



LIFE SKILLS

Strengthen everyday skills through practical, supportive learning. Empowering people to build confidence in cooking, independent living tasks and essential skills through hands on activities and tailored support.



PROGRAM OVERVIEW

Our Life Skills Programs are designed to build independence, confidence, and practical skills through supportive, hands-on learning. Programs offer a balance of cooking, independent living skills, health and wellbeing activities, and opportunities for personal growth. Participants engage in real-life tasks at their own pace, supported by staff and, where relevant, allied health professionals to strengthen learning.

Across the programs, participants can expect to learn skills in:

- Cooking and following recipes
- Safe food handling and kitchen safety
- Basic food preparation (chopping, peeling, measuring)
- Independent living skills such as cleaning, laundry, and household routines
- Personal care and wellbeing skills
- Healthy living, movement, and routines that support physical and mental health
- Budgeting, shopping, and money-handling
- Teamwork and communication
- Practical workplace skills (e.g. planning and running a canteen)

Each day is structured to support learning in a fun, inclusive, and meaningful way, helping participants build confidence and independence for everyday life and future opportunities.

Programs are subject to a program fee. All reasonable efforts have been made to ensure fees remain minimal.



PROGRAM THEMES & GOALS

Cooking by Colours

Morning Session: **Cook by Colours**

Participants develop practical cooking skills using the Cook by Colours method, supporting independence, confidence, and safe food preparation.

Afternoon Session: **Independent Living Skills**

Participants learn foundational kitchen skills such as chopping, peeling, safe food handling, and using utensils correctly. The focus is on building confidence and independence while practising safe and supported kitchen routines.

Daily Program Fee: \$10.00

Home is Where the Heart is

Morning Session: **Cooking to Take Home**

Participants prepare simple, nutritious meals they can take home, building confidence in planning, cooking, and following recipes. The focus is on practical skills that support independence and healthy routines.

Afternoon Session: **Home and Garden Skills**

A practical session focused on everyday household tasks including gardening, cleaning, laundry, and general home care. Activities are designed to build independence, routine, and confidence while promoting wellbeing through hands-on learning and connection with the environment

Daily Program Fee: \$10.00

PROGRAM THEMES & GOALS

All About Me

Morning Session: **Cooking and New Recipes**

Participants explore new recipes and build confidence in cooking meals they can enjoy during the session or take home to share. The focus is on learning practical kitchen skills, trying new foods, and expressing independence through cooking.

Afternoon Session: **Self-Care - Body and Mind**

A supportive space to learn skills in personal care and wellbeing, including routines for maintaining good physical health, hygiene, and simple strategies for mental wellbeing. Activities promote confidence, self-awareness, and healthy habits for everyday life.

Daily Program Fee: \$10.00



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