



# Outlook

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## HORIZONS

### Program Guide 2025

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**Outlook**  
an inclusive society for all

# Program Guide – 2025

## Welcome...

to the Outlook Horizons Program Guide for 2025. This is an informative resource that comprehensively outlines all the disability service programs available in Victoria at Outlook Australia. These programs have been thoughtfully designed to empower and support individuals like you in enhancing your skills and fostering independence throughout 2025.



## New Pathways and Programs

**NEW!**

Outlook Horizons is excited to announce the development of several brand-new programs with an increased emphasis on programs focused on specific outcomes.

Our goal is to provide options that cater to everyone's preferences, but we also recognise the importance of ensuring the right fit and appropriate ratios. If you wish to make adjustments, please get into contact. Together, we can tailor a program schedule that suits your individual needs.

## About Outlook Australia

Outlook Australia is a registered charity dedicated to empowering individuals facing employment barriers, including people with disability and those experiencing other forms of social disadvantage. Founded in 1970, our organisation has grown to support communities in more than 20 locations across Victoria, New South Wales and Queensland. We are a collection of people driven by the belief that everyone deserves the chance to engage meaningfully in society and the workforce.

### **Community Services Division:**

Delivering life skills, in-home care and community access support as an NDIS registered disability services provider to help participants build independence and enrich their lives. Our disability support services offer a range of programs designed to enhance the quality of life for people with disability, including daily living support, community engagement programs and skill development.

### **Social Enterprise Division:**

Creating employment opportunities across the resource recovery sector. We proudly share that 70% of our workforce come from disadvantaged backgrounds. Outlook operates the largest waste management social enterprise in Australia. This innovative model not only provides essential services to the community but also offers employment opportunities to people who might otherwise be excluded from the workforce. Our social enterprises function as real-world training grounds, where individuals can gain valuable work experience while contributing to economically viable and socially responsible business operations.

## Contact Us

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## Outlook and Cardinia Leisure

Outlook has partnered with Cardinia Leisure to develop and deliver a range of programs for people with disability to get active in a supported and adapted environment. The All-In group of programs has been designed in a way that allows for maximum participation and enjoyment while ensuring that individuals can experience the physical, mental and emotional benefits of physical activity. Enjoy a range of functional fitness activities, swimming and water safety, and sport programs in groups to help you stay active, make friends and improve fitness - all in a fun, supportive and inclusive environment.



## Cardinia Leisure

### Delivering Health Outcomes for our Community

The partnership between Cardinia Leisure and Outlook is a significant step in ensuring that people with disability are able to access inclusive and adapted sport and aquatic programs in Cardinia and surrounding regions. We are committed to leveraging our combined experience and facilities to deliver high quality service to the community. The benefits of staying active at all stages of life are not limited only to individuals who are able to access mainstream sport and aquatic programs, this is why Outlook and Cardinia Leisure have developed All-In. See pages 30-32 for information about programs and outcomes.

### Programs

**All-In FIT**

**All-In SWIM**

**All-In SPORT**

**Cardinia Life**

**4-6 Olympic Way, Pakenham**



## How Can We Help?



### HIGH INTENSITY SUPPORTS

#### Safety and Engagement

Enabling individuals with disabilities to access and participate in meaningful community activities. Our high intensity support service is tailored to meet the unique needs of each participant, ensuring they can engage in community life, develop skills and build social connections in a supportive and inclusive environment.

#### Care team built around your needs:

Building key care teams around individuals and their needs allows for enhanced participation in activities, consistent support models and outcomes, improved safety and wellbeing for participants and increased ability to meaningfully engage with community.

## OUTCOMES

- ✓ **Enhance Community Participation:**  
Facilitate access to community activities and programs that promote social inclusion and personal development.
- ✓ **Individualised Support:**  
Provide personalised high-intensity support tailored to the specific needs and goals of each participant.
- ✓ **Social Connection:**  
Foster meaningful social interactions and relationships within the community.
- ✓ **Safety and Wellbeing:**  
Ensure the safety and well-being of participants through trained and compassionate support staff.



