



# Come - Connect - Activities

*NEW*

**Specifically Designed using  
Principles for Universal Design for  
Learning, tailored for people with  
Autism and other neurodiversities**

Suitable for individual and group ratios so  
participants can engage at their own pace.

[www.livefree.net.au](http://www.livefree.net.au)

Ph: 0413 919 444



**ndis**  
REGISTERED  
PROVIDER

Smashing Goals

Up in Smoke -  
All American  
BBQ

Performing  
Arts - Local  
Vocals

Performing Arts  
- Free Style  
Theatre

The Amazing  
Race - Free  
Style

Home School  
Supports and  
Excursions

Work and Work  
Experience  
Assistance

Sports -  
Game Day

Free Style  
Cafe

Living Large -  
Public Access



# Come – Connect – Activities

Some people are highly social and love opportunities to interact with people they know and may enjoy meeting new people. For others, the notion of a social activity conjures up fear and anxiety and the mere mention of a 'group' puts up a psychological barrier.

At Live Free Support Services, our mission is to remove the obstacles that exist for people with a disability, so we are designing our activities differently.

We appreciate all the steps on a customer's journey are huge. We know that we can turbo-charge the learning process if we set up the right conditions and we find the right fit between our staff and the person that matters.

Our activities are new and will be loved by people who appreciate the novel and like to "mix things up". But we also make activities predictable so those people who need structure can enjoy them too. The activities are suitable for people who find socializing easy, as well as for those who are challenged by it. We couple excitement with predictability, and we structure the process so each customer can feel safe, and then they can grow.

**Changing menu:** we intend to introduce new activities to keep things fresh and work alongside our customers as they evolve. These are the first of our new activity options!

**Bespoke design:** all activities are designed for neurodiverse minds and delivered using Principles for Universal Design for Learning. In saying that, they are 100% designed to be fun and tailored to each customer's needs. We do this by 1) training our staff 2) spending time researching for the design and development of programs 3) working with customers to develop clear individualized plans and 4) matching Support Workers to customers. We customize our strategies for each customer so our Support Workers can accompany participants at their own pace and in their preferred way.

Our activities have human development and skill building techniques woven throughout. Importantly, we hack-in techniques that help us all to self-regulate, build interoception and self-awareness. We'll find out what else you need and adapt our activities and conditions to suit your learning needs. For instance, some participants may choose to come early and others start late, to manage sensory and social conditions.

✓ **Transport may be provided to, from and during activities as needed.**

✓ **Ratios at 1:1, 1:2 or 1:3**

✓ **Most activities have zero out of pocket expenses. For those activities that do have out of office expenses, these may be able to be covered by your NDIS funding. Talk with our team members about what you need.**

✓ **non-face to face charges apply to most groups to help cover direct expenses, the program development cycle and progress reporting.**



# 3 STEPS

SMASHING GOALS

Your goals are our goals

Do you have a goal?  
OR WISH YOU HAD ONE?

*Tailor Made*

Make something of an interest, desire or talent, even if you don't quite know what it is yet!

**STEP 1**  
DECIDE YOUR GOAL

**STEP 2**  
SET THE STRATEGY

**STEP 3**  
TAKE THE STEPS

GUIDED BY LIVE FREE SUPPORT SERVICES TOOLS AND TAILORED PROCESS, SUPPORTED BY SPECIFICALLY TRAINED STAFF AND HEADED IN THE DIRECTION YOU CHOOSE TO GO



Contact us

**0413 919 444**  
**admin@lfss.net.au**

Shop 3/191 Berserker St, Rockhampton / [www.livefree.net.au](http://www.livefree.net.au)

# ***Smashing Goals!***

***Live Free Support Services is thrilled to introduce Smashing Goals, a transformative program designed to help people with disabilities identify and achieve their personal and professional goals.***

Live Free Support Services developed the *Smashing Goals* Program for people who want to make something of an interest, desire or talent, even if they don't quite know what it is yet. The program will guide you through a process of imagining, planning and taking action to smash your goal. We understand that everyone's path is different.

Goals may be gaining your driver's license, getting fit, making a friend, ordering independently at a restaurant, undertaking a course or learning a different skill. Or you may have an interest you don't know what to do with. The program will be different to other community access services that support you, by being 100% focused on your goal and being time-bound. The structured program assists participants to learn planning and problem-solving schemas - these are adaptive skills that assist in everyday life, every day.

