WeBelong

Flagstaff LIFE CHOICES

NEWSLETTER

SEPTEMBER 2026

Welcome

We Belong wants to let you know all about the exciting things we are doing to make our community more inclusive. In this newsletter, we'll showcase what's happening, celebrate participation and share opportunities for people to get involved, connect and belong.

Inside this edition:

- Resources of the Month
- Survey Information
- We Belong Community Project
- We Belong Flagstaff Programs
- Stories from our participants
- What's Coming Up

Hello,
Im Mario, a Flagstaff employee!
Read my story on Page 5

RESOURCE OF THE MONTH

These resources are to help when going out in the community and creating a Welcoming Space for everyone to participate:

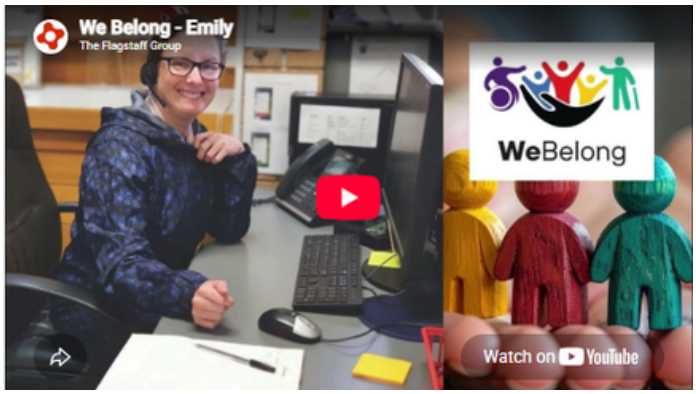
- Lived Experience Inclusive Handbook
- Community Inclusive Handbook
- How to Reduce Anxiety Gudie
- Conversation Cards

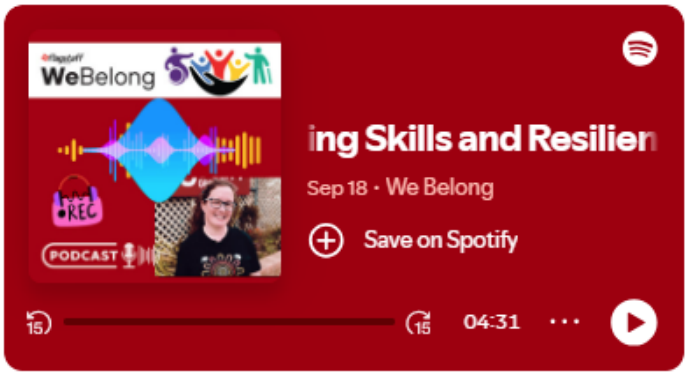
Email hello@flagstaffgroup.com.au to find out how to get your book or cards today

TAKE OUR SURVEY

Interested in further study?
We have the right fit for you.
Click on the QR Code or like a copy sent to you - email hello@flagstaffgroup.com.au or call 4272 0222

PODCASTS AND VIDEOS





Building Skills and Resilience

Emily has worked at Flagstaff Group for a long time and done many different jobs. As a We Belong participant, Emily shares with us some of the challenges of being neuro-divergent. Hear how skill building and resilience has helped to overcome some of those barriers that anxiety and epilepsy play in her daily life.

The Power of Story: Breaking the Stigma

Dan Hunt is an ex-dragons player and has now moved into the mental health space after his own personal journey. He created Mental Health Movement to share his knowledge and help others maintain their own mental health.

You can find these stories and more on www.webelong.org.au

Email hello@flagstaffgroup.com.au or call (4274 0222) to find out more.

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COMMUNITY

We are committed to making spaces inclusive for everyone to participate in their community.

There are benefits to an Organisation creating a welcoming space including:

- Improved Reputation
- Attract New Members
- Broaden Your Customer Base
- Increased Potential to visit Website or Premises

Join with us to create an adaptive group or activity, this could be:

- Sporting Organisations
- Community Groups
- Public Spaces
- Clubs
- Learning Institutions

There are many ways which accessibility and inclusivity can be achieved, together we can do it!

Figtree Lions recently donated to assist the We Belong Project continue supporting people to participate in community and kindly provided their time and services to our Employee 60th Anniversary BBQ.

We really appreciate your support!!!

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PROGRAMS

Flagstaff Life Choices provides personalised support for individuals with disabilities who have an NDIS plan. Our dedicated team works alongside participants, helping them achieve their goals at their own pace.

- Intellectual disability
- Autism
- Physical disabilities
- Down syndrome
- Mental health & psychosocial disabilities

Not yet NDIS-registered?
We can help guide you through the application process.
*All services are priced according to the current NDIS Price Guide. We provide transparent quotes before you start.

Any of these programs sound good to you?

- Access2Work - Build confidence & job readiness
- Skill Building - Greater independence in daily life
- Job Ready Training - Pathways to meaningful employment
- We Belong - Connection, friendship, belonging
- Supper Club - Community outings and interest-based groups
- Keep Fit & Healthy - Physical & mental wellbeing
- Support Coordination - Clarity and progress toward NDIS goals

Scan the QR Code above to find out more

REACHING GOALS

Mario wanted to learn to drive, although he thought he wasn't able to after his injury. This would increase his opportunities and allow him to drine the laundry van. After talking to the We Belong Project Officer he seen his specialist to ask for an assessment and passed.

Excited by this news he then went on to study for the Driving Knowledge Test with RMS. He passed the test and is now praciticing on the road.

WHAT'S ON

24th September

Flagstaff

Shoalhaven

Office

Information Session

Families, Carers and Support Workers are welcome to attend

16th - 20th November

One - on - One

Online or in person

Art of Corversation

Build your capacity and resilience in groups or out in public

We Belong received funding from Australian Government Department of Health, Disability and Ageing