*I've noticed a remarkable improvement in my son's confidence and ability to participate in community activities. The support team ensures his safety and wellbeing, giving us peace of mind.*

## How Can We Help?



### CLUB OUTLOOK SOCIAL EVENTS

#### Inclusive Community Events

Join us for a mix of inclusive social and recreational events such as free or low-cost discos and movie nights, designed to foster community spirit. These events are advertised throughout the year via Outlook Australia social media pages, newsletters and emails.



### DEDICATED SKILL BUILDING PROGRAMS

#### Building Skills for Work and Life

Offering a wide range of programs to suit your needs and help you achieve your goals. From building skills to support your goals around employment or further education, developing your independence so you can participate in your community in the way that you choose, or exploring personal interests and hobbies; there's something for everyone.

Information about our dedicated skill building programs is contained in this program guide. Programs are divided into the following classifications to help you identify the pathways that suit you.

## Program Classifications

### WORK

These programs equip you with skills to enter the workforce. From the foundations of understanding your personal strengths, goals and chosen industries, to preparing, applying, interviewing and getting hands on experience. Programs designed to support employment and work-related goals. These programs can be funded through SLES, core and certain capacity building NDIS line items.

### INDEPENDENCE

These programs provide opportunities to develop your skills and confidence to be independent in the things that matter most to you. These are programs designed to support the development of independent skills and everyday living skills.

### INTERESTS

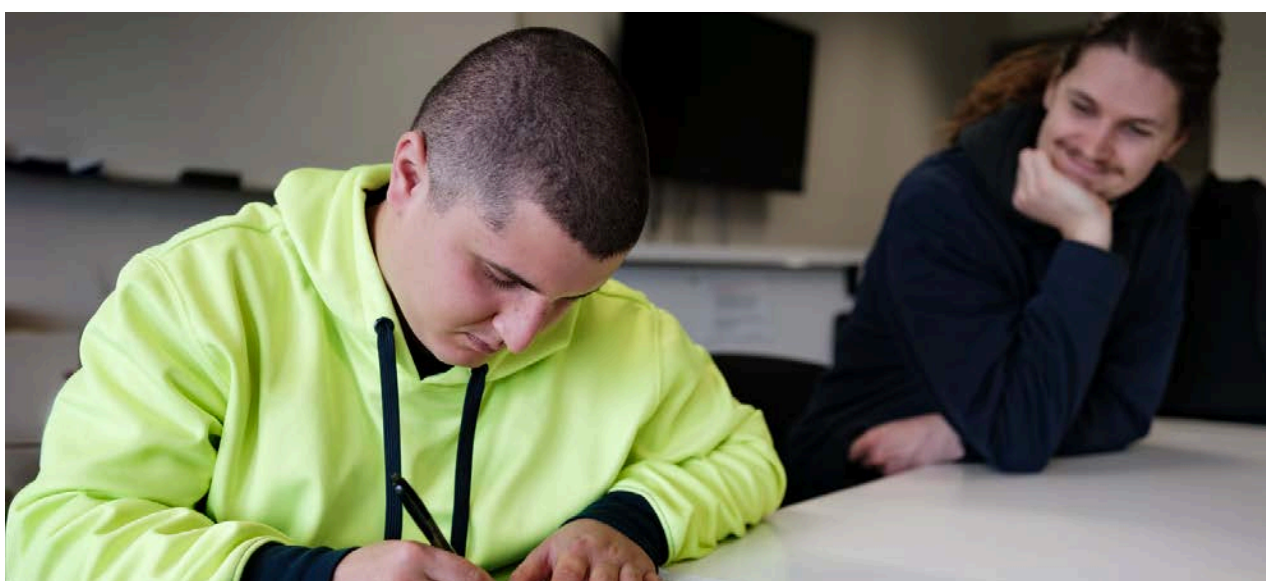
These programs support you to pursue personal interests while enhancing your personal wellbeing and developing social and practical skills, for work and life.

### CARDINIA LEISURE

These are inclusive sport and recreation programs developed in partnership with Cardinia Leisure, Pakenham.

