



Leisure Networks *our services*



living your best life

To find out more, please contact our
friendly Customer Engagement Team on:

(03) 5222 3911

Or go to: www.leisurenetworks.org



The people of Leisure Networks pay our respect to the Traditional Owners of the many lands on which we work, live and play. We acknowledge Traditional Owners' connection to their land, seas and waterways and thank them for their custodianship over many thousands of years.

YOUR NDIS PARTNER

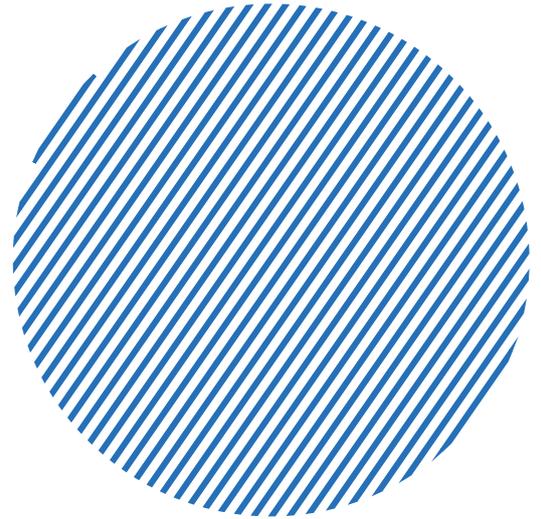
Leisure Networks has provided services to people with a disability for more than 30 years and has developed a strong reputation for our skilled, engaged staff and array of services from supporting people to live independently in their own home to recreational programs.

our services

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who we are



our vision

Healthy, capable people, inclusive communities

For over three decades, Leisure Networks has pursued a vision of healthy, capable people and inclusive communities. We believe in a world that fosters inclusion and belonging.

our purpose

Connecting people with community

Our purpose drives our work, creating a positive social impact in communities and on the wellbeing of individuals and families.

our values

Relevant, creative and trusted

Relevant, creative and trusted are not just words; they are our Leisure Networks values which we live and breathe each day. Our values encourage us to understand the needs of our customers and help us as an organisation to continually improve and grow. Our values ask us to bring new thinking to our challenges and strive to be trusted in every aspect of our work.

Leisure Networks *our story*

Established in 1990, ongoing success has seen a major expansion of the services we offer and the communities in which we work. Throughout this journey, our aspirations have remained consistent. A belief that environments and communities can continue to grow, adapt and change, enabling all people to belong, make a contribution, be connected and feel valued. We have a relentless pursuit of an organisational culture where our people thrive and are empowered to make a positive difference.

Our community inclusion supports create social connections and build important life skills, opportunities for employment and independent living. Our support coordination and plan management services work independently, giving our customers choice and control to support their individual capacity building journey, enabling people to be in control of their lives and their NDIS funding.

Our work in communities is supported by our funding partners – VicHealth and Sport & Recreation Victoria – who assist us to build strong sporting clubs and active communities. We have a bold strategic vision, one which aims to have a positive social impact on the wellbeing of the individual and families we work with and the communities and organisations we partner with.



trying new things



challenging myself



building my capacity



sharing a laugh with friends



building my confidence



achieving my goals



enjoying my community



developing my skills



feeling connected in my community



enjoying being social



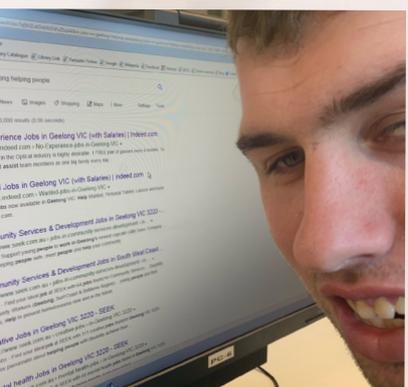
making new friends



enjoying new experiences



learning new skills and having fun



getting a job



keeping active



living independently



direct support

Leisure Networks provides quality NDIS disability services that work with people and place to ensure a sense of belonging. We strive to empower human potential, encourage active social participation and connection, and promote physical and emotional wellbeing. We listen to our people and continue to embrace change for the exciting new opportunities it can bring whilst doing our best to respond with high quality, inclusive, individualised supports.

expertise

- ✔ We provide access to experienced, trained staff who can deliver high quality supports.
- ✔ Using a strengths-based approach, we aim to carefully match and select our staff based on customer goals and values.

