

Individual Programs



Talk to us today about an individual program for adults and young people based on your goals. It's a specialised one-to-one service for a minimum of 3 hours a day.

With these programs, you can pick and choose which days you would like to attend, what skills you would like to grasp and what adventures you would like to have.

Our AHH Lifeskills participants love their mentors and the great relationship they have with staff, and they want to develop this connection with you too.

"Effective mentoring paves the way to success."



AHH Living supports children and adults with Supported Independent Living across Adelaide and all over SA, contact our AHH Lifeskills team today.

18+ Upcoming Events



**VR Gaming
Untethered**
Sunday 23rd May



**Mega Adventure
West Beach**
Sunday 6th June



**Escape Room
Experience**
Sunday 20th June



**Ice
Skating**
Sunday 4th July



**Pizza & Karaoke Day
Aldgate**
Sunday 18th July



**Hahndorf Farm Barn
& Mini Golf**
Sunday 30th May



**North Adelaide
Aquatic Centre**
Sunday 13th June



**Adventure
Kayaking**
Sunday 27th June



**Mount Lofty
Botanic Gardens**
Sunday 11th July



**Pet
Cafe**
Sunday 25th July

AHH Lifeskills Social Enterprise

Miss Sunshine • Community Access • Day Options



AHH Lifeskills supports young people and adults with disabilities by providing personalised skills programs that are both stimulating and fun.



Individual programs allow you to choose your own activities and days you wish to attend with your wonderful mentor. Do as many or as few days as you like, learn, connect, laugh and be involved in this wonderful community project.

The Miss Sunshine Journey

Melissa Edwards, manager of AHH Lifeskills social enterprise realises how important it is for people to have purpose.

“Purpose with passion makes our coffee cart and community café a success.”



On Monday's and Tuesday at the Aldgate Train Station our Coffee Van – Miss Sunshine operates as a community café in conjunction with the Hut, serving delicious slices and biscuits with your coffee or toasties and soups in the winter months.

AHH Lifeskills offers training, social engagement and pathways to employment for people with disabilities to help prepare them for open employment. It is about raising awareness in the community, connecting with others and making great coffee.

“Purpose drives people to get up and contribute daily to their local community, and our coffee van ‘Miss Sunshine’ is a vehicle to make this happen, metaphorically and literally.”

Community Access & Day Options



Purpose is therapeutic and rewarding, the benefits of working with Miss Sunshine are many. Individuals can design their own day option programs and there are opportunities to explore micro businesses within the cart.

One participant loves gardening and sells his herb bowls in the van, another loves baking her delicious lemon curd cupcakes and brownies that are super delicious

Another participant loves finding vintage clothes and restoring them to their original glory or adding a modern twist to the item with carefully placed contrast fabrics.



Not only are they learning new skills, but they are enjoying social opportunities that get them motivated for the day. So when you buy a coffee from our van, you are raising awareness and creating a positive change.

Work in the Community Café

AHH Lifeskills and the valuable experience of working in Miss Sunshine, allows participants to develop life skills, money skills, social skills and environmental awareness.

The coffee cart ensures each participant will have...

- Fun while connecting with staff and making coffee
- Develop social networks with other participants and long-term friendships
- Increase individual levels of self-esteem and personal satisfaction
- Hone problem solving skills as they take new ideas and products to market
- Learn about digital marketing and media, how to edit videos and provide great YouTube content.

“Check out our YouTube channel AHH Lifeskills”

Monday - Community café at Aldgate Train Station, making coffee for various groups in the Hut. Every alternate Monday, visit op shops to upcycle and re-purpose items to sell.

Tuesday - Community café at Aldgate Train Station, making coffee for various groups in the Hut. Every alternate Tuesday, is gardening at the Hut, herb bowls, mint bowls and succulent gardens.

Wednesday - YouTube, Instagram, Facebook, digital media and music production with James and George.

Thursday - Buying food on a budget and a shared lunch at the Central Markets.

Friday - Cooking and food preparation for the Hut with Melissa Edwards.

Saturday & Sunday - Hit the road with the Sunshine Crew, serving coffee at markets and locations in the hills and beach side suburbs.