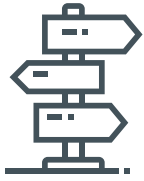
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### WORK



## CAREER LAUNCHPAD

### Individualised Opportunities

Career Launchpad is designed to explore exciting career opportunities and pave the way for a successful future. Participants will have the chance to investigate further education options, develop professional resumes, and find opportunities for work placements, apprenticeships and job applications.

Our dynamic and supportive environment will equip learners with the skills, knowledge and confidence needed to pursue meaningful careers. Whether you're looking to continue your education, gain practical work experience, or secure a job, Career Launchpad is here to guide you every step of the way. Join us and take the first step towards achieving your career goals and building a brighter future!



### OUTCOMES

- ✓ **Understand various further education options, including vocational training, learning programs and professional courses.**
- ✓ **Create professional and tailored resumes that effectively highlight participant's skills, experiences and qualifications, making them more competitive in the job market.**
- ✓ **Develop the skills needed to complete job applications successfully.**



***I learned how to create a professional resume and apply for jobs effectively.***



**NEW!**

## WORK



### **WORK ACCESS** Hands-On Skill Development

This is a comprehensive program specially crafted for individuals with disabilities who are eager to gain practical work experience. Work Access is designed to empower you with the skills and knowledge needed to succeed in the workforce.

It includes travel training from your agreed location to your selected volunteer placement, where you'll have the opportunity to explore various industries and develop essential skills that will benefit your future career endeavors.

## OUTCOMES

- ✓ **Participants will gain hands-on experience in various industries, enhancing their understanding of different work environments and job roles.**
- ✓ **Become proficient in travel training, learning to navigate public transport.**
- ✓ **Individuals will develop essential workplace skills, including time management, communication, teamwork and problem-solving, preparing them for future employment.**



***I've developed essential workplace skills like time management and problem-solving, preparing me for future employment.***

## WORK



### WORK EDUCATION

#### Personalised Pathways

Certificate I in Work Education is designed to help learners with permanent intellectual disabilities unlock their potential and explore exciting career opportunities. The inclusive curriculum is tailored to support post-school individuals in developing essential skills, boosting their employability and navigating pathways to further vocational education and training.

The program offers personalised support to overcome barriers to education, training and open employment. By the end of the program, learners will be equipped with the confidence, skills and knowledge to pursue meaningful work and further training opportunities, paving the way for a bright and independent future.

## OUTCOMES

- ✓ **Create personalised employment plans that align with participants' interests, strengths, and goals, providing a clear roadmap for their career journey.**
- ✓ **Learn about their rights and responsibilities as employee.**
- ✓ **Develop essential employability skills, including effective communication, teamwork, and problem-solving, making them more attractive candidates for potential employers.**



***I've gained confidence in my communication and teamwork abilities, making me a more attractive candidate for employers.***

## INDEPENDENCE



### COMMUNITY EXPLORERS

**Safety, Fun and Adventure**

An engaging and inclusive program designed for individuals who love to explore, have fun and learn how to navigate their community safely and actively. Our mission is to provide a supportive environment where members can enjoy a variety of exciting outings, develop important life skills, and build confidence in their ability to interact and thrive in their community.



## OUTCOMES



#### **Social Connections:**

Create opportunities for social interaction, friendship, and community building.



#### **Personal Growth:**

Helping individuals set and achieve goals related to their interests and passions.



#### **Transport Skills:**

Learn how to navigate public transport systems, enhancing your ability to travel independently and access various community resources and activities.



***Community Explorers is a fun and engaging program. I've learned to navigate public transport and gained confidence within my community.***



## INDEPENDENCE



### FUN IN THE KITCHEN

#### Safety and Independence

Enabling individuals with disabilities to access and participate in meaningful community activities. This program is tailored to meet the unique needs of each participant, ensuring they can engage in community life, develop skills, and build social connections in a supportive and inclusive environment.



