

# High Five

Tuesday 3<sup>rd</sup> July 2018 – Gymnastics Day!  
9.30am – 1.30pm

Tuesday 10<sup>th</sup> July 2018 – Gumbuya World!  
9.30am – 3.30pm

Meet at Interchange Gippsland Morwell office for both activities



## INTERCHANGE GIPPSLAND IS A REGISTERED NDIS PROVIDER

### Venue & Costs:

3<sup>rd</sup> July – Energetic Gymnastics, Traralgon \$20

10<sup>th</sup> July – Gumbuya World \$28

### What to Bring:

- Medication (If required)
- Companion Card
- Lunch, Snacks & Water Bottle

Note: Please leave electronics at home...

### IMPORTANT NOTE

We are transitioning to an online registration process for all our activities.

Registrations can be made by visiting the Activity Bookings page on our website: [www.icg.asn.au](http://www.icg.asn.au)

### NDIS Benefits and Outcomes

- Social participation in the community
- Meet new people and develop friendships
- Increase your capacity to access your local community
- Development of your life and independent living skills
- Improve and develop your communication skills
- Opportunity to access new activities and try new things
- Self care for carers and participants

### Morwell Office

66 Commercial Rd

t - 1300 736 765

e - [admin@icg.asn.au](mailto:admin@icg.asn.au)

i - [www.icg.asn.au](http://www.icg.asn.au)



ONCALL AFTER HOURS – 0456 003 435

### Wonthaggi Office

70A Watt Street



To contact Support Staff during the trip or for last minute after hours contact please call 0438 025 170 or 0417 371 129