



# Solidarity Program

The Solidarity Program is a unique opportunity for school students to spend time learning and connecting with people with disability.

Our Disability Services Learn, Work, Connect programs provide meaningful life and work skills training, employment and social opportunities for people with disability. Our aim is to overcome barriers to employment and promote social inclusion.

## What is the Solidarity Program?

Students are invited to visit our centre and build their disability confidence and join in the daily activities enjoyed by our amazing participants. Classes are different each day ranging from cooking, painting or computer courses through to preparing for work courses such as typing lessons or packing and assembly practice.

- Students are given the opportunity to walk alongside people with intellectual and physical disabilities as they go about their daily activities.
- Students learn about the employee's lives and interests. They learn that people with intellectual disabilities deserve our dignity and respect.
- Students learn to engage with new people and situations, increasing their ability to ask questions and interact.

The Solidarity Program can become part of your school's annual Social Justice Program, Immersion Week or just a great experience for your students.

Participation in the program is a cost of \$50 per student with a maximum group size of 10 students per day.

**Appropriate for Years 9, 10, 11 & 12 , male and female.**

## Staff Development Days

The Solidarity Program is also available for Staff Development Days. The program for the day can be tailored to include any key initiatives as directed by the school.

Funds raised from the Solidarity Program and Staff Development Days will help to directly fund CatholicCare Sydney and its programs to support people who live and work with intellectual disabilities.

For bookings and/or further information please contact:

**CatholicCare Community Engagement Manager**

T: 13 18 19 | E: [community@catholiccare.org](mailto:community@catholiccare.org)

**CatholicCare**  
SYDNEY

# Schedule

<b>9:00 – 9:30</b>	<b>Welcome Session</b> We open the program with an introduction to CatholicCare Disability Services and what we do, we discuss dignity when interacting with people with a disability and what to expect from the day.
<b>9:30 – 10:30</b>	<b>Session 1 - Life Skills / Work Training</b>
<b>10:30 – 11:00</b>	<b>Morning Tea</b>
<b>11:30 – 12:30</b>	<b>Session 2 - Life Skills / Work Training</b>
<b>12:30 – 1:00</b>	<b>Lunch &amp; Social</b> Enjoy a shared lunch time with CatholicCare Disability Services participants and if the weather permits play a game or sport together on the lawn.
<b>1:00 – 1:30</b>	<b>Reflection and Debrief</b> Join together again in prayer and reflection. Discuss as a group what was learnt from the experience.

\* Please arrive at 8:45am for a 9am start



## COVID Safe Measures

The safety of our clients, guests and staff is paramount.

To minimise the spread of COVID in the community and at CatholicCare Disability Services, in accordance with COVID safe practices we ask that all visitors maintain a safe physical distance from others and practice good hand hygiene.

Please do not attend if you have cold and/or flu symptoms.