

## COMMUNITY ACCESS

As a locally-owned NDIS provider in Southern Tasmania, OnTrack Tasmania provides individualised support to enable NDIS participants to develop core skills, create connections, and experience a sense of accomplishment.

We believe that everyone deserves the opportunity to live their best life. That is why our community access programs are designed to provide a pathway to social recognition, inclusion, and increased independence for individuals of all ages.



### ▶ HAVE YOU HEARD OF MAKING TRACKS?

- Making Tracks is a trail-blazing and inclusive community access program that offers diverse activities that allow OnTrack Tasmania Participants to engage in a safe and supportive environment.

We have two centrally-located community hubs which include a creative art space, a fully-equipped music studio, a commercial kitchen and a video gaming area.

Our dedicated staff will support you to develop core skills through fun and engaging programs and activities with no out-of-pocket expenses.

### ▶ ARTS AND CRAFTS

- Explore your creativity and self-expression with a range of mediums such as clay, textiles, paints and more, in a safe and nurturing environment. Our art program leaders will guide you every step of the way and inspire you to create masterpieces. We run an annual art exhibition to provide a platform for Participants to share their work with the public, celebrate their achievements, and even sell their artwork.



### ▶ COOKING

- Develop your confidence in the kitchen and learn new recipes and healthy eating habits through our cooking program. Our program also encourages social interaction and teamwork amongst our Participants, creating a supportive and inclusive community. Join and discover the joy of cooking with the help of a qualified chef!

### ▶ SPORTS

- Our Participants assist in running this program with their support workers three days a week. Sports days include indoor soccer, basketball, tenpin bowling, mini golf, indoor cricket and more. Sports days also include a weekly BBQ lunch!

### ▶ MUSIC

- Our fully equipped music studio is the perfect place to explore your passion for playing different instruments, record songs and upload them to YouTube. From guitars, piano, drums and singing, you will unlock a whole new level of creativity. With our qualified music teacher, you'll receive expert guidance as you build your skills and discover new talents.

Visit our Making Tracks page to view our activity calendar or contact the Community Access team for more information.

[www.ontracktasmania.com.au](http://www.ontracktasmania.com.au)



## ▶ DIGITAL LITERACY PROGRAM

- Our interactive sessions provide a safe and supportive space to learn about technology and the internet. You will learn computer skills, including sending emails, using word processing programs, searching the internet, shopping online, and staying safe online. Our approachable and knowledgeable program leader makes the learning experience enjoyable for all Participants.

## ▶ GAMING

- Our video gaming program offers a safe and welcoming environment where Participants can connect with fellow gamers, share and stream their gameplay sessions, and experience the excitement of friendly competition. You will have access to retro games, modern games and a virtual reality headset to take your gaming experience to the next level!

## ▶ KARAOKE PROGRAM

- A fun and inclusive way for Participants to build their confidence, express themselves, and make new friends. Sing your heart out to your favourite tunes and enjoy a complimentary soft drink during our karaoke session. With regular opportunities to participate, you'll have plenty of chances to unleash your inner superstar and foster social interaction.



## ▶ YOUNG GUNS

- Young Guns provides a meaningful way to create community and build relationships between our young adult Participants over a pub meal. OnTrack Tasmania provides one of the key components of building support networks around the individual, which include friends and other people in the community.



## ▶ MOVIE NIGHT

- Immerse yourself in the latest movies while socialising and gaining independence. OnTrack Tasmania provides movie tickets for Participants and their support workers to create an inclusive experience and encourage community participation. Movie choices are advertised monthly through our community access email and social media platforms.

## ▶ SOCIAL BARBEQUES

- Social barbecues allows supported accommodation Participants to get together to enjoy delicious food, meet new friends, and socialise in a safe and inclusive environment. It is a chill and grill experience!



## ▶ SOCIAL NIGHT

- The social night program aims to provide an enjoyable and supportive environment where Participants can meet new people, build meaningful connections that last beyond the dinner table and have fun. OnTrack Tasmania pays for a main meal and a soft drink for all Participants and their support workers.



At OnTrack Tasmania, we expand our programs regularly to provide more opportunities for capacity building. Contact us for more information!

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