



NDIS Social Support Groups

Our Social Support Groups offer a range of lifestyle activities for adults with different abilities, so they can live a healthier, more rewarding and socially engaged life.

Activities are influenced by participants, and address physical, social, cultural, emotional and recreational needs as well as opportunities to stay connected to community.

There are many significant benefits of joining one of our Social Support Groups, including:

- Affordable recreational, leisure and social activities
- Meeting people and making new friends
- Staying connected to the community and social interaction
- Improved health and wellbeing
- Maintaining skills needed for living independently
- Keeping the body and mind active

Other services provided by GLCH under the NDIS:

- Assisted Living Services
- Complete Therapies
- Paediatric Therapy Groups
- Plan Management
- Support Coordination

Why GLCH

- ✓ We have over 40 years of **local** health experience
- ✓ We provide high quality, accessible services that support people in our communities to **live well**
- ✓ Our groups offer a range of healthy lifestyle activities for adults with disabilities.



contact
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visit
glch.org.au



Registered NDIS Provider    