

SYLVANVALE COMMUNITY HUBS

Three unique spaces
for adults that include
social, recreational
and life skills
activities



Tel: 1300 244 577

sylvanvale.com.au/community-hubs/

WHAT WE OFFER

Sylvanvale's Community Hubs provide a range of activities that promote choice and independence including:



ARTS AND
CRAFT



SPORTS AND
PHYSICAL ACTIVITY



MUSIC AND
MOVEMENT



YOGA AND
RELAXATION



SENSORY
ACTIVITIES



GARDENING AND
WATER PLAY



COOKING,
**INCLUDING
SENSORY
COOKING**



COMMUNITY
INVOLVEMENT
IN VARIED ACTIVITIES
AND LOCATIONS
**WITHIN THE
SUTHERLAND SHIRE**

WHERE IT HAPPENS



GARDEN HOUSE

Rawson Ave, Sutherland

Garden House in Sutherland is an eco-friendly space that includes a permaculture garden, outdoor kitchen, chickens and geese.



SUTHERLAND COMMUNITY HUB

Rawson Ave, Sutherland

Offers a wide range of indoor and outdoor activities in a centre-based environment. Our sensory, cooking, exercise, creative, relaxation and garden zones ensure there is something for everyone.



ADVENTURER'S CLUB

Flora St, Sutherland and in community

Support for individuals to participate in and enjoy their community as a social group with plenty of activities for those who love to be out and about.



We specialise in combining tailored individual supports with community access and interactive group activities.

**For more information on Sylvanvale's
Community Hubs please contact our
Service Planning Team on:**

Tel: **1300 244 577**

Email: **customers@sylvanvale.com.au**

Find out more at
sylvanvale.com.au/community-hubs/

For people with hearing or speech loss

TTY: **1800 555 677**

Speak and Listen: **1800 555 727**

For people who need help with English

TIS: **131 450**

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