Outlook

an inclusive society for all

Program & Services Guide

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Registered NDIS Provider

Welcome to Outlook

Outlook Australia is a registered charity and social enterprise empowering individuals facing social disadvantage and barriers to employment, including people with disability. For over 50 years, we have supported communities across Victoria, New South Wales and Queensland.

Community Services

As an NDIS-registered provider, we deliver day programs, in-home care, and community access support to help participants build independence and enrich their lives. Our services include daily living support, day programs, community engagement and skill development programs.

Social Enterprise

Outlook operates Australia's largest waste management social enterprise, creating inclusive employment opportunities. NDIS participants can access work experience, supported employment and skill development at our transfer stations, reuse shops and Victoria's Container Deposit Scheme locations.

Outlook Hubs & Meeting Locations

Outlook Community Centre
24 Toomuc Valley Rd, Pakenham

Westall Community Hub
35 Fairbank Rd, Clayton South

Narre Warren Learning Hub
2A Malcolm Crt, Narre Warren

Clayton South Learning Hub
9 Scott Ave, Clayton South

Support From Home

We provide support at or from your home. We can help you with your daily routine, domestic supports, attending appointments and social support.

Meeting Locations

For programs involving engaging in the community, locations are chosen to be accessible and as easy to reach as possible. All meeting locations and schedule changes will be clearly communicated to you.

Transport Options

If you cannot access hubs independently, we provide transport options, including **travel assist** (staff pick-ups and drop-offs) or **travel training** (staff will teach you safe travel routes and practice with you to build confidence).

Outlook's Approach

Our approach takes all the incredible services and opportunities Outlook has to offer, and creates a personal schedule to connect you to the things that matter most!

FLEXIBLE SCHEDULES

Support that unlocks the lifestyle you aspire to and the goals you dream to achieve

ENGAGED AND ACTIVE

Opening doors to local events and programs that foster genuine connection

YOUR SUPPORT YOUR WAY

Influencing your quality of life through personalised support that meets your needs

BUILD SKILLS FOR LIFE

Workshops and group sessions focused on building skills and confidence to expand your independence

YOU AT THE CENTRE

We partner with your existing team or help you build a new one to ensure your supports drive holistic wellbeing

- Day programs
- Supports in your home
- Support you trust
- Rec and leisure events
- Meal preparation
- Transport support
- In-home respite
- School transitions

Explore the World with Outlook

We're inviting NDIS participants aged 18+ to take part in a monthly program packed with activities, learning and fun, as we explore the culture, flavours and festivals of countries around the world together.

Scan here

to learn more

Rec & Leisure Program

Connect with like-minded people your age and get out-and-about together. From dinners at the pub, comedy shows and local markets, to full-day adventures further afield, there's something for everyone to enjoy.

Scan here

to learn more

Who do we support?

Meet some of our amazing people!

Fun and Engagement

Fresh from school, Ellie felt jumping straight into work wasn't right for her. She is thriving in our **Next Steps** program with peers her own age, learning through fun activities. Her favourite day is All-in Swim in the morning followed by Fun in The Kitchen where she prepares and enjoys a meal with friends.

Skills and Independence

Oliva joined us straight from school seven years ago. She worked on her foundational life skills and Certificate I in Transition Education and now has a job she works at three days a week. She still comes back to Outlook on her days off to hang out with friends and keep building her independence.

Active and Social

Craig is honest about what he wants - good times with friends doing what he loves. Having a full day of activities combined with fun supports keeps Craig coming back. On Thursdays, the sailing program always ends with him manning the BBQ for lunch and having a few laughs.

At Outlook, we support people in all stages of life and to do things that are important to them. We will connect you to supports and opportunities that enable you to do the things that matter.

Outlook Next Steps

School Leaver Program for Young Adults

Leaving school can feel overwhelming. We understand that many people are still trying to figure out 'what's next'. Outlook Next Steps isn't a giant leap, it's a step in the right direction.

We bring young people together in a way that feels fun, social and engaging. Through exciting, practical, skill-based activities, participants stay active while building confidence and real-life skills.

When you choose **Outlook Next Steps**, you're choosing connection, growth and a group of young people figuring it out together.

Outlook Community Centre

24 Toomuc Valley Rd, Pakenham

Westall Community Hub

35 Fairbank Rd, Clayton South

Community Engagement

NAVIGATORS

Safety and Independence

Supporting participants to practice planning trips, navigating stations & stops, managing time and responding to changes while travelling in the community.

It's about the journey - learning how to be independent in the community and what to do when things go wrong.

EXPLORERS

Safety, Fun and Adventure

Join us on fun days out. We will learn to travel safely, engage in meaningful activities and build familiarity with community spaces through weekly outings.

It's about the destination - accessing the community and making friends at new and familiar locations.

Cooking Groups

THE KITCHEN IS YOURS

Essential Cooking Skills and Kitchen Safety

A cooking class to teach foundational skills, from preparing meals you can replicate yourself. Build confidence using kitchen tools and techniques like chopping, measuring, frying and baking.

Learn to be independent in the kitchen. We will teach you simple meals you can cook at home.

FUN IN THE KITCHEN

Good Food, Good Company

For people who enjoy hands-on learning and good food. This program builds confidence, independence and daily living skills through the process of shopping, preparing, cooking, eating and cleaning up after a meal.

For people that love food and trying new things.

