

Community Access & Lifestyle



PROGRAMS RUN EVERY DAY, BETWEEN 8AM AND 8PM.

Want to build life skills, develop social skills and achieve your long-term goal of greater independence whilst having fun? We can help!



Bedford is here to support you to make friends, get out and about in the community and most importantly reach your individual life goals.

We can support you to access and participate in activities that you enjoy and want to try! Bedford offers social and recreational activities for both individuals and small groups with varying support needs. Our range of in-house and community-based activities is extensive, from group social outings to increasing your independence and life skills, through to individual cooking classes, or support to get your learner's permit.

WE TAILOR OUR PROGRAMS TO SUIT YOUR NEEDS - THE CHOICE IS ALL YOURS.



If your NDIS plan includes Core and Capacity Building funding for social and community participation, you can access Bedford's Community Access services. If you do not have NDIS funding in this area but would like to join in, you can do so by self funding your supports & services.



Bedford's Community Access & Lifestyle programs are currently available across metropolitan Adelaide and Regional South Australia with locations in Panorama, Elizabeth, Torrensvile, Port Pirie, Port Lincoln, Wallaroo & Whyalla.

Community Access & Lifestyle programs are generally facilitated between 8am and 8pm every day. We run both group and individual programs to suit your wants and needs, with programs based at our Bedford sites, in the community, or individual supports in your home.



Our programs offer a range of options for you to choose from and are focussed on the following key skill sets:

- Life Skills
- Social & Recreation
- Travel & Transport

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LIFE SKILLS

Bedford offers a range of programs to support you to develop your skills, assisting you to gain greater independence. You can learn about daily household tasks like cooking, cleaning and budgeting, or improve your skills by learning about technology & computing or numeracy and literacy. There is a broad range of programs to choose from to help you develop the skills you are looking to build in a fun and supportive way.

LIFE SKILLS



Individual support at home



Individual support in the community



Budgeting course 'Better Budgets'



Technology – Learn computer basics



Cooking



Literacy and numeracy



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SOCIAL & RECREATION SKILLS

If you have a passion or a hobby that you want to explore, or if you just want to try new things in a fun and safe environment while meeting new people, we have a range of programs for you to choose from, or we can work with you towards tailoring a program just for you.

We offer programs that range from art classes, singing, and cooking, to sports, discos and social activities (There's something for everyone and you will have a lot of fun doing it!)



Bedford

SOCIAL AND RECREATION



Art group



'Social Saturday' (community & centre-based activities)



Choir and karaoke with 'Bedford Beats'



Cooking



'Pub & Grub'



Disco night 'Club Slick'



Lawn bowls



Holiday activities over Christmas



Soccer

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TRAVEL & TRANSPORT SKILLS

We understand that relying on others for transportation can reduce your ability to get out and about in your community. At Bedford we offer programs that can help you to get mobile. We can help you to get your driver's licence or help you navigate your way around public transport systems. We are here to support your independence to help you to go to work, go out with friends, and to enjoy all the city has to offer.



Bedford

TRAVEL AND TRANSPORT



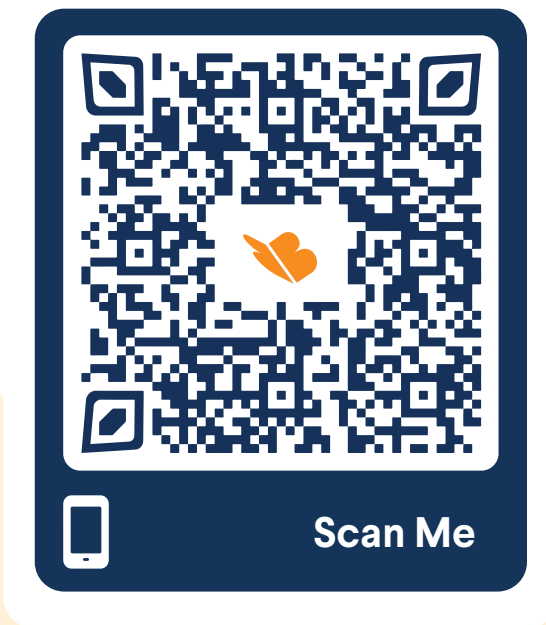
Support to study for Learner's
Permit



Public transport and road safety
awareness



**Scan below to find out more about any of our programs.
Or contact our friendly Bedford staff today, and they can help you to find the right program to suit your needs.**



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Bedford



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