



Bedford

Day Options

BEDFORD DAY OPTIONS OFFERS A RANGE OF PROGRAMS FOR BOTH INDIVIDUALS AND SMALL GROUPS WITH A VARIETY OF SUPPORT NEEDS.

LEARN NEW SKILLS, MEET NEW PEOPLE AND EXPERIENCE WHAT YOUR LOCAL COMMUNITY HAS TO OFFER.

What do we do?

Day Options provides centre and community-based programs based on your needs, interests and personal goals.

A day at Day Options is whatever you want it to be. Participate in the arts by joining our music or dance programs, try your hand at cooking or gardening, be active with swimming or bush walking or enjoy social outings with your friends.

The choice is yours!

Where and when?

Bedford provides Day Options Programs at our Panorama, Port Lincoln, Port Pirie, Wallaroo and Whyalla sites. Operating Monday to Friday, with varied starting and finishing times.

Get in contact with our friendly team and they can help you find the right program for you.

(08) 8275 0211

clientmanagement@bedfordgroup.com.au

Activities we offer.

Art

Our Day Options programs support artistic expression and showcase our artists' works at exhibitions across the state including the annual SALA festival.

Our Arts programs offer a mix of performance and visual arts:

- Painting
- Clay work
- Mixed media
- Dance
- Music & Singing

Work Skills

Learn the skills you need to be work ready. We will support you to learn skills for both on and off the job. Participate in our work experience programs in real work sites or join one of our volunteering programs and give back to your local community.

Social & Recreation / Active Groups

Choose from a range of activities that bring out your adventurous side and meet new people along the way. Indoors or outdoors, our activities include:

- Water sports (swimming, sailing)
- Wildlife Warriors (zoos and wildlife parks)
- Sports groups
- Walking groups
- Community outings to destinations of your choosing or local events



Learn Independent Living Skills

Gaining independence is key to personal growth. At Bedford we work with you to develop and build on these skills through a range of activities including:

- Cooking
- Literacy & Numeracy
- Public Transport Training
- Gardening
- And more