



**Fridays: 6.00pm - 10.00pm**  
**Saturdays: 10.00am - 4.00pm**  
**Sundays: 6.00pm - 10.00pm**



**Disability Futures Brookvale**  
**Unit 9B/44 Wattle Road**



**NDIS rates**  
**+ activity costs**

# RECREATION & LEISURE

**WE OFFER A RANGE OF PROGRAMS  
CATERING FOR BOTH UNDER 18'S AND  
ADULTS LIVING WITH DISABILITY**

Have fun, make new friends, try new activities and explore your local community and the world beyond.

Whether you enjoy playing sports, getting outdoors, going to special events or visiting new places - we can support you to have fun with your family and current friendship groups ... or to socialise and make friends in new interest or activity groups. Our aged-based programs offer a wide variety of leisure, sport and social activities which you can pick and choose from, depending on your personal interests and schedule. All activities are designed to enable the achievement of individual goals within a social setting.



## Topics & Outcomes

---

SOCIAL SKILLS

---

COMMUNITY PARTICIPATION

---

COMMUNITY ACCESS

---

INDEPENDENCE

---

POSITIVE RELATIONSHIPS

---

EXPLORE INTERESTS

---

PHYSICAL FITNESS

---

## COME JOIN US

**Lynn Murphy**

Area Coordinator

P: 0413 875 592

E: [lynn.murphy@catholiccaredbb.org.au](mailto:lynn.murphy@catholiccaredbb.org.au)

**Disability Futures**

P: (02) 9488 2500

E: [disabilityfutures@catholiccaredbb.org.au](mailto:disabilityfutures@catholiccaredbb.org.au)

W: [catholiccaredbb.org.au](http://catholiccaredbb.org.au)