




## The Benefits...



Joining Flexible Living's Saturday Recreation Program is great fun and offers broad variety in a safe, stimulating and person centred environment. The benefits for all children and young people who attend include:

- **Reduced feelings of loneliness and isolation.**
- **An increased sense of independence, self-esteem, enablement and well-being**
- **A sense of achievement through participation and goal setting**
- **Developing social skills**
- **A sense of connectedness with other children/young people.**

## Funding

The Saturday Recreation Program is supported by funding from the Queensland Government under the Department of Communities, Disabilities and Child Safety.

## About Flexible Living

For 30 years, Flexible Living has been committed to providing responsive, innovative and flexible support services that enhance the quality of life of the elderly, people with a disability, and their carers. Our services enable people to be a part of their community and maintain their independence for as long as possible.

Our focus is on the empowerment of the individual through respecting decisions and choice making, ablement and re-ablement, promoting dignity, developing skills, encouraging independence, integration into the community and respecting rights and roles of all human beings. For more, visit [flexiliving.org.au](http://flexiliving.org.au)

## The Details

The program operates on Saturdays and is split into

- **An over 18's group;**
- **An under 18's group.**

Each group operates on a rotating, fortnightly basis

- **Week 1 – Over 18's group,**
- **Week 2 – Under 18's group.**

**NB. Where possible (subject to your residence and bus runs) transport may be available.**

## Eligibility

Requirements to participate in the program include those eligibility items listed under the Queensland Community Care Guidelines. Contact us for more.

## The Cost

**\$15.00 per day - Morning Tea and Lunch Provided**

**NB. This is a cash free centre and all services are invoiced at month end** – we do not expect young people to carry around cash all day... there is too much fun to worry about! Outings may incur an additional fee.



Join the  
**Saturday  
Recreation  
Program**



saturday  
exercise sessions  
recreation  
life skills  
outdoors  
developing  
social skills  
music therapy  
& so much  
& more!

# Join the Saturday Recreation Program

Saturday is a day for play, fun times and friends. So... Flexible Living is inviting all eligible children and young people living with a disability to JOIN the Saturday Recreation Program at Hillcrest.

All you need is a great sense of fun, and a free Saturday! There is something for everyone with a broad range of activities and YOU are invited to come along and join us.

The Saturday Recreation Program is run from our centre, based at 3 Wineglass Drive, Hillcrest, Brisbane, Queensland, 4118. Where possible, *(subject to your residence and bus runs)* transport may also be available.

If you would like to find out more, or sign up for the Saturday Recreation Program today, please contact our Community Engagement Team at Flexible Living on 1300 359 253. Because Saturday should be the most fun filled day of everyone's week!



## Join us!

The Saturday Recreation program provides quality recreation opportunities for young people and children living with a disability.



The Saturday Recreation Program is innovative, with the primary aim of encouraging social inclusion through fun recreational activities for your child or young person living with a disability.

In addition, the program offers the added benefit of enabling you, some much needed quality time to refresh, assisting you to continue your support role longer.

Flexible Living's trained and qualified staff have solid experience. For over 30 years we have successfully delivered life changing supports for the community through our programs, backed by government funding and support.

And the Saturday Recreation Program is no exception. We continually work to implement programs that incorporate recreational activities; socialisation; support for personal hygiene requirements; medication; and personal development opportunities with a focus on choice, individual needs, enablement and goal setting.

And the best thing? Our programs operate with a ratio of one (1) staff member for every four (4) young people, so you can rest assured knowing your child is receiving great care by caring people. *(NB. 1:1 support is available at an additional fee).*

**For more information or to sign up for the Saturday Recreation Program please call us on 1300 359 253 today!**