



GLADY AND CO INSPIRE Phillip Island

4TH - 7TH
MAY

Your Goals. Your Way. Your Inspire Experience.

Join us for an inclusive, Inspire group program designed to support your NDIS goals in a relaxed seaside setting. The program offers guided, planned activities—while still giving you full choice and control over how you participate. This experience supports you to build independence, confidence, and connection through real-world opportunities. Prefer a shorter program? Choose the dates that work best for you, and we'll take care of the rest.

Program Highlights

- Coastal nature walks
- Op shopping & local sightseeing
- Group meal preparation
- Community exploration
- In-house workshops - cooking, art & wellbeing focussed
- Creative activities and social games

Skills You'll Build

- Increased independence in self-care
- Improved social and communication skills
- Enhanced community participation
- Budgeting and money-handling skills
- Health and wellness management
- Emotional regulation and coping strategies
- Creative expression and confidence building

Why Join?

Discover Phillip Island at your own pace in a supportive, social environment. Connect with peers, share experiences, and enjoy activities that strengthen everyday skills. From planning and budgeting to exploring the community, every moment is designed to align with your goals while creating meaningful memories in a relaxed coastal setting.



For more information, visit our events tab on our website: www.gladysandco.com.au, call 1300 866 474, or email: inspire@gladyandco.com.au

