



Glady&Co Inspire Hub

Group activities promoting personal growth,
social engagement & overall wellbeing

Goal Driven

Hub program is aligned with participant NDIS Plan goals to:

- Increase independence
- Build social and community connections
- Improve emotional regulation
- Develop daily routines
- Enhance confidence and life skills

Capacity Building

Structured centre-based group activities support:

- **Community Participation:** teamwork, navigating social settings
- **Skill Development:** communication & interpersonal skills
- **Daily Living:** cooking, hygiene, self-care, time management
- **Health & Wellbeing:** Emotional regulation, stress management and structured routines

Tailored Supports

- Activities adapted to energy levels, accessibility and support needs of each participant
- Hub team are trained in mental health with neurodiverse and psychosocial lived experience
- Responsive environment: 1-on-1 support bookable in 15 min increments; reporting for NDIS Plan reviews & care teams

Value for Money

- **Group Ratios:** Lower cost per participant with shared supports
- **Transparent Pricing:** Clear breakdowns of group, indirect & other costs e.g. transport; 1-day free trial & initial 4-week agreement
- **Flexible Attendance:** Choose any number of weekdays with option to attend Saturdays; no lock-in for specific days
- **Cost Comparison:** 6.5 hours of weekday support = \$156 per day (less than 2.5 hours of 1:1 support)

Join our Hub community:



166-168 Boronia Road, BORONIA, VIC, 3155



www.gladyandco.com.au



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Inspire Hub Group Program runs
Weekdays 9:30am – 4pm
& Saturdays 12pm – 5pm

Monday

Cooking

11am-1pm

Games in The Lounge

10am-4pm

**Meditation /
Peer Support**

11am-12pm

Lunch

12:30pm

Knitwits

1:30pm-4pm

Tuesday

**Trauma Informed
Yoga**

10:30am-11:30am

Lunch

12:30pm

Creative Expression

1:30pm-4pm

Wednesday

Games in The Lounge: Dungeons & Dragons

10am-4pm

Mindful Reflections

10am-12pm

Lunch

12:30pm

Heartful Art

1pm-3:30pm

Thursday

Music

10:30am-12:30pm

Lunch

12:30pm

**Men's & Women's
Social**

1:30pm-4pm

Friday

Nature Walk

10am-12pm

Cooking 11am-1pm

& Games in The Lounge 10am-4pm

Outdoor Art

10am-12pm

Lunch

12:30pm

Creative Corner

1pm-3:30pm

Saturday

Social Time & Activities

12pm-5pm



**Contact us to
arrange a
walk through**

If you have an activity you would like to see,
please let us know