

20 NDIS-Funded Activities to Get You Out and About

Getting involved in your community is a great way to build confidence, learn new skills and have fun!

Use this checklist for ideas of activities you can try with your NDIS community participation supports – then chat with your Support Coordinator or Endeavour Foundation to get started.



Creative and Skill-Building

- ☐ Join an art or craft class at a Learning and Lifestyle Hub
- ☐ Take a music or choir workshop
- ☐ Try pottery, sculpture, or creative writing
- ☐ Learn to cook or bake in a small group class
- ☐ Enrol in a short TAFE or hobby course

Health and Wellbeing

- ☐ Attend a yoga, dance, or fitness class
- ☐ Join a local sports club or walking group
- ☐ Explore meditation or mindfulness sessions
- ☐ Try nature-based activities like gardening or bushwalking
- ☐ Attend group fitness or recreational programs at your hub

Social and Volunteering

- ☐ Volunteer at a community centre, charity or local event
- ☐ Join a support group or social club
- ☐ Participate in fundraising or awareness campaigns
- ☐ Attend hobby clubs, board-game nights, or meetup groups
- ☐ Help out at markets, fairs, or other community gatherings

Confidence and Connection

- ☐ Join a drama or public speaking workshop
- ☐ Attend library workshops or book clubs
- ☐ Take part in day trips with friends or carers
- ☐ Participate in accessible tours, excursions, or cultural events
- ☐ Explore new hobbies with support from Endeavour Foundation staff



Tips for Using This Checklist

Check your plan

Confirm your NDIS funding covers these activities.

Plan ahead

Schedule activities with your Support Coordinator or Endeavour Foundation.

Start small

Try one new activity at a time to build confidence.

Celebrate progress

Every step counts toward independence and social connection!

Contact your Support Coordinator or Endeavour Foundation to explore these activities today.

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