

A background photograph of three young people with disabilities sitting outdoors in a park-like setting. On the left, a young man with glasses and a baseball cap is smiling. In the center, a young woman with glasses is smiling and resting her chin on her hand. On the right, a young woman with glasses is looking towards the center. They are all wearing dark-colored t-shirts.

**The only  
disability  
organisation  
in Australia  
based at a  
University**

## **Contact Us**

[www.lifeskills.vic.edu.au](http://www.lifeskills.vic.edu.au)  
[info@lifeskills.vic.edu.au](mailto:info@lifeskills.vic.edu.au)  
03 9479 1474

1A Union Drive, La Trobe University,  
Bundoora VIC 3083  
Edwards Road, La Trobe University,  
Flora Hill VIC 3350

TOID 20791

# **Latrobe Lifeskills**

**REGISTERED  
TRAINING  
ORGANISATION  
AND  
NDIS REGISTERED  
PROVIDER OF  
SUPPORTS**



# CELEBRATING 21 YEARS OF SERVICE

## ABOUT US

Established in 1998, Latrobe Lifeskills is a Registered Training Organisation which provides accredited training in foundation skills (disability-specific). In addition, Latrobe Lifeskills is a NDIS Registered Disability Support Service, providing non-accredited education, group activities and one-to-one support. Lifeskills' focus is to assist Participants to build independence, confidence and self-worth by creating individualised activities based on each Participant's needs and goals.

### WHO WE ARE

We believe 'life skills' is about more than learning domestic skills and figuring out how to get from A to B. At Latrobe Lifeskills, you'll have the opportunity to follow your interests so that you can enjoy your life, socialise, make friends and most importantly, have fun!

Lifeskills Participants enjoy the benefits of accessing La Trobe University's world-class facilities including computer labs, sports centre, classrooms, workshop and media hub at the Bundoora and Bendigo campuses.

### SCHOOL LEAVER EMPLOYMENT SUPPORTS (SLES)

Employment is a popular goal for school leavers, so Lifeskills aims to prepare and assist school-leavers in gaining and maintaining employment through School Leavers Employment Supports (SLES). SLES is offered under the NDIS category 'Finding and Keeping a Job' and takes an individualised approach so that the training and supports are relevant to you and your goals. SLES is delivered through a combination of structured learning and accredited training.

### ACTIVITIES WE OFFER

**Recreational Activities** – Gym, Zumba/Yoga, Swimming, Sports, Film, Bowling (Lawn and Indoor), Bike Riding, Walking Group

**Creative Skills** – Jewellery Making, Craft, Art, Film Making, Podcasting, Creative Dance, Drama, Singing, Music

**Vocational Skill Development** – Carpentry, Gardening, Numeracy/Literacy, Volunteer Work

**Life Skills** – Shopping, Budgeting, Health and Nutrition, Travel Training, Makeup and Personal Presentation, Cooking, Computer Skills **and more!**

Activities take place on campus and out in the community.

### SEE FOR YOURSELF

To organise your tour, contact:

Tammy Matthews-Prosser  
Participant Support Manager  
M: 0432084898  
E: T.Matthews-Prosser@latrobe.edu.au

Martin Chua  
Operations Manager  
M: 0447476947  
E: M.Chua@latrobe.edu.au



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