



# 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](http://www.gladyandco.com.au)



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[boroniahub@gladyandco.com.au](mailto:boroniahub@gladyandco.com.au)

**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

**Queer Peer Support**

1:30pm-3pm

**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