

Community connections

HCO is proud to offer two separate recreational programs specifically designed for adults living with disabilities. The first program, "Out and Abouters," meets regularly on Friday evenings, providing a social and active start to the weekend. The second program, "Weekenders," gathers on Saturdays for a variety of exciting activities.

These programs enable participants to develop meaningful friendships outside of the home environment, promoting greater awareness of and connection to the local community. By participating in these activities, individuals can increase independence and enhance self-esteem, all within a safe and enjoyable framework designed to support your unique needs.

By providing opportunities for social interaction and community connection, these programs help participants build confidence and life skills that extend beyond the activities themselves.

We are excited to share these enriching experiences with you and welcome your enquiries.

Our goal is to create an inclusive and vibrant community where everyone can thrive, and we hope you can join us soon.



Real connections

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A photograph of a young woman with dark hair, wearing a purple t-shirt with a white Nike logo, a straw hat, and a necklace. She is smiling broadly and looking towards the camera. She is standing outdoors, with a tree trunk visible to her left and a blurred background of trees and sky.

HCO Recreation programs





Activities

The range of activities offered is diverse and designed to cater to different interests. Participants enjoy attending local football matches, fishing trips, and kite flying. Cultural and educational outings to museums, local farms, and zoos are also popular.

For those who enjoy sports and games, mini golf and ten-pin bowling provide great entertainment. Outdoor enthusiasts can look forward to beach visits, walks in local parks, and leisurely outings for coffee, lunches, and dinners.

All activities and venues are thoughtfully chosen and located in and around the Adelaide Hills and Adelaide regions, ensuring accessibility and convenience.

HCO prioritises the safety and comfort of all participants by offering reliable transportation options. Our vehicles are equipped to accommodate the various needs of the participants, providing safe transport to and from activities, so participants and families can have peace of mind.