



Learn More



NextPath
Continuous Learning

2026 PROGRAMS

LAST UPDATED NOVEMBER 2025



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Welcome Message



Over the years, we've seen that participants joining NextPath Continuous Learning consistently pursue one or more of the following goals:



Employment



Independence



Improved social and
communication skills



Leading a healthy,
active lifestyle

In response, we've spent the past three years refining our programs and support pathways to better align with these aspirations. The outcomes from 2025 have shown that our structured, goal-focused approach is helping participants to make meaningful progress towards achieving their goals.

As we move into 2026, we're excited to introduce a refreshed program suite, including a few updated names to better reflect each pathway's purpose. From flexible foundational supports to structured learning and workplace learning, our programs now offer clearly defined steps to support you to move confidently toward your goals.

We're proud to support you on your journey, towards greater independence, meaningful work, and your Next Path.

Alycia O'Neill

Program Manager



FOUNDATIONAL SUPPORTS

(previously Wellbeing and Recreation Program)

MONDAY

NextStep
Living

TUESDAY

NextStep
Community &
Connect

WEDNESDAY

NextStep
Social

THURSDAY

NextStep
Active

FRIDAY

NextStep
Creative

NextStep Leisure (previously Holiday Program)

EMPLOYMENT SUPPORTS

TUESDAY

Employment
Supports
Program

THURSDAY

Employment
Supports
Program

FRIDAY

NextStep
Work

GOAL BASED SUPPORTS

TUESDAY

Independent
Living Program

WEDNESDAY

Social &
Communication
Program

THURSDAY

Healthy Living
Program



FOUNDATIONAL SUPPORTS



Karlyha Armstrong
Program Coordinator



TBC
Program Assistant

EMPLOYMENT SUPPORTS



Samantha McAuley
Senior Program Coordinator



Chloe Sydenham
Program Assistant

GOAL BASED SUPPORTS



Brooke Black
Program Coordinator



Kyra Whitford
Program Assistant

INDIVIDUALISED SUPPORTS



Daniel Pascoe-Thomas
Program Assistant

NEXTSTEP PROGRAM

Daily (Mon-Fri) | 9:00AM – 3:00PM

4 X BLOCKS IN LINE WITH SCHOOL TERM DATES

(SEE **NEXTSTEP LEISURE** AS AN OPTION FOR CONTINUED SUPPORTS)

The **NextStep Program** is our reimagined *Wellbeing and Recreation Program*, providing foundational supports for your goal journey. Structured across five days a week, with each day focused on a specific goal area:

NextStep Living – Monday

NextStep Community and Connect – Tuesday

NextStep Social – Wednesday

NextStep Active – Thursday

NextStep Creative – Friday

These focus areas provide the foundation for building independence, confidence and meaningful engagement. Through a variety of group-based activities, participants are supported to explore what independence means to them and work towards personalised goals aligned with a focus area each day.

The program is supportive, goal-focused and practical. Activities are guided by participant preferences and may include: creative arts and music, sports and movement, social outings like café lunches or local walks, community engagement experiences, life skills and personal development sessions.

Whether you're just starting your journey or continuing to build on existing strengths, NextStep offers a flexible and engaging environment to grow, connect, and thrive.

Additional centre-based or community activity fees will apply. These will be communicated each block.

BLOCK 1 | 2 Feb– 2 Apr 2026

BLOCK 2 | 20 Apr – 3 Jul 2026

BLOCK 3 | 20 Jul – 25 Sep 2026

BLOCK 4 | 12 Oct – 16 Dec 2026

2026 PROGRAMS



NEXTSTEP LIVING

MONDAY | 9:00AM – 3:00PM

Establish everyday skills for greater independence. Whether it's cooking, budgeting, or navigating life's routines with confidence. Discover what independence means to you; one practical step at a time.