Support from Live Free Support Services will adapt to the conditions and timeframes that suit *you*. It's not just about reaching your goals; it's about thriving on your terms.

## **What to expect**

The program is delivered by specifically trained Support Workers (coaches), your steadfast partners in progress. The same coaches support you from the beginning to the end, so they are familiar with you and your progress in the program. We see consistent Support Workers as essential to gain and maintain momentum. The program works on a 1:1 or 1:2 ratio. This means the program is tailored and provides space for 2 customers who may know one another and share a goal (e.g. young people leaving school). This level of support intensity will keep you in the conditions and timeframes you need for yourself. Take the first step towards a brighter future today. Let's illuminate your path together!

The whole process uses 3 easy steps:

**Step 1** involves narrowing and defining the goal using SMART objectives (specific, measurable, achievable, realistic and time-bound). Builds on choice making, exploring, imagining, staying on task, metacognition, taking risks, sharing ideas and recognizing feelings of oneself.

**Step 2** involves identifying a strategy and selecting resources including people, time, materials and money required to achieve the goal. In this step, you identify options and make selections from available options. Builds on abilities to generate ideas, researching, asking for help, choice making, planning, community connections, communicating, compromising, thinking flexibly and being assertive.

**Step 3** involves gathering the resources required and following the pre-planned steps, revising the plan as needed. Builds on problem-solving, self-regulation, confidence building, accepting criticism, negotiating perseverance, community connections, reviewing, celebrating success, revising plans and thinking flexibly.

*All Activities hosted by Live Free Support Services are delivered in-line with Principles for Universal Design for Learning so they provide an accessible, safe and inclusive environment.*

*Who? Absolutely anyone who has a dream, or wants one*

*When and where? Individualized options*

*Costs? 1:1 or 1:2 only based on customer preference. Support and any necessary Transport may be covered under Core or under Capacity Building, depending on the participant's individual plan. Non-face to face costs may be incurred for program development, customer-specific staff training and progress reporting.*

*For more info/bookings? Contact LFSS team Ph 0413 919 444/email [admin@lfss.net.au](mailto:admin@lfss.net.au)*



# UP IN SMOKE

## *All American BBQ*

# MASTERCLASS



A PROGRAM  
DESIGNED FOR THE  
NEURODIVERSE  
MIND

COOK  
YOUR  
VERY  
OWN BBQ  
MEAL

Whether you're a beginner or a pro, our Masterclass offers something for everyone. From choosing the perfect cut to mastering the smoke, you'll gain hands-on experience and skills from one of Australia's very own Pitmasters, and Live Free Support Services CEO, Dave Rach.

**EVENTS HELD MONTHLY ON SATURDAYS FROM 1 PM TO 7PM**

**ACTIVITY COST IS \$25 TO COVER FOODS & CONSUMABLES**



**FOR INFO/BOOKINGS CONTACT JESS PH 0413 919 444 / ADMIN@LFSS.NET.AU**

## **Welcome to Up in Smoke Masterclass, brought to you by Live Free Support Services!**

**This exciting, community-based program is designed specifically for people with disabilities. Are you ready to discover the smoky, savory secrets of smoking meat while building your attention and focus, working memory, organization, planning and task completion abilities?**

**CEO of Live Free Support Services, Dave Rach has competed in BBQ competitions far and wide and is currently ranked in the top 10 Pit-Masters in Australia. He also has ASD and ADHD. In this not to be missed cook-off, Dave will share his barbecuing skills as a way for you to achieve your NDIS goals. Get your smokin' on!**

### **What to expect?**

The afternoon is scheduled to cover all cooking elements from choosing the perfect cut of meat, seasoning your own pre-trimmed cut of meat through to cooking your accompaniments. **Learn to barbecue in an economical way to suit all budgets and how to do it all at home. Take a cheap cut of meat and turn it into a masterpiece.** Learn to mince your own meat, make your own flavoured sausages and tie them off. Choose your own seasonings and learn how to prepare your proteins and accompaniments.

The event is suitable for people from the highly sociable through to those who find social events challenging. The environment is organized with cooking spaces as well as quiet places. Once registered, you will receive an outline of the event so you know what to expect once you get there.

