

I wasn't really sure what to expect going into this program; from what people in the first round of out of classroom told me, they said they loved it and made many new friends, but other than that, it was kind of a mystery. However, after we received a warm welcome from the welcoming committee, I quickly realised that everything I had heard was absolutely true.

On Tuesday, we participated in some of the participants' afternoon activities after enjoying a delicious sausage sizzle and getting to know some of the attendees. I had the good fortune to be invited to the Art class, where I sat at a table with Katrina, who loved to draw, Christina, who was always telling jokes, and Ann, with whom I connected with right away. The afternoon was spent laughing, joking, and creating lovely mandalas. It was a great way to get to know the participants and form connections with them.

On Wednesday morning, the Year 9s were in charge of running a sports circuit for the participants. Lucy and I had so much fun running the basketball shootout, it was so cool to see everyone's skills and I had a blast cheering along the participants whilst they were shooting to get points for their team. After the circuit we played chill games like bean bag toss and quoits then headed back to Lifeskills for a burger lunch with the participants. At lunch I was lucky enough to meet Lole, Chris and Chloe. We had a lot of fun chatting about all sorts of things but the longest one being our debate about what order to watch the Avengers movies.

Thursday was my favourite day of the week because I loved when some of the participants came over to the UC to do some fun activities. We started by giving them a tour of the campus, showing them the best places at the school. After that we did Just Dance. I had so much fun laughing, singing and dancing with the participants, especially Vasi who was my dance partner during the activity. It was a pleasure to meet her and dance with her. We then had a quick break where I chatted with Mia and David over morning tea. After that we did some biscuit decorating, I sat with Mary and she made her biscuits look very beautiful. We then headed back to Lifeskills for salad rolls and later in the afternoon we joined in on their activities. I had so much fun joining in with Board Games especially playing Snakes and Ladders with Frank and Pool with Lole and Vasi.

Friday was the perfect day to end our time at Lifeskills. We started the day by bowling with the participants. I had so much fun playing against Alan and talking to him about the Swans as a fellow supporter. After that we came back to Lifeskills and had a certificate presentation for our completion of the program, it was truly an unforgettable moment. We then enjoyed a pizza lunch where I was given a beautiful drawing done by Malak. We then said our goodbyes and finished the program.

Lifeskills was really an eye-opening experience that I was grateful to have been a part of. Along the way I met so many amazing people that all had unique stories to tell, I got so much out of every conversation and every activity I was involved in. My perspective of people with disabilities has definitely changed and this has truly been a rewarding program and I really recommend it for the years to come.

Thank you for this amazing opportunity Lifeskills.

By Ella