NEXTSTEP COMMUNITY & CONNECT

TUESDAY | 9:00AM – 3:00PM

Explore your local community, build meaningful relationships and discover new ways to stay socially connected. Strengthen your sense of connection and discover your place in the community.

NEXTSTEP SOCIAL

WEDNESDAY | 9:00AM – 3:00PM

Explore friendships, social settings and online safety in a fun and supportive environment. Learn how to build healthy relationships and navigate the social world with confidence.

NEXTSTEP ACTIVE

THURSDAY | 9:00AM – 3:00PM

Support your physical and emotional wellbeing through movement, mindfulness, and learning how to lead a healthy lifestyle. Build resilience and feel good; inside and out.

NEXTSTEP CREATIVE

FRIDAY | 9:00AM – 3:00PM

Express your creativity through art, music, drama, hands-on projects and digital media. Celebrate your talents, be empowered to make choices and share your voice in inclusive, confidence-building experiences.

1:1 SUPPORTS

DAILY | 9:00AM – 3:00PM

Alongside group-based supports if requested, individualised one-to-one supports are offered to individuals to work towards your self identified goals.

NEXTSTEP LEISURE

Weekdays during Holidays

9:00AM – 3:00PM

Explore, unwind, and enjoy new experiences!

Previously known as the *Holiday Program*, the **NextStep Leisure Program** runs daily during NSW school holiday periods. It offers participants a chance to enjoy a break from their regular weekly programs while still receiving consistent support. The program is also open to external participants, including those still in school or engaged in other services.

Each day features a community outing designed to keep things fresh, fun and engaging. Activities are planned around participant preferences and may include outings like aqua golf, movies, bushwalking, museum visits and more. It's the perfect way to stay connected, active and social during the holidays.

Numbers are limited in this program and we may operate a waitlist for services.

Additional centre-based or community activity fees will apply. These will be communicated each block.

APRIL HOLIDAYS | 7 Apr – 16 Apr 2026

JULY HOLIDAYS | 6 Jul – 16 Jul 2026

OCTOBER HOLIDAYS | 28 Sep – 8 Oct 2026

A **NextStep Leisure Program outline** will be emailed in Week 5 of each block. If you would like to opt-in to this program in advance for continuity of services throughout the year, this can be reflected in your individualised Service Agreement.

NEXTSTEP WORK

Fridays | 9:00AM – 3:00PM

44 WEEKS | (2 x 22 WEEK BLOCKS)

(SEE **NEXTSTEP LEISURE** AS AN OPTION FOR CONTINUED SUPPORTS IN THE JULY BREAK)

The NextStep Work Program is a hands-on, one-day-a-week program designed to bridge the gap between school and employment. As the foundational stage, NextStep Work focuses on practical learning and real-world experience to help participants explore and define their employment goals.

Group Supports

Offered across 1 day a week, participants in the NextStep Work program will:

- ✂ Engage in hands-on work experience in real and simulated environments
- ✂ Build practical skills relevant to various industries
- ✂ Develop confidence and independence in workplace settings
- ✂ Begin identifying their employment interests and strengths
- ✂ Receive guided support to shape their individual employment pathway

Whether you're aiming for open employment, supported employment, or volunteering, NextStep is your first step to discovering your potential and preparing for the next stage of your employment journey. Participants can access CORE or School Leaver Employment Supports (SLES) funding to access these services.

1:1 Supports | (Weekdays as requested and if available)

Following the completion of our group-based supports or alongside group-based supports if requested, individualised one-to-one supports are offered to individuals to individually work towards your employment related goals.

Participants can access CORE or School Leaver Employment Supports (SLES) funding to access these services.

Occupational Therapy supports including Work Capacity and Environmental Assessments are provided throughout this program and outlined on your quote and schedule of supports.