***Who?** NDIS participants aged 16 years and over*

***When?** Once per month on a Saturday from 1pm to 7pm  
(Dates for duration of 2024: 31/8/24, 21/9/24, 19/10/24, 16/11/24, 14/12/24)*

***Where?** Gracemere address – Transport available*

***Cost at the event?** Group ratio or 1:1 support is provided on the basis of each individual's needs. Support and any necessary Transport may be covered under Core or under Capacity Building, depending on the participant's individual plan.*

*Non-face to face costs of 15 minutes per customer are charged for program development, preparation, clean-up and progress reporting.*

*A BBQ registration fee of \$25 is charged to help cover the costs of consumables (including all meat/meal to take home) and may be covered under your NDIA plan - talk with us.*

***More info/to register?** Contact LFSS team, phone 0413 919 444 / email [admin@lfss.net.au](mailto:admin@lfss.net.au). Registrations for each month's Barbecue closes 2 weeks ahead of each event to provide time for the 'cuts' of meat and equipment to be ordered.*

Alongside opportunity for participants to develop their cooking and barbecuing skills, they also have opportunity to follow directions, focus, learn social etiquette, meet and interact with people, make friends, belong to a "club", cooperate and take-turns. These events are designed with the neurodivergent in mind.

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*Don't miss out! Champion smokers at these events will be invited to enter a competition of the Australian Barbecue Alliance, travelling to compete amongst Australia's best barbecuers.*

NO AUDITIONS

*you're in!*

# LOCAL VOCALS



*Harmony*

**in Every Ability**

Forget about hitting the right notes or standing in the spotlight alone. Our choir is all about the fun of singing together. Whether you're a shower singer or a car karaoke star, your voice deserves to be heard.

The Local Vocals Choir program is designed for the neurodiverse in mind!

**Wednesdays 9am-11am**

for more info and bookings, contact Jess  
on ph 0413 919 444 / email [admin@lfss.net.au](mailto:admin@lfss.net.au)  
[www.livefree.net.au](http://www.livefree.net.au)



# Local Vocals

No Audition – You're in!

## What to expect?

Forget about hitting the right notes or standing in the spotlight alone. Our choir is all about the fun of singing together. Whether you're a shower singer or a car karaoke star, your voice deserves to be heard.

Local Vocals do it together, select the music, rehearse and perform. This Choir is all about being together, using music and singing to develop confidence, learn new communication and social skills, and find their own voice. Participants use their love of music and singing to practice social norms, experience teamwork, meet people and make friends, and belong to something special.

The Choir is led by a trained Support Leader, using techniques and creating opportunities for participants to practice executive functioning skills and achieve personal growth. Choir members/participants include people with disabilities, support workers and general community members. They make music selections together, rehearse and then perform at community events and facilities. Music styles are mixed and rotated between pop, country, Disney and classics as the members themselves choose their tunes.

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<b><i>Who?</i></b>	<i>Anyone over the age of 13 with a love for singing</i>
<b><i>When?</i></b>	<i>Wednesdays 9-11am</i>
<b><i>Cost?</i></b>	<i>No activity costs for NDIS customers. Non-face to face costs of 10 minutes per customer are charged for program development, preparation, clean-up and progress reporting. Support (and Transport if needed) may be covered under Core or Capacity Building. General community members \$3 per session.</i>
<b><i>Info/bookings?</i></b>	<i>Contact LFSS team, phone 0413 919 444 / email admin@lfss.net.au</i>





No Auditions - \*  
You're in!



# FREE STYLE THEATRE



Redefining Abilities,  
One Act at a Time



\*

Thursdays 4-6pm



No experience? No problem! Whether it's your first time stepping onto the stage or you're a theatre veteran, we welcome you. Our focus is on exploring and enjoying team work and building a wide range of skills.

Delivered as Programs of Support  
across a 4-month period.

Whether you're a budding actor, a backstage hero, or a creative spirit, there's a role for you.

Build confidence, make lifelong friends, and be part of a supportive network that understands and celebrates you.



for info and bookings  
contact Jess

admin@lfss.net.au  
Call: 0413 919 444  
www.livefree.net.au



# Performing Arts – FREE STYLE THEATRE

## No auditions – you're in!

If you want your time on the stage, backstage or around the stage, then this may just be for you. Join a community that celebrates every individual's unique talents. Whether you're a budding actor, a backstage hero, or a creative spirit, there's a role for you. Experience the thrill of the spotlight, the camaraderie of the cast, and the applause of an audience. Build confidence, make lifelong friends, and be part of a supportive network that understands and celebrates you.