## OUTCOMES

- ✓ **The cooking process engages multiple senses, providing sensory stimulation and enjoyment for members.**
- ✓ **Create and share recipes, fostering creativity and a sense of pride in their culinary creations.**
- ✓ **Cooking sessions incorporate important life skills such as time management, budgeting and teamwork.**
- ✓ **Develop essential cooking skills, including meal preparation, cooking techniques and kitchen safety.**



***I've learned important life skills like time management and budgeting at the cooking sessions.***

# INDEPENDENCE



## PATHWAY TO Ls

### Road Safety Education

The course teaches the skills needed to study for and take the practice learner permit test, based on the Road to Solo Driving handbook. It prepares participants to become independent and confident drivers, opening up possibilities for further study and employment. Even if obtaining a learner license is not appropriate, the course equips participants with the necessary knowledge and skills to be "road aware" when in the community, allowing for further independence.



## OUTCOMES

- ✓ **Acquire the necessary knowledge and skills to confidently study for and pass the practice learner permit test.**
- ✓ **Even if obtaining a learner license is not pursued, participants gain essential knowledge to be "road aware" and understand traffic rules, signs and safe behaviours in the community.**
- ✓ **Fosters a sense of independence by preparing participants to become safe and responsible drivers or road users, enhancing their mobility within the community.**



***The program has prepared me to be a safe and responsible road user, which is good for my independence.***



## COMMUNITY NAVIGATORS

**Safety and Independence**

Empowering individuals to develop essential life skills and thrive in the community. Our group, aimed at fostering social skills, community safety, independence, money handling and time management, provides a supportive environment where participants can learn, grow and succeed together. Join us in this empowering journey, where every member is encouraged to explore their potential, achieve their goals and become active, independent members of the community. Together, we create a dynamic, supportive network that celebrates each individual's unique strengths and abilities.

### OUTCOMES

- ✓ **Enhance social skills, building confidence in interactions and forming meaningful connections.**
- ✓ **Learn to navigate the community safely.**
- ✓ **Understanding the importance of awareness and personal security.**
- ✓ **Develop money-handling skills, gaining confidence in budgeting, making purchases, and managing personal finances.**
- ✓ **Improve time management abilities.**



***It has taught me essential life skills like money handling and time management. I now feel more confident and independent in my community.***



**NEW!**

**WORK**

**INDEPENDENCE**



## **CHOOSE YOUR OWN ADVENTURE**

### **Support for Further Education and Certification**

We are here to help you engage in activities that excite, motivate, and uplift you – regardless of what they may be. Our social and community support programs offer connections to endless opportunities. No matter what you choose, our team is here to support you in pursuing your passions, so you can live every day to the fullest.

## **OUTCOMES**

- ✓ **Acquire practical and industry-specific skills that are directly applicable to chosen field of study, enhancing employability.**
- ✓ **Meaningful relationships and expand their social networks through various group activities and community engagements.**
- ✓ **Personal growth by helping individuals set and achieve goals related to their interests and passions.**



***I have been involved in activities that make me feel excited and motivated.***

### WORK

### INDEPENDENCE



## REVIVE & RENEW WORKSHOP

**Repair, Refurbish, Renew**

An innovative and eco-friendly program dedicated to fixing, refurbishing, and enhancing second-hand items that would otherwise end up in landfills. Our mission is to promote sustainability, creativity and community engagement by breathing new life into discarded objects. Participants will learn valuable skills, contribute to environmental conservation and create functional and artistic pieces from reclaimed materials.



### OUTCOMES



#### **Develop Practical Skills:**

Equip participants with hands-on skills in repair, refurbishment and upcycling techniques.



#### **Promote Sustainability:**

Encourage the reuse and recycling of second-hand items to reduce waste and environmental impact.



#### **Build Community:**

Create a supportive and collaborative environment where members can share ideas, learn from each other and work together on projects.



***Working on these projects has given me a sense of community and creativity. It has taught me about sustainability and the importance of reducing waste.***



## ESSENTIAL SKILLS WORKSHOP

### Numeracy and Literacy

This program offers a diverse range of group activities, all centred around crucial numeracy and literacy topics. Learning areas are thoughtfully designed to enhance the numeracy and literacy skills essential for participants' daily lives. Through enjoyable and relaxed activities, participants have the opportunity to practice these skills, ultimately boosting their overall confidence.

