programs you will be out and about in the community, enjoying all it has to offer, regardless of your support needs.

Activities will vary from day to day and are decided on by the group or individuals at the program, based on participants needs, interest, goals and hobbies.

Windgap has four Day Programs located in South-Eastern Sydney and are facilitated by our team of dedicated Support Workers. Each location caters for varying levels of support and takes into account the needs of each person.

We also have a fleet of transport vehicles with hoists and take public transport to ensure we get out and about in the community, to explore new places and activities.

What are the benefits?

Day Programs provide many benefits for both the participants and their families, including:

- Opportunity to learn new skills and uncover hidden talents
- Enhance literacy, numeracy and communication skills
- Community inclusion and participation
- Improve health and wellbeing
- Build confidence and self esteem
- Promote Independence and empowerment
- Team building and social skills
- Opportunity to meet new people, form friendships and have fun!

Activities and experiences include:

- Art classes
- Dance classes
- Cooking classes
- Yoga
- Choir
- Drum therapy
- Fishing
- Sewing
- Travel training
- Gardening
- Sports and gym activities
- Literacy and numeracy programs
- Computer training
- Community volunteering
- Participating in community projects and initiatives
- Sensory room access
- Concerts and shows at local clubs
- Excursions e.g. movies, museums, festivals and much more

Programs for all ages and abilities

At Windgap, we provide a choice of Day Program that best suits your needs, interests, age and abilities.

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

Start a conversation with us today to find out more.



TALK TO US

P: 02 8337 3600
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