empowerment & connection

- ✔ Our supports centre around increasing your confidence and enabling you to become the person you know you have the capability and desire to be.
- ✔ We focus on important transitions such as moving out of home, getting and keeping a job, developing independent life-skills, and exercising choice and control over your own life.
- ✔ We support you to build capacity and confidence to be active in, and connected to your community.



danni's story

personalised approach

- ✔ We promote evidence informed strategies with you and your support team to assist you to live your own rich, meaningful, and wholesome life.
- ✔ We work closely with each individual customer to apply your NDIS goals to achieve your best life every day!

flexibility

- ✔ We are able to adapt to the changing needs of support for each individual.
- ✔ We offer choice and control in how your supports are delivered.

authenticity

- ✔ Our values are based in our everyday experience with customers. We are motivated by care and responsibility to support you in being true to yourself and your goals.

jumping out of her comfort zone

Danni is a bright, bubbly and kind young lady who has a real zest for life and adventure. Currently living in her family home with her grandmother Dotty, Danni has a clear vision of wanting to live independently in the future.

To help her reach this goal, Leisure Networks Support Worker Lauren has been assisting her to build the skills and confidence she will need to live independently, such as meal planning, cooking and nutrition, budgeting, general social skills, domestic skills and personal care. Danni sets the goals and Lauren supports her to achieve these – and WOW do they have a lot of fun and laughs doing this!

Danni's growth in confidence has helped her to continually step out of her comfort zone and experience new adventures, such as taking the plunge and skydiving while on holidays with her grandma Dotty. As she took the leap she proclaimed "Living the life and living the dream!"



direct support

GROUP & INDIVIDUAL SKILL BUILDING PROGRAMS

Our skill building programs can help give you experiences, knowledge and confidence to live your best life! We take your NDIS plan goals and turn them into a series of steps that empower you with the knowledge, skills and confidence to become more independent. Our programs also allow you to choose how you want to connect to your community. Whether delivered in a group (power in numbers!) or individually, the focus is goal-orientated and aimed at building your capability.

what skills can i develop?

Each skill building program will be different. The following skills may form part of your program:

- ✔ Travel training skills – e.g. public transport, getting around your community safely
- ✔ Social skills and confidence building – e.g. fostering emotional intelligence
- ✔ Valued roles within your community – e.g. volunteering, connecting into social/sporting clubs
- ✔ Independent living skills – e.g. cooking meals, managing finance (money handling)
- ✔ Improved health and wellbeing management
- ✔ Relationship skills

you choose

In partnership with our team you can choose:

- ✔ How many hours each week you want to be supported
- ✔ What the supports look like for you
- ✔ What capacity building skills you want to add to your amazing-ness!



direct supporty

SCHOOL HOLIDAY PROGRAMS

Our school holiday programs offer people of all ages the opportunity to connect with their community, make friends and experience new things in a small group setting.

We offer programs each day of the school holidays (except public holidays) for ages 5 to 65. Designed to improve social skills, build confidence and experience new things.

These days are a great chance to get out and about and have a whole lot of fun during your school or term break.

what skills can i develop?

We offer lots of different group activities through our school holiday programs. By attending you will:

- ✓ Meet new people & develop friendships
- ✓ Make new contacts in your community & widen your circles of support
- ✓ Have opportunities to try new things & challenge yourself
- ✓ Build your capacity to access your local community & surrounding areas
- ✓ Bring your ideas & help to build the programs that you want

you choose

- ✓ The days and activities you want to attend
- ✓ If you need before and after hours support or transport - you will need to contact the office to arrange additional support
- ✓ If you need 1:1 support - you MUST book through the office to arrange this



direct supporty

SUPPORTED WEEKENDS AWAY & HOLIDAYS

Holidays and weekends away are a Leisure Networks specialty. Our weekends away offer unique and fun experiences for people of all ages to get away with friends and make lasting memories.

Our team are experienced travelling with small groups around Victoria, across Australia and even overseas.

what skills can i develop?

Each supported weekend and holiday will be different. The following skills may be a part of your experience:

- ✔ Travel skills
- ✔ Money handling skills
- ✔ Time management skills
- ✔ Communication skills
- ✔ Social skills and confidence building
- ✔ Discovery activities
- ✔ Personal development skills
- ✔ Skills for independent living

you choose

- ✔ The weekend away or holiday that you want to be a part of
- ✔ The activities you want to participate in
- ✔ If you need 1:1 support - you MUST book through the office to arrange this



direct support

RECREATION & SOCIAL PROGRAMS

Our recreation and social programs encourage friendships, fun and new experiences and increased capacity in your everyday life.