## OUTCOMES

- ✓ **Gain practical skills to manage everyday tasks involving numbers, such as budgeting, shopping and time management.**
- ✓ **Improve reading, writing and comprehension abilities, enabling participants to communicate more effectively in various contexts.**
- ✓ **Practice applying numeracy and literacy skills in real-life scenarios.**



***Practicing numeracy and literacy skills in real-life scenarios has boosted my overall confidence.***





### TECH TREK

#### Computer Skills and Online Safety

Comprehensive computer class designed to empower participants with essential digital skills and knowledge. In today's technology-driven world, computer literacy is more important than ever. This program aims to bridge the digital divide, fostering digital confidence and competence and staying safe online.

## OUTCOMES

- ✓ **Navigate the internet confidently, understanding the importance of online safety, protecting personal information and how recognise and avoid online scams.**
- ✓ **Develop skills in using email, including composing, sending, and managing emails, as well as organising contacts.**
- ✓ **Using essential Microsoft Office applications, including Word for word processing, Excel for spreadsheets and PowerPoint for presentations, enabling you to create, edit and manage documents effectively.**



***Tech Trek has made me feel more confident using computers and staying safe online. I've learned to use common programs and manage my emails.***



## THE KITCHEN IS YOURS

### Home Economics and Kitchen Safety

A cooking class that teaches foundational skills is a great way to start your culinary journey. You will learn how to prepare and cook a variety of dishes, from familiar family staples to international favourites. You will also gain confidence and competence in using different kitchen tools and techniques, such as measuring, chopping, stirring, frying, baking and more.



## OUTCOMES

- ✓ **Master essential cooking techniques such as measuring, chopping, stirring, frying, baking and more.**
- ✓ **Gain confidence in using different kitchen tools and techniques.**
- ✓ **Understand importance of food safety and hygiene practices.**
- ✓ **Budgeting for meals, learning to plan and shop for ingredients cost-effectively.**



***I've gained confidence in using different kitchen tools and techniques, making cooking enjoyable. Learning to budget for meals and shop for ingredients has been very helpful.***



## TRANSITION EDUCATION

**Skills, Confidence and Independence**

Certificate I in Transition Education is designed to empower learners to build the skills they need to thrive in the community after leaving school. This dynamic program opens doors to exciting opportunities in employment, volunteer work or further education. With a comprehensive focus on independent living, active community participation, and understanding rights and responsibilities, participants will also learn to identify and access a wide range of support services. By the end of the course, learners will be well-equipped to explore and pursue their chosen path with confidence and independence.

## OUTCOMES

- ✓ **Foundational skills building.**
- ✓ **Understand your strengths and interests.**
- ✓ **Meaningful life skills development.**
- ✓ **Informed decision making.**
- ✓ **Increased independence.**
- ✓ **Establish a pathway to your work-related goals.**



***I now have a clear path to explore employment and further education thanks to the skills I've gained in Transition Education.***





## VISIONARY VENTURES

### Practical Entrepreneur Skills

Through this innovative program, participants will gain hands-on experience in entrepreneurship, learning the fundamentals of business planning, management, marketing and financial literacy.

The program aims to foster creativity, independence and confidence by providing a supportive environment where participants can explore their business ideas, develop essential skills and collaborate with peers

## OUTCOMES



### **Skill Development:**

Participants will develop essential entrepreneurial skills such as problem-solving, decision-making, communication, and teamwork.



### **Increased Confidence:**

Participants will build self-confidence through hands-on experience.



### **Empowerment and Independence:**

Participants will feel empowered to pursue their entrepreneurial dreams and gain greater independence.



***I've learned the fundamentals of business planning and management, which has been very inspiring.***



### WILD HARVEST

Gardening and Woodworking

Join us to develop expertise in growing native plants, promote sustainable gardening practices and support local biodiversity. Each week, you'll focus on a different aspect, from understanding the importance of native plants to hands-on activities like propagation and learning about indigenous species. Become an advocate for environmental stewardship and make a difference in your community.



