



Social, Recreation and Community Participation



Westhaven
Live how you choose.

Our Social and Recreation Supports empower individuals with disabilities to participate in meaningful activities.

At Westhaven, we believe that social, recreation, and community participation are essential for people with disabilities to achieve independence, social and economic participation. Our programs offer a range of meaningful, social, recreational, and leisure activities that cater to individual needs and goals.

What are Social and Recreation Supports?

Social and recreational activities are vital for our health and wellbeing, but people with disabilities may require extra support to participate. We provide the necessary assistance to help individuals engage in joyful and fulfilling activities of their choice.

Our Programs and Activities

Our Social, Recreational and Community Participation Programs offer a range of activities, including:

- **Skills development:** shopping, cooking, budgeting, and more
Adult education: photography, computer skills, and other interests
- **Community participation:** volunteering, community events, and social gatherings
- **Building friendships and networks:** connecting with others who share similar interests
- **Achieving goals and aspirations:** setting and working towards personal goals
- **Fun activities:** painting, horse riding, dancing, and many more
- **Sport and recreation:** Zumba, aqua aerobics, swimming, cricket, and other sports
Life skills: cooking, shopping, using technology, and more



How We Support You

We understand that everyone's needs and goals are unique, and our programs are designed to be flexible and adaptable. We offer one-on-one, small group, and facility-based programs to cater to different preferences and needs.

Funding and Eligibility

If you have an NDIS plan, you may be eligible for funding to support your social and recreational activities. We can help you understand how to use your funding to access our programs and activities. Contact us to discuss your options and eligibility.

*Scan to enquire
about this service:*



Registered NDIS Provider

www.westhaven.org.au

1800 CHOICE