### What to expect?

Delivered as Programs of Support, LFSS Productions run over a 4-month period to learn about theatre, rehearse and then perform unique plays.

Participants must commit to the 4-month program that combines the love of theatrics with games, skill building techniques and celebration. Participants will be supported to opt-in at their level of comfort to develop their motor, communication, social and executive functioning skills when they undertake their roles on the stage or backstage. The cast and crew is capped at 10 people and meets weekly over a 4 month period. Participants are involved in every aspect of production, including prop preparation.

**No Experience? No Problem!** Whether it's your first time stepping onto the stage or you're a theatre veteran, we welcome you with open arms. Our focus is on exploration and enjoyment, without the pressure of auditions.

The Program of Support wraps up with stage performances, open for family, friends and everyone you know!

Free Style Theatre gives opportunity for people to experience team work, share fun, meet people and make friends, belong to a group, practice cooperation and interoception, practice motor skills, build a sense of competence and improve communication.

***Activities hosted by Live Free Support Services are delivered using Principles for Universal Design for Learning so to provide an accessible, safe and inclusive environment.***

<i>Who?</i>	<i>NDIS participants aged 12 years and over</i>
<i>When?</i>	<i>Thursdays 4-6pm</i>
<i>Cost?</i>	<i>No activity costs. Non-face to face costs of 15 minutes per customer are charged for program development, preparation clean-up and progress reporting. Support (and Transport if needed) may be covered under Core or Capacity Building. Group ratio or 1:1 support is provided based on each individual's needs.</i>
<i>Bookings</i>	<i>Phone our team on 0413 919 444 or email <a href="mailto:admin@lfss.net.au">admin@lfss.net.au</a></i>

This is not just any race; this is The Amazing Race—an adventure for the courageous, the determined, and the spirited (or the soon to be). With every Pit Stop conquered, feel the camaraderie, the growth, the joy of achievement.



**Designed for the neurodivergent mind.**

**LIVE FREE SUPPORT SERVICES**  
Supporting Your Everyday Independence

**FREE STYLE**

A novel and powerful capacity building activity that can be supported 1:1 or at a group ratio. Strengthen your social, motor, and executive functioning skills while you get to know parts of the Rockhampton region. Held monthly on a different course, practising different skills each time.

Supports for each racer are tailored so advanced bookings are essential. For info and bookings call Jess on 0413 919 444 / [admin@lfss.net.au](mailto:admin@lfss.net.au) / [www.livefree.net.au](http://www.livefree.net.au)



# THE AMAZING RACE FREE STYLE

***Imagine a race where every participant is a hero, a journey where every step forward is a triumph. This is not just any race; this is The Amazing Race—an adventure for the courageous, the determined, and the spirited.***

**The Amazing Race** is an adventure challenge where teams are tasked with clues to navigate themselves through a course. Participants complete the course by themselves, accompanied by a Support Worker (1:1), or they can do it in competition with other teams (at 1:2 or 1:3 ratio).

Each Race is set in a different community precinct, and some involve navigation across town to get to the next Pit Stop. At each Pit Stop participants may be challenged to interact with locals and perform physical and mental activities that often relate to a location's features, history and culture. Strengthen your social, motor, and executive functioning skills. With every Pit Stop conquered, feel the camaraderie, the growth, the joy of achievement. Over the course of the Race, teams travel by foot/wheels, cars, buses and public transport – depending on the individual and their learning goals.

Participants are supported in-line with an individualized plan and given the opportunity to strengthen their social, motor and executive functioning skills. Teams are challenged at each Pit Stop until they arrive at the finish line. In competitive races, the first team to arrive at the finish line is awarded a grand prize.

***All Activities hosted by Live Free Support Services are delivered in-line with Principles for Universal Design for Learning, so they provide an accessible, safe and inclusive environment.***

**Who?** Absolutely anyone

**When?** Second Tuesday of every month 9am to 12noon

**Where?** Starting at LFSS office, 191 Berserker Street, Rockhampton and moving to various locations within the region.

**Cost at the event?** Support and any necessary Transport may be covered under Core or under capacity Building, depending on the participant's individual plan. Non-face to face costs of 15 minutes per customer are charged for program development, session setup/packup and progress reporting. A race registration fee of \$10 is charged to help cover the costs of activities and materials and may be covered under your NDIA plan - talk with us. Group ratio or 1:1 support is provided on the basis of each individual's needs.