## OUTCOMES

- ✓ **Develop essential gardening skills, including planting, pruning and maintaining various types of plants.**
- ✓ **Enhanced social connections and friendships, reducing feelings of isolation and promoting a sense of community.**
- ✓ **Participants develop a deeper understanding and appreciation for nature and the environment, promoting sustainable practices.**
- ✓ **The group encourages creativity and self-expression through designing and creating unique gardening and woodworking projects.**



***I have made new friends and learnt new skills at Wild Harvest. The creative aspect of designing projects has been very fulfilling.***



## WORK & LIFE SUCCESS

### Life Skills and Individual Goals

Participants will embark on a transformative journey of self-discovery and skill acquisition. We recognise that success is not confined to a single aspect of life but rather, it's the harmonious blending of individual and social skills that leads to meaningful accomplishments. Therefore, our program delves into various aspects of personal and social development.

## OUTCOMES

- ✓ **Participants will experience a transformative journey, gaining insights into their strengths, interests and areas for development.**
- ✓ **Participants will develop resilience, learning to overcome challenges with a positive mindset.**
- ✓ **Perform daily tasks independently and make informed decisions.**
- ✓ **Participants will enhance their emotional intelligence, learning to recognise, understand and manage their own emotions as well as empathise with others.**



***I have gained a better understanding of my strengths and interests, helping my personal and social development.***



## INTERESTS



### SNAPSHOT ADVENTURES

#### Photography

Designed for individuals with disabilities who have a passion for photography. Our mission is to provide a supportive and engaging environment where members can explore their creativity through the lens, travel to inspiring locations and develop their photographic skills. Participants will create stunning visual boards and build personal portfolios that showcase their unique perspectives and artistic growth.

## OUTCOMES



#### **Cultivate Photographic Skills:**

Help members develop and refine their photography techniques, from basic camera operation to advanced composition and editing.



#### **Promote Social Interaction:**

Create a community where members can share their passion for photography, exchange ideas and form meaningful connections.



#### **Develop Presentation Skills:**

Teach participants how to curate and present their photos through visual boards and exhibitions.



***Snapshot Adventures allowed me to explore my passion for photography. I've developed my skills and created work that I'm proud of.***



**NEW!**

## INTERESTS



### **SPORT CONNECT**

**Organised Sport and Exercise**

Providing individuals with disabilities the opportunity to discover and participate in a wide range of adaptive sports. Our mission is to enhance physical health, foster social inclusion and empower our members through accessible and inclusive sporting activities. By connecting individuals with appropriate sporting opportunities, we aim to create a vibrant community where everyone can experience the joy and benefits of sport.



## OUTCOMES

- ✓ **Sense of community and belonging, helping members build meaningful relationships and support networks.**
- ✓ **Participation in sports empowers participants, boosting their self-esteem and promoting greater independence in their daily lives.**
- ✓ **Members engage in a variety of sports activities, increasing overall participation rates in adaptive sports within the community.**
- ✓ **Participation in sports leads to improved physical fitness, strength and overall health including better mental health among members.**



***Participating in sports activities has been empowering and enjoyable. The program has improved my overall health and wellbeing.***

## INTERESTS



### AQUA ZEN

**Swimming, Yoga and Relaxation**

This swimming and yoga program is a holistic wellness experience that invites you to embrace physical and mental wellbeing. Whether you're looking to enhance your swimming skills, cultivate mindfulness or simply enjoy a day of relaxation by the pool, this program offers a unique blend of activities in a supportive and serene environment.



## OUTCOMES

- ✓ **Combination of swimming and yoga provides a holistic approach to stress relief, reducing anxiety and promoting relaxation.**
- ✓ **Enhance physical health and fitness, improving strength, flexibility and cardiovascular health.**
- ✓ **Fosters a sense of community, allowing participants to connect with others, share experiences and build supportive relationships.**



***I have improved my swimming skills and learnt about mindfulness through yoga. The program has helped me connect with others and build supportive relationships.***

## INTERESTS



### ARTISAN CREATIONS

**Explore Craft and Creativity**

Designed to bring individuals of all abilities together to explore their creativity through a variety of arts and crafts projects. Our mission is to provide a supportive environment where members can engage in personal creative endeavours, develop new artistic skills and enjoy sensory-rich experiences. Whether you are an experienced artist or a beginner, this club offers a space to express yourself and connect with others through the joy of making art.



