



“This group is a great way to get out safely and be with other younger people. I love trying new places and doing new things. I've made new friends. It's good to laugh, get out and have fun!”

Paul, client

Social Saturdays

Join us for a day of adventure and friendship

If you are under 65 living with disability contact us on 9799 5099 or admin@iwna.com.au to find out more.

Inner West

Neighbour Aid 

Now is a great time to...

- **Discover Sydney on the weekend**
- **Grow your confidence and independence**
- **Meet new friends, share a laugh and some lunch**
- **Exercise your mind and your body**
- **Get out of the house**
- **Have an adventure**

Outings which run every second Saturday include; ferry rides, gardens, mini golf, cinema, galleries, the museum, bowling and more.

Get to know us

We support older people, people with disability and their carers to stay independent, healthy and connected. As a local not-for-profit we do this with the help of our amazing volunteers who have undergone a screening process.

Contact us

Call us on **9799 5099** to find out more and receive a copy of our latest outings calendar.

www.iwna.com.au

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