

accessrec.org.au

providing support for people with disability in the Rockhampton area

*Information and pricing correct as at 1/7/2019. Prices are subject to change upon release of NDIS Price Guide on 1/7/2020.



\$153.48 per session from your NDIS plan
\$5 daily activity fee



9:00 am-3:00 pm
Tuesday and Wednesday



100 Jardine Street
Rockhampton

enquiries@accessrec.org.au

Men's Business

Access Recreation's Men's Business program provides the opportunity for participants to socialise with other males, develop friendships, engage in sports and fitness activities, learn DIY skills, discuss men's issues and learn life long skills for independence.

This personal growth and skill building program will include topics such as:

Independent Living Skills - Household management & maintenance, garden care & yard maintenance, cooking & meal planning;

Health and Well Being - Fitness & exercise, personal hygiene & grooming, healthy eating & nutrition, basic first aid, men's health;

Communication & Community Awareness - Healthy relationships and friendships, visiting places in the community, eating out, social etiquette and interpersonal communication;

Creativity - Basic DIY skills, landscaping skills, upcycling, recycling, repurposing and refurbishing, problem solving.



access the life **you want**

100 Jardine Street, Rockhampton
07 4922 7151

Many more programs and services available at accessrec.org.au