Our skilled and experienced staff of all ages provide a safe and friendly environment along with extensive experience in supporting people and working within the NDIS.

what skills can i develop?

We offer many different recreation and social programs. The following skills may be part of your program:

- ✓ Travel skills – i.e public transport, getting around your community safely
- ✓ Social skills and confidence building – building on your emotional intelligence
- ✓ Valued roles within your community – connecting into social/sport clubs
- ✓ Improved health and wellbeing
- ✓ Relationship skills

you choose

- ✓ The days and activities you want to attend
- ✓ If you need before and after hours support or transport - you will need to contact the office to arrange additional support
- ✓ If you need 1:1 support - you **MUST** book through the office to arrange this



direct support

EMPLOYMENT SUPPORTS

Whether you are transitioning from school to employment, or are looking for any support to get ready for work, our Employment Services will help you plan your pathway to employment. Our service supports you to gain the skills and confidence you need to move into the workforce.

individual programs

Just like no two people are the same, no two employment services at Leisure Networks are the same. Everyone has different skills they wish to develop, different areas of interests they want to explore, and different ways of learning. We take this all into consideration and create the support that is just right for you, and only you.

why leisure networks?

You are not just a number at Leisure Networks. We offer a personalised Employment Service, where we get to know our customers extremely well and are able to support you in achieving your individual goals. You direct your future, not us. We realise there are many different pathways to gaining employment, and we support you to find the pathway that works for you.

Our supports are based in your community, not in a classroom, giving you the flexibility to work in an environment that best suits your needs and interests.

Our team will work with you to achieve the things most important to you and your future. We will also support your family to be part of the journey, celebrating your milestones as you go. Based on your interests and career ambitions, we will work together to support you to develop the skills you need to reach your employment goals.

We believe that gaining practical experience is a great way to learn new skills, and discover different industries you are interested in. We support you to find placements where you want to work, not where we think you should work.

Your Employment Services can run at at times and days that suit you and your lifestyle. You will be matched with one of our highly skilled Employment Coaches who will be with you every step of the way.

Our Employment Coaches have strong community connections to help you find and try different kinds of work and community volunteer placements that interest you.



what skills can i develop?

Each Employment Service will be different. Your individual program can include the following:

- ✔ Money handling skills
- ✔ Time management skills
- ✔ Communication skills
- ✔ Discovery activities
- ✔ Work experience
- ✔ Job readiness skills
- ✔ Travel skills
- ✔ Personal development skills
- ✔ Qualifications

you choose

- ✔ The days and times you want to be supported
- ✔ The number of hours each week you want to be supported
- ✔ When you have holidays breaks - our supports are available 52 weeks of the year
- ✔ Your work placement - we support you to get work experience where your interests lie
- ✔ The skills you want to work on - based on this we will create your individualised Employment Services

adrian's story

building capacity

Adrian is a graduate of the School Leaver Employment Support (SLES) program with Leisure Networks and he has now secured paid part time employment with a retail hardware store.

With support and guidance from his support worker, Adrian commenced work experience where he challenged himself with learning new skills and becoming more confident in his abilities.

With his hard work ethic and determination, it wasn't long before Adrian was assisting customers with their enquiries, building display items like generators and pumps and using the point of sale system.

His mum Fran was overwhelmed with Adrian's quick progress stating "Family members have noticed his confidence has just grown so much."

Having Adrian work at Total Tools, has benefited other staff members, giving them insight into what life can be like for someone living with a disability and the challenges that they may face.

support coordination



Support coordinators support you and your family by connecting you to the supports that are right for you enabling you to live the best life possible.

confidence

We are here to help you build your capacity and confidence. We support you to make sense of the NDIS, gain the confidence you need to action your plan, and manage the priorities in your life.

The team will connect you with new community activities, support you to discover new service providers and assist you to achieve your desired outcomes.



aaron's story

movin on up

Aaron was one of our first NDIS customers and has been with Leisure Networks since 2013. Both Aaron and his mother had been residing together in an aged care residence in Geelong for some time with no other family in the state. Due to the COVID-19 pandemic the decision was made for Aaron to relocate to Brisbane to be closer to his family (a father, brother and sister), with his mother to also transfer to Brisbane in the near future.

