



CREATIVE WAYS TO FIND LOW COST AND FREE ACTIVITIES

Money and resources can often present a significant barrier to people with disability when implementing plans or trying new activities.

There are many ways to get around this, by using energy and imagination. If you need to gather support to create this energy, try to ask for help if you can. If you need to access a computer, most libraries offer this free of charge.

- Obtain a Companion Card, so that your family member, friend or support worker can attend an event or activity of your choice with you. There is a comprehensive range of activities, adventures and places on the Companion Card Affiliate List.

Examples of activities Companion Card assists access with:

Bike Hire, Cinemas, Adventure World, Trampoline World, Royal Show, Aquatic and Leisure Centres, AFL games, Model Railway Association, Open Air Cinemas, Heritage Museums, Running Groups (City to Surf), Dolphin Discovery Centre, Ice Arena, Fringe World Festival, Movies, Rock Climbing, Gym access.

Further information can be obtained by calling 1800-617-337 or on the website

www.wacompanioncard.org.au

- Look up Weekend Notes.com
<http://www.weekendnotes.com>
- Subscribe to the email lists
Examples: community events, cheap, free, family
- Transition Towns: Guildford / Vincent / Stirling/ Joondalup/Gosnells

These are excellent local community examples of multiple interest groups under an umbrella, such as verge gardeners, future groups, craft groups, waste and recycling interest groups, skill share groups, play groups. Their motto is “creating a strongly connected community and a healthy environment”. You can find them on Facebook and some have their own websites as well.

- Check out local discos and karaoke nights
- Various local pubs and bars have quiz nights, pub choirs and footy tipping / watching
- Free events run by community groups are always available, such as no cost meditation classes, Scribbler’s festivals, local markets, free after-work fitness sessions, Pickers and Collectors Bazaars – they are all found by googling “**Free events in Perth today**”.

- Check out noticeboards in libraries , local shopping centres and community centres

Towns / municipalities have various activity groups and discounted entry fees for gym sessions, activities for children, youth and seniors. There are also free concerts in the park. Most Disability Pension card holders qualify for 20% concession to leisure and aquatic centres.

- Community Gardens: check your area for community gardens. Foodbank WA also runs Farm to Plate cooking classes and education and is minimal cost or free.
- Heart Foundation runs many free walking groups in local neighbourhoods. Also check out Fun Runs such as City to Surf.
- Organisations such as Meetup and Befriend can be a good source of community inclusion and activities with like -minded people. Some service providers offer a range of camps and social clubs, that can also be funded through the NDIS on request. Befriend: (08) 9520 8574 (Monday to Friday) or 0404 831 201 or rsvp@befriend.org.au, you can also sign up for the Befriend Monthly Newsletter. Meetup: <https://www.meetup.com> There is also an app (Meetup App, App Store)
- Uni Camp for Kids runs picnics and youth camps yearly, free of charge, along with picnics on a regular basis, staffed by volunteers, for children who fit the application requirements. Contact details: webpage www.unicampforkids.org.au ph (08) 6488 8763
- Check Concessions WA webpage for Government rebates, concessions of pet registration fees, lower fishing fees, energy and water rebates, electricity rebates, spectacle subsidy schemes, Hardship Utility grant schemes, Life Support Equipment energy subsidy scheme, emergency services levy rebates, dependent child rebates etc. Website: www.concessions.communities.wa.gov.au

Air travel: Virgin Australia now offers a Disability Assistant Concession Fare of 50% discount for accompanying carer for a person with disability.

Qantas now offers a Qantas Carer Concession Card, obtained through PWDA (People with Disabilities Australia), in the name of the person who has the disability, so the accompanying person can change according to need.

People with disability can also access supports under CASA policies. Whenever you are travelling and need assistance with transfers etc request a Disability Access Facilitation Plan (DAFP) for people with physical disabilities, mobility impairment and intellectual disabilities. For further information see www.casa.gov.au Travellers with a Disability

- **Libraries** are a great source of community and can offer technology training, books, e-books and magazines, DVDs, support groups and community groups / hubs. Some libraries also offer book sales, free printing, information on various interest groups, book clubs and storytelling sessions, along with free school holiday activities.
- **Free Movies:** Check out the City of Perth website for free family movies and date night movies through the warmer months, along with special events such as Cat movie / YouTube festivals (Northbridge Piazza). Telethon Community Movies in the cities of Burswood, Bassendean, Murdoch and Joondalup Pines offer family friendly movies in summer, with profits going back to charities.
- **Societies** like The Wildflower Society offer people a chance to meet like-minded people, and can offer a reduced membership rate if newsletters are received via email, a “green discount”, reducing the annual membership from \$50 to \$35 per year. There are also various volunteer conservation groups such as Men of Trees, which can act as a free social group along with giving back to the environment. Perth Electric Tramway Society offers memberships between \$15-\$35 per year and lots of volunteer opportunities. Perth City Farm offers volunteering opportunities and activities and People for Forests are also a group to check out if you are interested in conservation.

