

Community

When you see the word **we**
in this book



- it means Activ.



Easy English
November 2020.

Our Community Services



We help you get to your goals.

We can help you do things
in your community.

Like



- meet new people
- feel like you belong
- try new things.



Like Maree who tried skydiving.



Maree gets help to jump from a plane
with a parachute.

Now Maree loves skydiving.



We can work with just you.

We call this **one-on-one support**.



You may do activities with other people too.

We call these our **group programs**.

Social groups

We can help you join social groups.

We some times call them **clubs**.

Clubs are groups of people who like

- to do the same things you like
- to talk about the things you like.



Sports

We can help you join a sports club.

You can

- go to a group class
- go to a gym
- try a new sport.



Skills for your life

We can help you be more independent.

Independent means you can do more things for your self.

Like

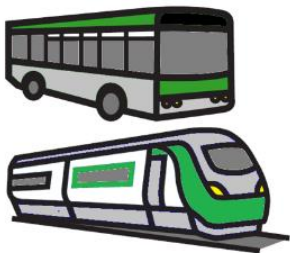


- cooking
- shop for food
- look after your garden



- personal care.

We can also teach you how to



- drive a car
- use public transport
- plan your money



- pay your bills.

The arts

You can go to our community centres.

You can do

- arts and crafts
- music.



You can show your arts at **Artspace**.

Artspace is our art show.

We put on our art show every year.

Computer skills

We can teach you about computers.

Like how to

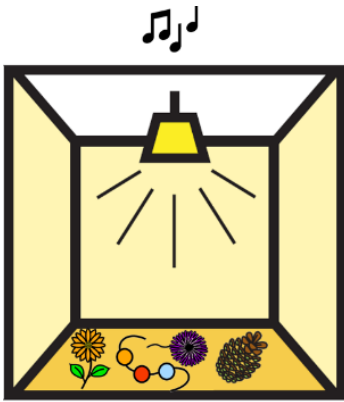
- use computers in safe ways
- use the internet.



We say **surf the web**.

Use your senses

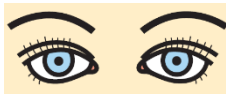
You can do activities with



- music
- special lighting
- things you can touch.

This helps you to use your senses.

Like



- see



- hear



- feel things.

TAFE

We can help you get lessons

at a TAFE school.

They can teach you about lots of things.



Volunteering

You can be a **volunteer**.



A volunteer is some one who chooses

- to do work

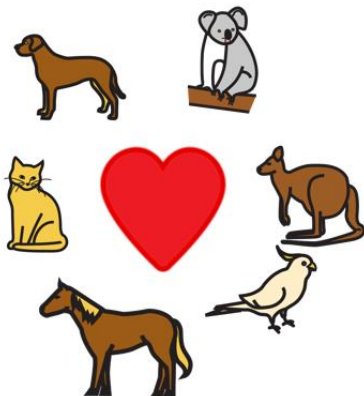
but



- **not** get paid to do it.

This helps you to

- try a new job
- help a **cause**.



A cause is some thing

- you believe in
- and**
- want to help.



More information

You can get more information about our community choices.



Email us

customerengagement@activ.asn.au



[Our website www.activ.asn.au](http://www.activ.asn.au)



Call us 9387 0555.

About this book

This book tells you about our fact sheet **Community**.



The Accessible Information Service at VisAbility wrote the Easy English.

November 2020.



We use pictures from

- Inspired Services
- Mulberry images from Straightstreet



- The Noun Project
- Dreamstime



- Activ



- VisAbility.