In supporting Aaron and his goal to relocate, Aaron's Support Coordinator (Kath) started the long process of making Aaron's wish come true. She helped him obtain Specialist Disability Approval (SDA), found him suitable accommodation, and had Aaron approved for Supported Independent Living (SIL) funding. After 12 months of applications and border pass approvals, the day finally came when he moved to his new Queensland home to live with two housemates his own age within a supported living environment – all while being a stone's throw away from his loved ones.

you choose

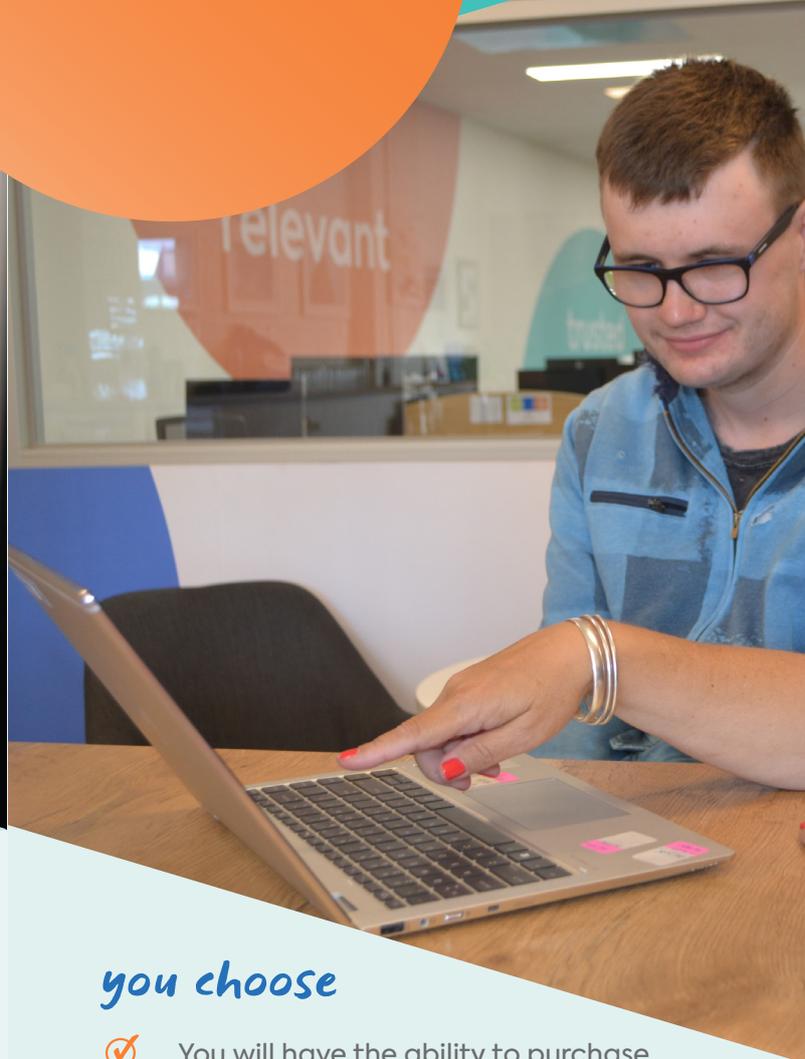
We can assist you to achieve your goals in many different areas of your life including:

- ✔ Coordinating and connecting you to therapy supports
- ✔ Exploring new services to support you in your everyday life
- ✔ Developing meaningful and fulfilling relationships
- ✔ Exploring different housing options

support

We support you to achieve your desired outcomes:

- ✔ Assisting you with the setup of service agreements with providers
- ✔ Monitoring your funding, supports and progress towards your goals
- ✔ Connecting you with the important things within your community



financial plan management

Financial Plan Management is a financial administration service available to all NDIS participants. This service comes at no cost to the participant and allows them to have choice and control over the people they choose to support them.

Leisure Networks are experts in Financial Plan Management - so let our team help you manage your NDIS expenses.

you choose

- ✓ You will have the ability to purchase any type of support if these have been incorporated into your NDIS plan
- ✓ You do not need to be an existing customer of Leisure Networks to access the service

expertise

- ✓ You will have access to an experienced team that has extensive knowledge of the NDIS price guide and can assist with pricing queries
- ✓ You do not need to worry about paying invoices - this is handled on your behalf by our experienced administration team

control

- ✓ Our Financial Plan Management service offers you the freedom to choose from a variety of providers, including those not registered with the NDIS
- ✓ We pay your providers within 3 days of receiving the invoice, so your NDIS support continues without interruption



flexibility

- ✔ Setting up is quick and easy over the phone or by email
- ✔ Reimbursements are prioritised to ensure you are paid quickly
- ✔ You will have the flexibility to oversee what invoices are being paid before they are processed, should you choose

freedom

- ✔ Having your supports financially plan managed through Leisure Networks allows you more time to enjoy the things that are important to you and your family
- ✔ We are available to provide Financial Plan Management services to NDIS registered participants across Australia who have a Choice and Control budget within their NDIS plan

going for gold

When Charlie began attending the Inclusive Sports Training (IST) program every Saturday, his family knew this would have a positive and everlasting impact on his life. Not only did this newfound passion improve his physical and mental health, it also helped him to build lifelong friendships and most importantly, a sense of belonging.