## OUTCOMES



#### **Foster Creativity:**

Encourage members to explore their artistic talents and express themselves through various forms of art and craft.



#### **Support Personal Projects:**

Enable members to work on individual projects that reflect their personal interests and goals.



#### **Promote Sensory Engagement:**

Incorporate activities that engage multiple senses, enhancing the creative experience.



***The supportive environment has allowed me to explore various forms of art and craft. I have developed new skills and love expressing myself creatively.***

## INTERESTS



### **BAND CRAFT**

**Outlook's Own Cover Band**

Band Craft invites you to dive into the world of rock and roll. Whether you're a seasoned musician or a complete beginner, this program provides a supportive and engaging environment to learn musical instruments, collaborate in a rock band and develop performance skills. Join us on this journey as we embrace the spirit of rock and unleash your musical potential.



## OUTCOMES

- ✓ **Through regular practice and performance opportunities, members build confidence in their musical talents and stage presence.**
- ✓ **Participants learn the importance of collaboration by working together in a band, developing teamwork and communication skills.**
- ✓ **The program encourages creativity and self-expression through songwriting, improvisation and unique musical arrangements.**



***Working in a band has improved my teamwork and communication. The program has encouraged my creativity and expression through music.***



## INTERESTS



### MUSICAL JOURNEYS

**Musical Opportunities for Everyone**

Join our music program to cultivate your musical talents, foster creativity and become a harmonious part of your community. Each week, you'll dive into a different musical aspect, from mastering new instruments to exploring diverse music genres. Harness the power of music to express yourself and make a positive impact in your community.



## OUTCOMES

- ✓ **Use music as a powerful tool for self-expression, helping articulate emotions and ideas through sound.**
- ✓ **Creates a supportive community where members can form strong social bonds and collaborate on musical projects.**
- ✓ **Provides therapeutic benefits, reducing stress and enhancing overall mental health.**
- ✓ **The program includes activities that engage multiple senses, such as: auditory, visual, tactile and kinesthetic.**



***Exploring different musical genres has been a lot of fun. The program has helped me develop my musical talents and make a positive impact in my community.***



### ALL-IN FIT Inclusive Gym Program

## Cardinia Leisure



All-In FIT is a specially designed gym program created in partnership with Cardinia Leisure to empower individuals with disabilities through tailored fitness experiences. Recognising that everyone's fitness journey is unique, this program is dedicated to providing a supportive and accessible environment where participants can achieve their health and wellness goals.

## OUTCOMES

- ✓ **Improved Physical Health:**  
Participants will experience enhanced physical fitness, including increased strength, flexibility, and cardiovascular health, tailored to their individual abilities.
- ✓ **Mental Wellbeing:**  
Participants will report improved mental health outcomes, including reduced stress and anxiety levels, and a greater sense of wellbeing.
- ✓ **Social Connection:**  
The program will foster a supportive community, helping participants build meaningful relationships and reducing feelings of social isolation.
- ✓ **Inclusive Environment:**  
Creation of an inclusive gym culture that serves as a model for other fitness centers, demonstrating the benefits of adaptive fitness programs.



***This program has changed how I see fitness. I've gained strength, confidence and made friends. We're all working towards our goals and cheering each other on!***

**NEW!**

## CARDINIA LEISURE



### **ALL-IN SWIM** Inclusive Swimming Program

## Cardinia Leisure



All-In SWIM, created in partnership with Cardinia Leisure, is designed to provide individuals with disabilities the opportunity to enjoy swimming in a safe, supportive, and accessible environment. Whether participants are learning to swim or looking to improve their aquatic skills, this program caters to all abilities and encourages everyone to experience the joys and benefits of swimming.

