



**amiche**  
friends connecting





Amiche is a **NDIS provider**, established to assist adults and children to access services, socialise, learn new skills and enjoy having a companion to experience all that life has to offer, servicing the Mornington Peninsula, South Eastern Suburbs & parts of Gippsland.

The staff at Amiche have over **40 years experience** in providing support in daily living, community participation, holiday planning, residential, sign language, communication support, literacy & numeracy, technology assistance, recreation & employment.



## 1 TO 1 COMMUNITY PARTICIPATION AND SUPPORT WITH DAILY LIFE

- Group Social Night (can be individual if preferred)
- Date night on a monthly basis (expression of interest required)
- Movie night and optional dinner
- Holey Moley Mini Golf
- Activities of individual choice and needs
- Cooking support
- Sex education, sexuality & internet safety
- School holiday activities/programs
- Mindfulness, meditation, relaxation classes

## PHYSICAL ACTIVITIES

Open to Suggestions / Individual choice

- Support to attend Gym, Aerobics, Pilates, Yoga
- Walking some of the beautiful tracks along the Mornington Peninsula
- Golf at some of the amazing public courses along the Mornington Peninsula
- Barefoot bowling (summer months)
- Reinforcement of individualised exercise programs
- Support to maintain personal training / exercise programs



## DAY TRIPS / RESPIRE WEEKENDS

Where do you want to go?

- Sorrento, Queenscliffe, Gippsland, Melbourne – City experience/Football experience, Concerts and Theatre – all with the option to stay overnight
- Fishing – Trout farm where you should be sure to catch something or happy to sit by a lake
- Garden tours for the garden lovers


## OTHER OPTIONS

Just ask!

- Cooking classes
- Craft classes
- Transport assistance
- Support to access emergency support (example: foodbank etc.)
- Horticulture – learn to grow your own veggies
- Assistance with attending medical appointments (Record details of medical appointment/treatment)
- Support to arrange and carry out home maintenance example: cleaning skills, lawn mowing and becoming aware of maintenance issues as they arise in the home


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