With the support of IST Head Coach Liz Gosper, Charlie developed a passion to train and compete in multiclass mainstream events such as triathlons, duathlons and cross-country competitions which keeps him very busy!

Having his NDIS plan managed by Leisure Networks for the past four years has gifted Charlie with more time to focus on doing what he loves – training and competing. It's one less thing to worry about when winning is on his mind. Charlie's parents also feel that choosing to have Charlie's plan managed by Leisure Networks has taken the pressure off them, allowing them to enjoy more time watching Charlie compete and live his best life.



independent living

IN-HOME SUPPORTS

Our Independent Living Team is a group of skilled and highly engaged people whose main aim is to support people to live independently in their own homes. No two homes are the same and our team acknowledges this, working closely with every person to ensure that their support is designed to suit their life.

independence

We support you to live independently in your own home. Together, we will help you set and achieve your goals, be empowered, be independent, have fun, gain confidence, build capacity and develop skills.

creating a home

Home is the biggest part of our lives. Home is a place where you can be yourself, feel safe and enjoy the company of your family and friends. We always honour this and understand that your home life is rich and filled with all your favourite people and things - be it a BBQ with family, a pizza night with friends or a quiet night watching the footy or Kath and Kim. For the Independent Living Team, it is a privilege to help you create a safe, comfortable home.

skilled staff

We support you to develop independence within your home and community through our highly skilled staff of all ages. We will work with you to determine who you would like to support you.

friendships & family

We will support you to stay connected to family and friends and encourage you to have fun, gain confidence and create lasting memories. There is nothing like your favourite person popping in for a cuppa!



brad & cole's story

a happy journey to a new home

unique & holistic

We celebrate your individuality, and understand that your home reflects your personality, interests and aspirations. What is important to you may not be important to the next person. We also understand that we are all growing, changing and wanting to experience things differently. We design your support around you, with your input, using a holistic framework that is realistic, person-centred and dynamic. We empower you to be the healthiest and happiest version of yourself.

community

We support you to connect with, explore and build your own community. Whether that is getting to know your local coffee shop, local greengrocer or the local footy club. Connecting you to your community is what we are all about at Leisure Networks and we understand the importance of inclusion, belonging and meaningful participation.

Brad and Cole commenced their journey with Leisure Networks in September 2020, with the dream of living together in their own home.

Through a collaborative approach with family, therapists and support coordinators, a transition plan was made that gave both Brad and Cole the opportunity to meet new support workers and build rapport and trust, as well as establish foundations for living independently.

After successfully introducing 1:1 supports with a dedicated team of staff, Brad and Cole attended their first overnight stay together at a local Airbnb in April 2021. Their team focused on allowing the men to get to know each other better, sharing the same house for a period of time and practicing the independent living skills they had been working on.

Over the next 12 months, the Independent Living team worked extremely closely with Brad and Cole's families and Care Teams to ensure that each stay was a success, with a key focus on building routine and familiarising them with their new local community including the local supermarket, pizza shop and parks.

We were so excited when Brad and Cole finally moved into their amazing new home in February 2022, a home filled with fun, laughter, learning and some rockin' musical tunes from Cole and his guitar.



independent living

EMPOWER ESCAPES

Moving out of home is a big step in the journey towards independence. Our Independent Living team understands just how important it is to live with who you want, where you want and how you want!

We recognise that while it is a big milestone to be celebrated, it can also be also a daunting one for anyone, even more so for people who may require extra support to live independently.

Empower Escapes programs support you in your moving out of home journey. It is designed for you to experience what it is like to live independently in the community. We help you practice independent living skills such as cooking, cleaning, washing up and some of the fun parts too - like a cheeky night out or

individual

We will work with you to build your journey to independent living, working alongside your care team (including occupational therapists, other allied therapists and close supporters) to ensure you have the support and the skills you will need to live independently.