BLOCK 1 | 2 Feb – 3 Jul 2026

BLOCK 2 | 20 Jul – 16 Dec 2026

EMPLOYMENT SUPPORTS PROGRAM

Tuesdays & Thursdays | 9:00AM – 3:00PM

44 WEEKS | (2 x 22 WEEK BLOCKS)

(SEE **NEXTSTEP LEISURE** AS AN OPTION FOR CONTINUED SUPPORTS IN THE JULY BREAK)

At NextPath Continuous Learning we offer a personalised employment support pathway designed to help participants achieve their self-determined work-focused goals.

Group Supports

Offered across 2 days a week, our group program provides a structured, supportive environment to build the skills and confidence to achieve their employment goals. Participants will engage in:

- ✂ Functional Work Capacity Assessments and Goal Setting Tools
- ✂ Exploring and understanding their work potential
- ✂ Capacity building: developing practical skills, independence, and confidence for the workplace
- ✂ Creating an individualised pathway to employment, whether that's open employment, supported employment or volunteering
- ✂ Gaining practical experience in their chosen field (or a similar area)

This program forms a vital link between education and employment, empowering participants to take meaningful steps toward their future. Participants can access CORE or School Leaver Employment Supports (SLES) funding to access these services.

1:1 Supports | (Weekdays as requested and if available)

Following the completion of our group-based supports or alongside group-based supports if requested, individualised one-to-one supports are offered to individuals to individually work towards your employment related goals.

Occupational Therapy supports including Work Capacity and Environmental Assessments are provided throughout this program and outlined on your quote and schedule of supports.

BLOCK 1 | 2 Feb – 3 Jul 2026

BLOCK 2 | 20 Jul – 16 Dec 2026

INDEPENDENT LIVING PROGRAM

Tuesdays | 9:00AM – 3:00PM

4 X BLOCKS IN LINE WITH SCHOOL TERM DATES

(SEE **NEXTSTEP LEISURE** AS AN OPTION FOR CONTINUED SUPPORTS)

The Independent Living Program is designed to support participants in building the skills and understanding needed to achieve greater independence in their daily lives.

The program will provide opportunity to develop skills for independent living including travel training, cooking, self-care, cleaning, gardening, household budgeting, driving and road safety. Each block, activities will be targeted towards achievement of a specifically outlined independent living goal (outlined to the right of this document).

Additional centre-based or community activity fees will apply. These will be communicated each block.

Numbers are limited in this program and we may operate a waitlist for services.

The Independent Living Program includes a weekly **Occupational Therapy group session.**

BLOCK 1 | 2 Feb – 2 Apr 2026

Focus: Travel Training and Community Access

Goal: Travel safely and confidently within the community.

BLOCK 2 | 20 Apr – 3 Jul 2026

Focus: Self-Care and Personal Hygiene Confidence

Goal: Build routines and confidence in personal hygiene and grooming.

BLOCK 3 | 20 Jul – 25 Sep 2026

Focus: Home Management & Budgeting

Goal: Improve financial literacy and budgeting skills for greater independence

BLOCK 4 | 12 Oct – 16 Dec 2026

Focus: Kitchen Skills & Healthy Meal Preparation

Goal: Prepare simple, healthy meals independently.

Please note that this will be offered as a 'Program of Support' and therefore subject to the 'Programs of Support Claiming Rules' outlined on page 32 of the NDIS Pricing Arrangements and Price Limits 2025-26. Further information will be provided to participants who enrol in this program.

SOCIAL & COMMUNICATION PROGRAM

Wednesdays | 9:00AM – 3:00PM

4 X BLOCKS IN LINE WITH SCHOOL TERM DATES

(SEE **NEXTSTEP LEISURE** AS AN OPTION FOR CONTINUED SUPPORTS)

The Social and Communication Program is a group program designed to facilitate the development of individual communication and social skills.

The program will provide structured activities targeting communication skills, social skills, literacy skills and relationship and consent modules while working toward achievement of specifically outlined communication goals

(outlined to the right of this document). There will be regular opportunities to put these skills into practice when accessing the community.

