

Respite & Recreation Services: **Sydney Region**



Who are House With No Steps?

We are one of Australia's leading service providers to people with a disability, offering employment, education, training and community support services to over 3000 people with a disability each week.

We support a wide range of people with a disability whether intellectual, physical, sensory or psychiatric. Our focus is on people's abilities rather than their disabilities.



Teenage Recreation Group

House With No Steps has launched an exciting new Teenage Recreational Program.

Our Teenage Recreation Group will run age appropriate recreation and leisure activities for teenagers aged 13–18yrs with a disability during the school term. The program will run a wide range of activities and provide the opportunity to spend time with peers and create links with local communities.

This new program will focus on providing opportunities to meet new people, increasing independence, providing opportunities to experience new diverse activities and to have fun!

The Teenage Recreation Group is a self-funded program with the fees going directly into running the activities. There will be a mix of community access and centre-based activities with participants and their families helping to determine the program through their own suggestions and ideas.

To ensure you don't miss out, make sure you complete a booking form prior to the start of each term outlining the dates you wish to attend.



Vacation Care

Our Vacation Care program offers quality care and a diverse recreational program for school students during the school holidays. Run during holiday periods throughout the year, the program offers centre-based activities including arts, crafts, sports and games and excursions to a range of venues around Sydney.

The program provides the opportunity for you to spend time with peers, form new friendships, create links with local communities, experience new activities and have fun!

To ensure you don't miss out, make sure you complete a booking form or please feel free to contact us to discuss the program further.

Flexible and DAP Respite (Respite for older carers)

Families and carers play a crucial role in providing care and support to people with a disability in the community. House With No Steps Respite Programs provide families and carers with the essential opportunity to take a break from caring or receive support when unable to provide care.

We offer a Flexible Respite Program as well as DAP Respite specifically for ageing carers. Both offer a range of services that may be able to assist you including:

- In-home
- Centre-based
- Community access
- Camps
- Holidays

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Leisure links

The House With No Steps Leisure Links Program, is a weekend and evening program for people with a disability aged between 15 and 45 years. The program provides the opportunity to spend time with peers through creative, recreation and leisure activities.



Such activities include art, drama, fitness programs, dance, team sports and holiday camps which are invaluable in helping to improve communication skills and expand friendships.

Live It Up Leisure Support Service

Location: Northern Sydney

Live It Up is a leisure program offering a wide range of leisure activities and holidays for people with mild to moderate intellectual disabilities.



Live It Up provides the fantastic opportunity for people with disability to form friendships with their peers, become involved in the community and experience a range of exciting and social recreational activities.

We offer a wide range of activities including live concerts, theme parks, horse riding, bike riding, BBQs and many more. Live It Up also organises holidays and weekends away on a user pays basis. Past destinations have included New Zealand, Canada, and the Gold Coast.

Live It Up activities are unique in that the program is developed by the participants from a wide variety of their own suggestions and ideas. The user group then votes on which activities will be offered for the following year thereby allowing all users to have some ownership of the outcomes of the program.

Contact Us

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