

Empower Care

Solutions Hub



FIT FRIENDS PROGRAM GUIDE

2025



Information

Program Overview

Fit Friends is all about movement, Friendship, and life skills. Designed for young people living with a disability, this program creates a supportive space to stay active, build confidence, and form meaningful friendships. Each session combines physical activity—like bushwalking, gym workouts, and group exercises—with hands-on life skills. After working up a sweat, participants prepare and enjoy their own healthy meals together, learning everything from planning meals and preparing ingredients to cooking, serving, and cleaning up.

Why Join?

Fit Friends empowers participants physically and socially. Through shared workouts and meal prep, individuals build independence, boost teamwork, and form real friendships—creating healthy habits that last a lifetime.

**To register a spot in the Fit Friends Program, please contact
savannah@empowercaresolutionshub.com.au**

Join Fit Friends today and start building healthy habits, strong friendships, and lasting confidence!

Cancellations

If you need to cancel your booking, please aim to do so at least 2 days before the activity by calling 0403 619 837 or email savannah@empowercaresolutionshub.com.au. Cancellations made with 2 days or more notice will not attract a cancellation fee for your supports. Fees paid for ticketed events may be refunded or credited if we are able to replace your booking.

Who Can Join?

- Ages: Teens Program 13–17 or 18+ programs
- Participants must be mobile and able to engage in light to moderate physical activity



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- Open to NDIS participants with Core Supports funding
- Tailored support available depending on individual needs

What a Session Looks Like

Session time: 3:30 PM – 7:30 PM

Every Tuesday

Each Fit Friends session is thoughtfully structured to promote physical activity, independent living skills, and social connection in a safe and supportive environment.

Participants are collected from their homes and transported to the scheduled session location, which may include settings such as a scenic bushwalk, a public gym, or another suitable venue for

physical activity. The session begins with a group check-in and warm-up to ensure everyone is settled and ready to engage.

Following the physical activity, participants transition to the kitchen, where ingredients have been pre-purchased by staff. As a group, they are guided through the process of planning, preparing, cooking, and serving a healthy meal. Sharing the meal together fosters connection, teamwork, and a sense of achievement.

Once the meal is complete, participants work together to clean up, reinforcing responsibility, collaboration, and everyday life skills. The session concludes with a brief group reflection before participants are safely transported home.



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What Participants Gain

The Fit Friends program is designed to support holistic development—encouraging participants to grow physically, socially, and emotionally in a supportive and structured environment. Here's what your child or loved one can expect to gain through regular participation:

Increased Independence: Participants are supported to make their own choices, follow routines, and take responsibility for tasks such as preparing meals and cleaning up—fostering a greater sense of independence and personal achievement.

Healthy Lifestyle Habits: By engaging in regular physical activity and learning how to prepare balanced meals, participants develop lifelong habits that promote overall health and wellbeing.

Confidence and Self-Esteem: Trying new activities, working within a group, and successfully completing tasks helps participants build self-belief and confidence in their abilities.

Social Connection and Teamwork Skills: Every session offers opportunities to interact, communicate, and collaborate with others. This supports social skill development, nurtures friendships, and builds a strong sense of belonging.

Cooking and Life Skills for Everyday Living: Participants are actively involved in planning, preparing, cooking, serving, and cleaning up after meals. These skills are transferable to daily life and help build greater independence at home and in the community.

NDIS Funding Information

Fit Friends is fully NDIS-compatible and can be funded under your child's existing plan through Core Supports – Community, Social and Recreational Activities.



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Funding Category

- NDIS Line Item: Core Supports – Assistance with Social & Community Participation
- Rate: Pricing is aligned with the current NDIS Price Guide

Who Can Access This Program? Participants who are:

- Self-Managed
- Plan-Managed

We're happy to liaise with *plan managers* or help you determine how this program fits within your child's current plan.

Out-of-Pocket Costs

While NDIS covers staff support and program facilitation, some costs are not covered:

- \$10 per session to cover food and cooking materials
- Activity costs (when applicable) – most sessions involve free community-based activities, but occasionally there may be a cost (e.g. gym entry or special events). These will be communicated in advance.

We aim to keep out-of-pocket costs low and choose free or lowcost activities wherever possible.

