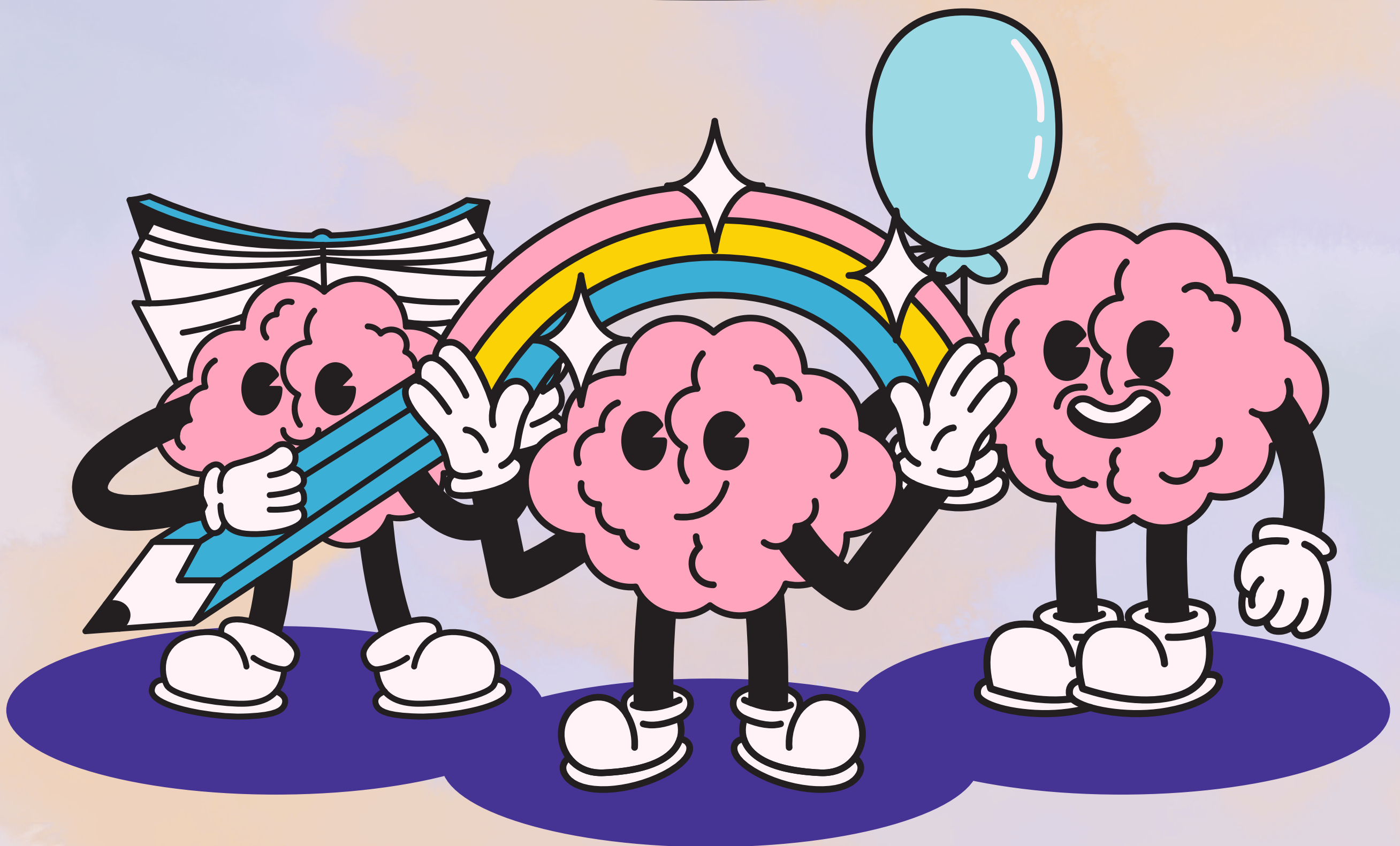




THE
**SOCIAL
HERMIT**
CREATE & CONNECT

NDIS Information

Steady Support



**The Social Hermit welcomes people who are
on the NDIS.**

**People who are a good fit for our service will be willing and
want to engage in reflective conversation about their mental
health and participate in group discussion.**

This is not a 'requirement', but we hope it is a goal for
participants who want to connect with the community and know
that social engagement is good for mental health.

There are no skills required, and you do not have to be 'creative'.



THE
**SOCIAL
HERMIT**
CREATE & CONNECT

What is The Social Hermit?

An arts studio, a mental health service, a bit of both.

The Social Hermit was created by Cheryl who saw a gap in the mental health care system. We are founded on **three main principles;**

