



Before coming to Lifeskills, my expectations for the next few days were to meet new people. I had never really met any adults with disabilities before, so this was a great experience for me. I wanted to come away from this program feeling as though I had made new friends and had a great time doing all the different activities with them, as well as bringing smiles to their faces. I was very excited to start this program, and I wasn't disappointed.



On Tuesday afternoon, after a delicious sausage sizzle with the participants, we travelled over to the gym to enjoy some sport. We started with a game of Octopus, followed by beanbag toss, Quoits and basketball. I helped with the beanbag toss to start with. The participants learnt what to do fast. It was great to see the participants having so much fun and there was something for everyone. We then played a game of cricket. Everyone seemed to have such a great time and it was so good to see everyone smiling. We all made sure to involve each other and encourage each other.

On Wednesday, after a scrumptious burger for lunch, we got the opportunity to join the participants in some of their activities. I decided to join art. We all had so much fun. There was something for everyone with colouring sheets and the opportunity to decorate our own wall hanging however we wanted. We had so much fun chatting with each other and seeing each other's creations.



On Thursday, we started with a tour of the University Campus, which the participants enjoyed, followed by a competitive tournament of Just Dance organised by Aislinn and I. For lunch, we had the most amazing salad rolls prepared by the participants. After lunch, we had the opportunity to join some different activities with the participants. This time I chose to join in with some Jewellery Making, with the promise of a cupcake from Lily who was doing the Cake Decorating lesson. There were so many beads to choose from and we were each able to create our own unique designs.

On Friday we were joined by the participants for a fantastic game of bowling. It was so much fun; everyone was so good! Everyone had a lot of fun. For lunch we were treated with a range of pizzas, and they were amazing. We were all so sad that our time at Life Skills had come to an end, but I am sure to visit everyone again soon.