The journey that we build together is aimed at assisting you to move out of home in the future, whether this is in 6 months or 5 years. However long it takes to build the confidence and skills required. As you become more independent, your stays will extend and we will trial different ideas such as;

- ✔ Where do I want to live?
- ✔ Who do I want to live with?
- ✔ How will I get around my community?
- ✔ How will I get to work or attend my daily activities?
- ✔ How much support do I need? In the mornings, evenings and overnight?

places

Our stays are always at places which include all the amenities a house needs, such as a washing machine (don't forget to bring your washing!), a functional kitchen, even a broom and mop. This is to assist you to continue to develop your skills. While on our stays we will work with your allied care team to figure out what supports you may need to move out of home.



connections

If you have a best mate who is also looking to move out of home, we can arrange for you to stay with them.

This allows you to safely experience living independently and learn the not so great things about living out of home (for example, there is no such thing as a dishes fairy) as well as the great things, such as hosting your first ever dinner party.

details

- ✔ The Empower Escapes program is built on regular stays in your local area or the area where you are thinking of moving to
- ✔ We can utilise Core funding or Short Term Accommodation funding (whichever is most suitable) depending on your plan, your goals and the length of stays
- ✔ There is an out-of-pocket expense. This varies depending on accommodation, funding utilised and length of stay
- ✔ Empower Escapes are truly unique, no two journeys are the same

a journey toward independence

Nervous can best describe Ryan's feelings when starting his Empower Escapes journey. Who will support me, where will I sleep, will I forget my bags, who will take me to work?

At first, Ryan had the support of a small team of support workers who he knew and trusted. They stayed at the same accommodation each week, with a focus on routine and building confidence.

Then, in April 2022, Ryan met a new support worker named Jack - they both just clicked. They are a similar age and Jack has become a peer mentor for Ryan. When they get to their accommodation, Jack supports Ryan to establish a routine and they work out what they need for dinner before heading to the shops where Jack supports Ryan to independently scan and pay for his groceries. Then it is back to meal prep and cooking.

Interwoven through this routine is both of the young men's shared love of footy, music and playing PlayStation.... once all the jobs are done. Ryan's confidence in his ability to live independently continues to grow.

Ryan's focus now is to continue to build on his skills and maintain the confidence he feels about moving out of home.



sport, recreation & health

At Leisure Networks we connect people with disability to a variety of different sport and recreation activities, no matter what their age or ability.

These programs are a great way for participants to learn new skills, get active, have fun and meet new people.

mini movers

Mini Movers is a series of evidence based physical literacy programs that use sport as a vehicle to improve motor skills, build confidence and increase the overall well-being of children. These programs help give children tools to stay physically active for years to come!

Our program focuses on:

- ✓ Improving physical literacy pathways for children
- ✓ Upskilling educators to ensure physical literacy is a large part of their focus
- ✓ Helping parents/guardians promote physical literacy at home and connecting them to sporting clubs to benefit the whole family

power 2 pedal

Master the art of riding a bike in a fun, inclusive, welcoming and safe environment.

Our Power 2 Pedal program has been specially designed to help get more kids and teens with autism riding their bikes and including active transport into their weekly routine.



Power 2 Pedal



dragon's story

strength in numbers

The power and positive impacts of playing team sports are endless, but the opportunity has not always been easily accessible to people with a disability. In partnership with some key organisations and individuals, Leisure Networks has played a vital role in creating programs that provide people with a disability the opportunity to play the game and develop powerful off field experiences too.

Such as the Geelong Dragons, established in 2018 with a total of 39 participants and one team playing in the Western Country Conference of the Football Integration Development Association (FIDA) League. In 2019, participation grew to 67 and a second team was added to play within the Division 2 of the Metro Conference FIDA Competition.

The increase of player numbers is a testament to not just the need for the program but also the quality of delivery of the program. The growth of the Geelong Dragons and the impact on the Geelong community and surroundings will only continue to increase into the future.

power 2 pedal continued...

Not only will they learn to ride a bike in a fun, friendly and encouraging environment, they will also get the opportunity to meet new friends, improve their coordination and build their confidence.

Currently we have Power 2 Pedal programs in Geelong and Wyndham.

all ability programs

Throughout the year, there are plenty of opportunities for our customers to try new sports or play in a modified competition including:

- ✓ Cricket
- ✓ Basketball
- ✓ AFL football
- ✓ Futsal/soccer
- ✓ Netball
- ✓ Tennis
- ✓ Golf
- ✓ Ten pin bowling





get in touch

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