**Bookings** Supports for each racer are tailored so advanced bookings are essential. Contact LFSS by phone on 0413 919 444 or email [admin@lfss.net.au](mailto:admin@lfss.net.au)

***Ready to embark on an adventure of a lifetime? Join The Amazing Race. Navigate, compete, and celebrate your journey with us. Because here, every race is an adventure, and every racer is amazing.***

# FREESTYLE (MOCK) CAFE

## NOW OPENED

A weekly come-connect-activity that is more than a cafe. It's a place where barriers are broken, dreams are brewed and teams are formed.



Freestyle Cafe offers opportunity to roleplay all aspects of a cafe, from barista to cook, wait staff and customers. The cafe offers drinks and snacks to "visitors" along with opportunity to learn money handling, being in a workplace, being a customer, having a role and working as part of a team.



For info and bookings contact Jess: 0413 919 444 /  
admin@lfss.net.au / [www.livefree.net.au](http://www.livefree.net.au)



# Free Style Café

## Brewing Abilities, One Cup at a Time!

Live Free Support Services customers operate a weekly café. This is more than a cafe. It's a place where barriers are broken, and dreams are brewed alongside our delicious coffee.

The mock cafe gives Live Free Support Services customers the opportunity to roleplay all the aspects of a cafe, from barista, to cook, wait staff and customers. The cafe offers drinks and snacks to visitors and activity participants whilst offering an opportunity to learn about money handling, being in a workplace, being a customer, having a role and working as part of a team. At Free Style Cafe, every role is a step towards independence, and every task is a milestone of achievement.

This activity would suit people interested in learning or strengthening barista skills, cooking, role play, team skills, communication, attention, flexibility, working memory, self-regulation, cooperation, responsibility for their impacts on others and time management. Join us and be part of a team that celebrates diversity, champions inclusion, and serves up joy one order at a time.

***All Activities hosted by Live Free Support Services are delivered in-line with Principles for Universal Design for Learning so to provide an accessible, safe and inclusive environment.***

***Who?***

*NDIS participants aged 16 years and over*

***When?***

*To be confirmed*

***Cost?***

*Support and any necessary Transport may be covered under Core or under Capacity Building, depending on the participant's individual plan. Non-face to face costs of 10 minutes per customer are charged for program development, preparations and progress reporting. Group ratio or 1:1 support is provided based on each individual's needs.*

***Bookings***

*Phone our team on 0413 919 444 or email [admin@lfss.net.au](mailto:admin@lfss.net.au)*



# LIVING LARGE

making public events accessible

AUG-SEPT 2024



**31**  
August  
SATURDAY

## CAPRICON CONVENTION

8.30AM -8PM, Showgrounds, Rockhampton. Capricon Pop Culture Convention showcases a wide spectrum of pop culture including comics, collectables, cosplay, anime, medieval, gaming, art, steampunk and more!

**LAUGHTER YOGA**  
1pm to 1.30pm at South Rocky Library. Laughter's a wonderful social prescription as a means to connect with others and generally feel good. This quick 30 minute activity will bring much fun and frivolity to your day.

**03**  
Sept  
TUESDAY

**13**  
Sept  
FRIDAY

## Beach Day Out

9.30am to 1.30pm, Bell Park, Emu Park. An annual all-ages, all-accessible beach party to celebrate people with disability and their roles in our community. Beach games, stalls, entertainment, free activities...

## FUNNY HAT BOWLS SOCIAL

6-8pm. 94 Victoria Pde, Rockhampton. No experience? No problem! Our social event is designed for beginners. It's not just about the game; it's about the people. Make friends, meet new people, and be a part of your community.

**25**  
SEPTEMBER  
WEDNESDAY

If you would like to arrange supports to attend any of these events with one of our Support Workers, or in a group, please contact us however you find it easiest.



More Info: **0413 919 444**  
[www.livefree.net.au](http://www.livefree.net.au)  
[admin@lfss.net.au](mailto:admin@lfss.net.au)