## OUTCOMES

- ✓ **Enhanced Water Safety Skills:**  
Participants will develop essential water safety skills, including floating, treading water, and basic swimming techniques, increasing their confidence and safety in aquatic environments.
- ✓ **Improved Physical Health:**  
Regular participation in the program will lead to improved cardiovascular health, muscle strength, flexibility and overall physical fitness.
- ✓ **Social Engagement:**  
The program will foster a sense of community, allowing participants to build social connections and reduce feelings of isolation through shared aquatic experiences.
- ✓ **Mental Wellbeing:**  
Participants will experience enhanced mental health, including reduced stress and anxiety, as a result of regular physical activity in a supportive environment.
- ✓ **Inclusive Environment:**  
The program will create a welcoming and inclusive swimming environment, serving as a model for other aquatic centers and programs.



***The special equipment and extra help make a big difference. I feel safe, supported and much more comfortable in the water now.***

**NEW!**

## CARDINIA LEISURE



**ALL-IN SPORT**  
Engaging in Inclusive Sports

**Cardinia  
Leisure**



All-In SPORT, developed in collaboration with Cardinia Leisure, is an adaptive sports initiative designed to provide individuals with disabilities the opportunity to engage in a variety of sports in an inclusive, supportive, and fun environment. Whether participants are new to sports or looking to enhance their skills, this program offers a range of activities tailored to meet their needs and abilities.

### OUTCOMES

- ✓ **Improved Physical Health:**  
Participants will experience increased physical fitness, including better coordination, strength, and endurance, through regular sports participation.
- ✓ **Skill Development:**  
Participants will improve their skills in various sports, with personalised coaching helping them achieve specific athletic goals.
- ✓ **Inclusive Sports Culture:**  
The program will promote an inclusive sports culture, setting an example for other sports programs and organisations to follow.
- ✓ **Empowerment Through Achievement:**  
Achieving sports-related goals will empower participants, boosting their self-efficacy and inspiring them to take on new challenges both on and off the field.



***The adaptive equipment and personalised coaching let me play sport in a way that suits me. I feel stronger and more confident every day and I've had lots of fun.***



## SOCIAL IMPACT AND OPPORTUNITY



### Introduction

Outlook creates employment opportunities through our various operations across the resource recovery sector. At a commercial level, we focus on educating our communities about recycling and waste recovery initiatives, while also demonstrating what's possible in an inclusive commercial operation on a social level. We proudly share that 70% of our workforce come from disadvantaged backgrounds, including people with disabilities.

Outlook combines our commitment to creating sustainable outcomes in waste management and recycling with our vision for 'An Inclusive Society for All' by operating the Hampton Park Resource Recovery Center and Recycled Goods Shop, as well as similar sites in Melton and Mornington. With the introduction of Victoria's Container Deposit Scheme in November 2023, Outlook also operates the major scheme depot in Bayswater.

Continuing to explore and further develop Outlook's social enterprise division is the cornerstone for creating employment opportunities for individuals living with disability or disadvantage.



### Integrating Disability Services and Social Enterprise

Outlook is committed to further integrating our disability services and social enterprise operations to create more opportunities for people with disability to build a career or become job-ready. With Outlook resource recovery, recycled goods shops and Container Deposit Scheme sites located nearby, NDIS participants at Outlook may have the chance to engage in work experience, supported employment or skills development activities at these sites.



## OUTLOOK LOCATIONS and MEETING SPOTS

### PAKENHAM

#### Outlook Community Centre

24 Toomuc Valley Rd, Pakenham



### CLAYTON SOUTH

#### Clayton South Learning Hub

9 Scott Ave, Clayton South

#### Meeting Spots

Depending on the type and location of the program, groups may also meet at a designated location to catch public transport - such as Berwick, Pakenham or Narre Warren station, or an external community-based venue such as a community centre or youth hub.

**Meeting locations will be discussed during enrolment and any changes to schedules and meeting locations will always be clearly communicated to participants and carers.**

## How to Enrol for 2025

Vacancies are now available for NDIS participants who are post-high school age to join Outlook Horizons programs in 2025. Please contact us to discuss your individual needs, to make any enquiries about specific programs or supports, or complete the online form below.

### CONTACT US



1300 137 140



disabilityvic@outlookaust.org.au



www.outlookaust.org.au

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