YMCA/ PCYC : In various suburbs (**check them out on Facebook**) They can also offer discounted meeting room rates and social activities such as pool and skateboarding. They also run dance programmes, hang out spaces, trampolining and Inclusion 4 Life Sporting activities.

Active Link: A programme providing residents in Melville to participate in sport, recreations, hobbies and other activities such as art classes. Ph 089 364-0666

Act-Belong-Commit: www.actbelongcommit.org.au

This website offers many free tips and activities to increase mental health and a sense of belonging to, and participating in the community.

Sensory Playgrounds: There are more sensory playgrounds around these days, so check out your local area with Google, these can be suitable for both children and adults. Some of the notable ones are at Kings Park, Perth Zoo, Piney Lakes, Optus Stadium, Wireless Hill reserve, Shipwreck Park in Sienna Wood, Pia’s Place in Whiteman Park, Dinosaur Park at Kingsway Regional Sports Complex, Perry Lakes etc.

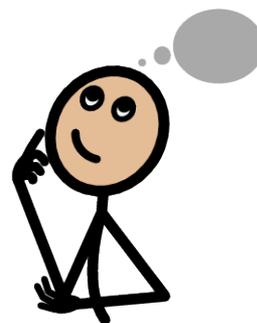
On Line Learning: Udemy can offer reduced on line course prices on many topics including personal development, web development, business at your own rate and in your own time. Other sources can be Ted Ex, Skill Share, Coursera, Open University

Let your imagination run wild:

Search for “Free Events” on the internet, and you can find so many things!

Such as.....

Free sumo wrestling (Goody Two's)
Free film Fridays (City of Fremantle)
Free soup at soup kitchen (Manning Community Centre)
Free bingo at “Tag A Drag” (Connections Nightclub)
Free interview readiness workshops (Girrawheen Hub)
Free Lego Challenge play days
Free interactive multi -sport classes (Westfield Carousel)
Free Music Festivals eg State of The Art music festival June Long weekend
Free yoga classes (South Perth, Bunbury, Dalyellup, Cockburn)
Free kids train rides (Sorrento)
Free Giant Games (Perth Plaza)
Live Lighter Pinjarra Festival
Free Mental Health Youth First Aid in Kwinana
Free worm workshops in City of Swan
Free mindfulness classes (City of Cockburn)
Free entry to Aboriginal Art Markets
Free Lego Clubs (eg South Perth), Lego at the Library (Perth)
Games on the Green (Kwinana)
Altone Comes Alive (free annual family event, Beechboro)
Armadale Arts Bush Trail
Bunnings: regular activities, food and giveaways
Ramp It Up Competition Kalamunda (free sausage sizzles)
Chung Wah Cultural Festival, Burswood
Artbeat Youth Fest, City of Armadale
Wear ya Wellies, Bindoon (muddy family outdoor play, arts and crafts, market stalls)
The Maladjiny Project Kwinana, Nyoongar Wellbeing and Sports, cultural activities
Brookfield Place Winter Lights Festival, roaming entertainers, musical performances
Free talks at Libraries and Community Centres
Free bike hire outside Fremantle Visitor Centre, Little Creatures or E-Shed Market
Art Gallery , free or gold coin entry
Local Markets, School Markets, Farmer's Markets often have free samples and entertainment, activities
Free events in Elizabeth Quay
Lights Festivals



Other ideas to consider:

Knit and Crochet for a cause groups, often run through community centres
Facebook groups for special interests eg trainspotting
Social Groups
Bushwalking Groups
Peer Support NDIS networks
Local Sports clubs for inclusive sport and recreation options

Other organisations for people with disability such as :

DADAA (helpful for arts programmes)
YDAN (Youth Disability Advocacy Network),
WWDWA (Women with Disabilities WA), DDWA,
WA's Individualised Services
PWDWA
DDWA
VisAbility
can also help with resources and training.

There are many ways to reduce costs when trying to find meaningful activities, resources and inclusive community connections. The possibilities are endless.

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