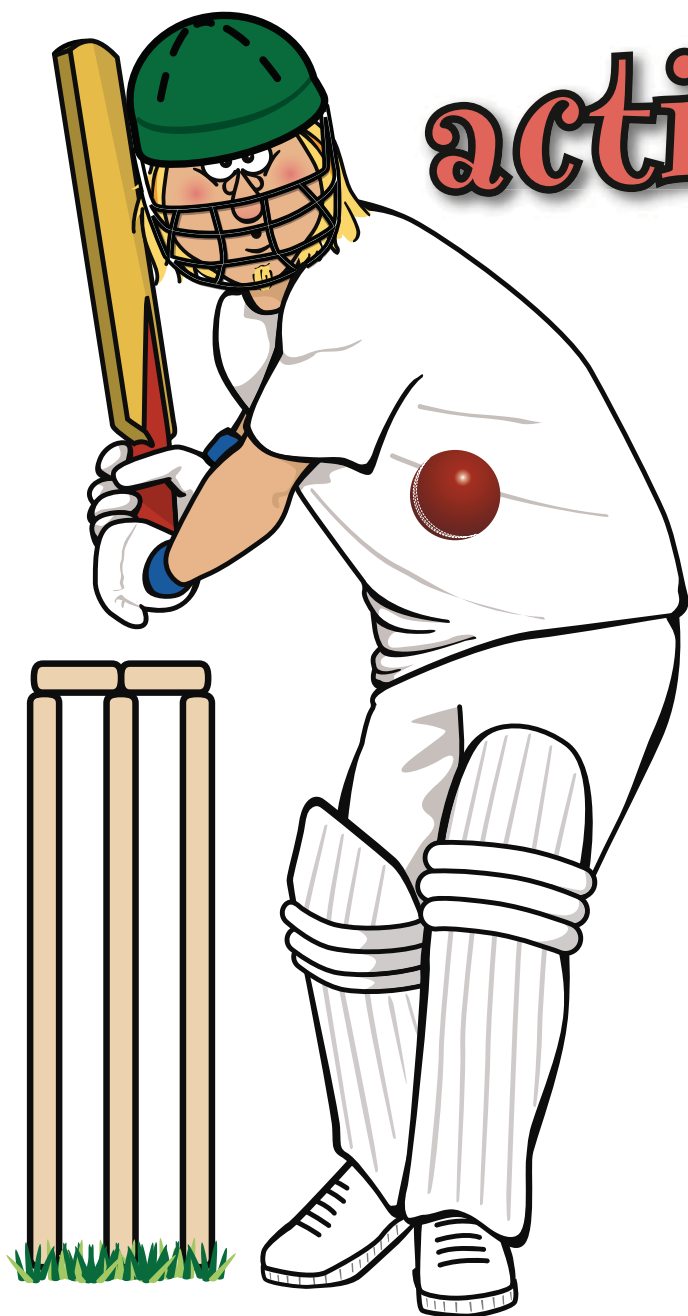




Social & recreational activities



Social & Recreational Activities

DID you know that you probably already do some recreational and social activities? Some of these activities include, playing sport, having a coffee with a friend, watching a movie, doing some craft, reading a book, and riding your bike. Recreational activities are sometimes done on your own (like reading a book) and some recreational activities are also social activities because you do them with other people (like playing football).

It is very important that you have both recreational and social activities in your life. Everyone likes different things. What are the activities that you might like to try out? Keep in mind what you might be good at. If you can't think of any, why not ask your family what they think you might be interested in.

There are agencies that can help you get involved with recreational and social activities. Some activities cost money, so make sure you check this out.

Where do I get more information about what is available?

Sport

There are many sporting clubs who are very happy to get new members. Contact the local sporting club that interests you. You can find many of the contact details in your local White Pages or Yellow Pages under the sport type.

Gym

If you are interested in joining a gym, talk with a few local gyms to find out if they meet your needs (eg: wheelchair access). They may be able to work out a personal program for you. Gyms can be expensive, so make sure you find out how much their membership is so that you can budget for this.

Disability services social outings

Many disability services offer social outings on a regular basis. You may find that they go shopping, bowling, ice skating, horse riding or even camping. This is a great way to meet new friends and have fun. Ask your Brain Injury Rehabilitation Team what local disability services are around and what they offer.

Adult Education Courses

Most TAFE and adult community colleges run courses on a large range of fun activities such as arts and craft, cooking, relaxation, sports, creative writing, bush walking, photography and many more. You do have to pay for these courses but often it is a reasonable price. Contact your local TAFE and Adult Community College to find out what they offer. You can find their telephone number in the local White Pages or Yellow Pages.