Additional centre-based or community activity fees will apply. These will be communicated each block.

Numbers are limited in this program and we may operate a waitlist for services.

The Social and Communication Program includes a weekly **Speech Pathology group session.**

BLOCK 1 | 2 Feb – 2 Apr 2026

Focus: Functional Communication & Expressive Language

Goal: Develop expressive communication skills for everyday interactions.

BLOCK 2 | 20 Apr – 3 Jul 2026

Focus: Social Interaction & Group Participation

Goal: Build skills for engaging in group settings and peer interactions.

BLOCK 3 | 20 Jul – 25 Sep 2026

Focus: Literacy & Communication for Daily Living

Goal: Use literacy and communication tools to support independence.

BLOCK 4 | 12 Oct – 16 Dec 2026

Focus: Relationships, Consent & Safe Communication

Goal: Understand boundaries, consent and safe communication practices.

Please note that this will be offered as a 'Program of Support' and therefore subject to the 'Programs of Support Claiming Rules' outlined on page 32 of the NDIS Pricing Arrangements and Price Limits 2025-26. Further information will be provided to participants who enrol in this program.

HEALTHY LIVING PROGRAM

Thursdays | 9:00AM – 3:00PM

4 X BLOCKS IN LINE WITH SCHOOL TERM DATES

(SEE **NEXTSTEP LEISURE** AS AN OPTION FOR CONTINUED SUPPORTS)

The Healthy Living Program is a group program designed to target participants health-focused goals.

The program comprises of group exercise sessions with a Physiotherapist, meal planning, shopping, food preparation, mindfulness and education sessions designed to support achievement of specifically outlined health-focused goals (outlined to the right of this document).

Additional centre-based or community activity fees will apply. These will be communicated each block.

Numbers are limited in this program and we may operate a waitlist for services.

The Healthy Living Program includes a weekly **Physiotherapy group session.**

BLOCK 1 | 2 Feb – 2 Apr 2026

Focus: Physical Activity & Movement Confidence

Goal: Improve physical fitness, coordination, and confidence in movement.

BLOCK 2 | 20 Apr – 3 Jul 2026

Focus: Nutrition, Meal Planning & Food Preparation

Goal: Build skills in planning, shopping for, and preparing healthy meals.

BLOCK 3 | 20 Jul – 25 Sep 2026

Focus: Mindfulness, Emotional Regulation & Wellbeing

Goal: Develop strategies for emotional regulation and mental wellbeing.

BLOCK 4 | 12 Oct – 16 Dec 2026

Focus: Health Literacy & Personal Health Management

Goal: Increase understanding of personal health and how to manage it.

Please note that this will be offered as a 'Program of Support' and therefore subject to the 'Programs of Support Claiming Rules' outlined on page 32 of the NDIS Pricing Arrangements and Price Limits 2025-26. Further information will be provided to participants who enrol in this program.

ADDITIONAL SUPPORTS

2026 Transport Services

Transport from Participant residence to NextPath is available and calculated individually. Quotes for 2026 transport will be provided upon request.

Numbers are limited for our transport services and therefore we may not be able to accommodate all transport requests in 2026.

1:1 Support in group or individual setting

1:1 support is available when accessing group services if required.
1:1 support to target individual goals is also available upon request.
Individual quotes for 2026 1:1 services will be provided upon request.
Requests for these services can be discussed with your Program Coordinator.

Therapy Supports

NextPath Assessment & Therapy provide Occupational Therapy, Speech Pathology, Physiotherapy and Allied Health supports. If you require a therapy assessment or ongoing support, this can be accessed throughout your day at NextPath Continuous Learning. Please speak to your Program Coordinator for referral to these supports.

FOR FURTHER INFORMATION

If you have any further questions, contact:

Alycia O'Neill

Program Manager

NextPath Continuous Learning

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NextPath is a registered
NDIS service provider

We look forward to being part of your journey



NextPath
Continuous Learning

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