BAKING WITH FRIENDS

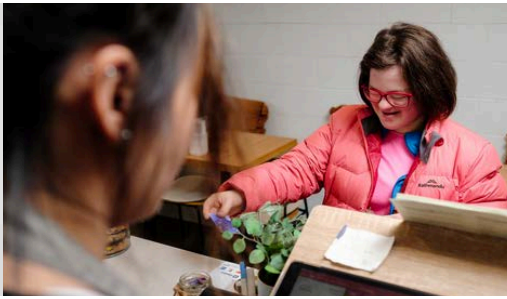
Savory and Sweet

This program is all about the joy of baking, including mixing, creating and sharing delicious treats in a fun, relaxed environment while building confidence and independence.

Connect with others and enjoying new experiences together.

All cooking groups incur a $10 out-of-pocket cost for ingredients

Building Skills for Life



NUMERACY AND LITERACY

Essential Skills and Foundations

This program uses fun, group-based activities to develop essential numeracy and literacy skills, helping participants practice daily tasks and build confidence.

TECH TREK

Computer Skills and Online Safety

A computer program to help you learn essential digital skills, building confidence, competence and online safety in today's technology-driven world.

ROAD SAFETY

Safety in the Community and Practicing for Learners Permit

Designed to teach safe, confident and independent use of roads and public spaces.

Explore more opportunities

Look online to see the range of programs on offer at Outlook Community Centre. We can support you to attend and get the most out of these amazing programs.

www.outlookaust.org.au/community-centre/

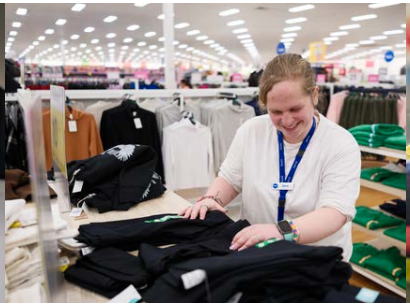
Building Skills for Life

GAIN THE EDGE
Essentials for Everyday Independence

Supporting people to develop life skills, employability and digital skills that are essential for everyday independence, volunteering and future employment opportunities.

WORK & LIFE SUCCESS
Life Skills and Individual Goals

Participants will develop personal and social skills through a program focused on self-discovery, growth and achieving meaningful accomplishments across all areas of life.



OCCUPATIONAL SKILL BUILDING
Real life experiences

Hands-on opportunities to learn practical workplace skills. Connecting you to the ideal opportunity for you or help you build you confidence and skills.

TRANSITION EDUCATION
Skills, Confidence and Independence

Certificate I in Transition Education helps unlock skills for independent living, community participation and pathways to work, volunteering or further study.

WORK EDUCATION
Preparing for the workforce

Certificate I in Work Education helps build essential skills, increase employability, and explore pathways to further vocational education and career opportunities.

All-In Fitness & Wellness Programs

Outlook and Cardinia Leisure have partnered to offer **All-In** programs, helping people with disability stay active in a fun, supportive and inclusive environment. Participate in fitness, swimming, water safety and sports programs designed for maximum enjoyment, social connection and physical, mental and emotional benefits.

Cardinia
Leisure

Cardinia Leisure is located at 6 Olympic Way, Pakenham

All-In FIT

An inclusive gym program run by an experienced personal trainer to ensure participants can have a great workout while learning to use the machines and equipment safely.

All-In SPORT

An inclusive and non-competitive sports skills program offering a fun and supportive environment where participants can try new sports or improve their skills.

All-In SWIM

An inclusive water-based program offering small group lessons with a qualified swimming instructor where participants can build confidence and skills in the water.

All-In programs incur a $10 out-of-pocket cost per session

Get Outdoors

- Gain hands-on skills
- Work on practical everyday essential skills such as travel, money handling, following instructions, communication and much more.
- Volunteer as part of a team to complete projects, maintain open spaces and give back to the community.

GARDEN EXPLORERS

Gardening, Volunteering and Community

Develop hands-on skills, build and maintain garden spaces, and foster a sense of pride. Each week, you'll engage in practical activities and connect with the local community through different opportunities, helping to create and maintain gardens and support others.

COMMUNITY CHAMPS

Learning with friends in the community

Be active in your local community, gaining hands-on skills and forming genuine connections that can lead to lasting friendships. Activities may include organising drink container drop-offs at local at refund points, upcycling projects, or joining community groups like men's sheds with friends.

Connected, Creative and Fun

LADIES DAY

Connection, Expression, Empowerment

Focuses on accessing community spaces, developing life skills, and encouraging self-expression in a supportive environment.

HEALTH & WELLBEING

Fun Activities to Suit Your Interests

Promotes physical health, emotional regulation and overall wellbeing. The program focuses on gentle movement and sensory-aware experiences.

CREATIVE ABILITY

Arts and Crafts

A structured but relaxed group atmosphere designed to support you to explore creativity, self-expression and wellbeing through art.

Cost: $10 per session

LOOK OUT!

Outlook's Own Cover Band

Through regular practice and performance, members build confidence, skills and stage presence. Participants learn the importance of collaboration by working together in a band, developing teamwork and communication skills.

Fun and Engaging Days Out

ACTIVITY CONNECT

Fun Activities to Suit Your Interests

Supporting you to explore the community in a safe, structured and enjoyable way. The focus is on social connection, confidence building, and developing public transport skills while participating in a fun group activity.

- **Connect with others that have shared interests**
- **Try new things or do more of the activities that you enjoy**
- **Build your skills and community around your chosen activity**

Choose from the below, or let us know what you are interested in!

- Sailing
- Disco
- Swimming
- Choir

These exciting opportunities may require an out-of-pocket cost.

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