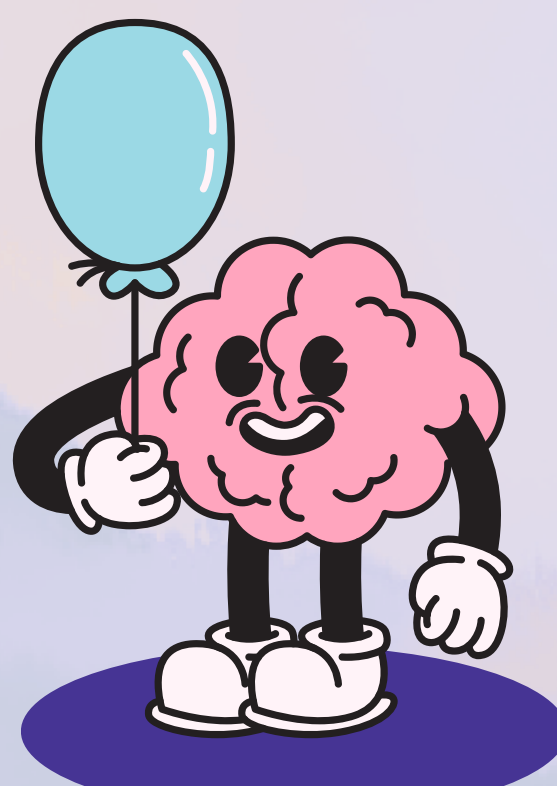
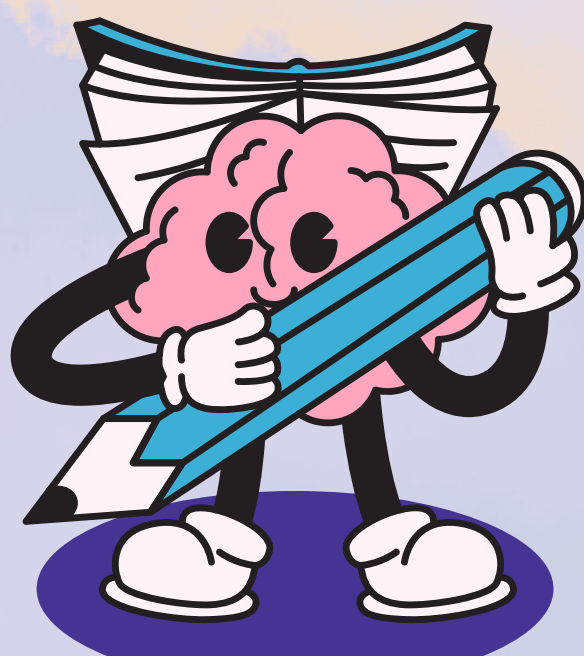
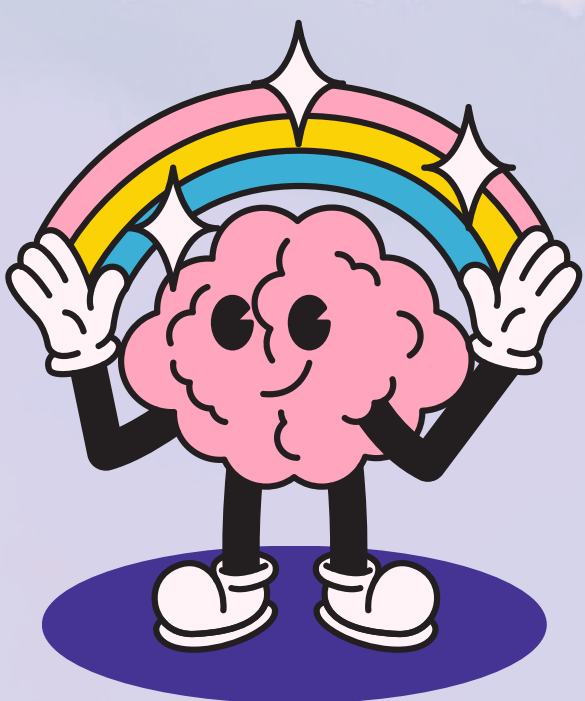
- **A one-hour therapy session is not enough.**
- **Art is good for you – but often isolating.**
- **Social interaction is crucial for mental health and wellbeing.**

It is a place to 'be' – somewhere to go during the day to connect with others and have a **sense of belonging**. Somewhere to develop social skills, build authentic connections and grow your creativity.

Participants are welcome to use the space to spend time with recovery coaches, support workers who can help **foster their social skills**.

The Social Hermit can provide an array of services, tailored to individual needs, and **appropriate boundaries will be set with participants** as to how much support can be provided.

If participants need constant intervention to set boundaries with the community this may require an increase in support fees.



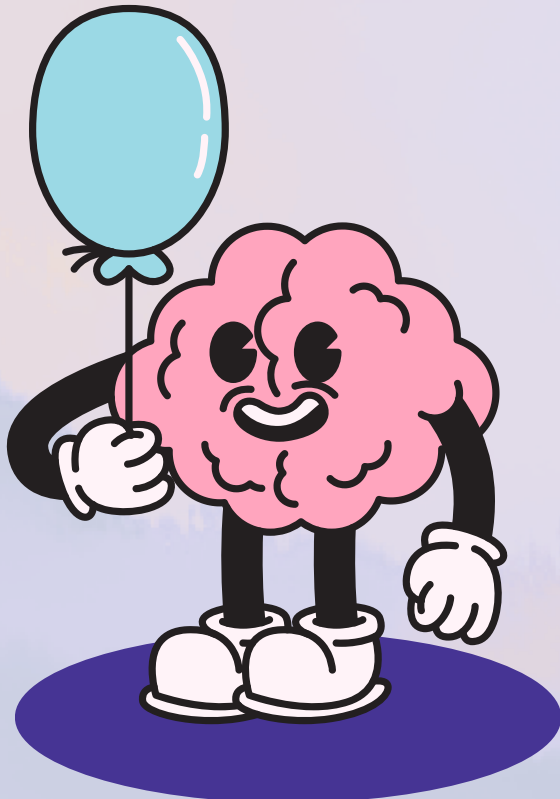
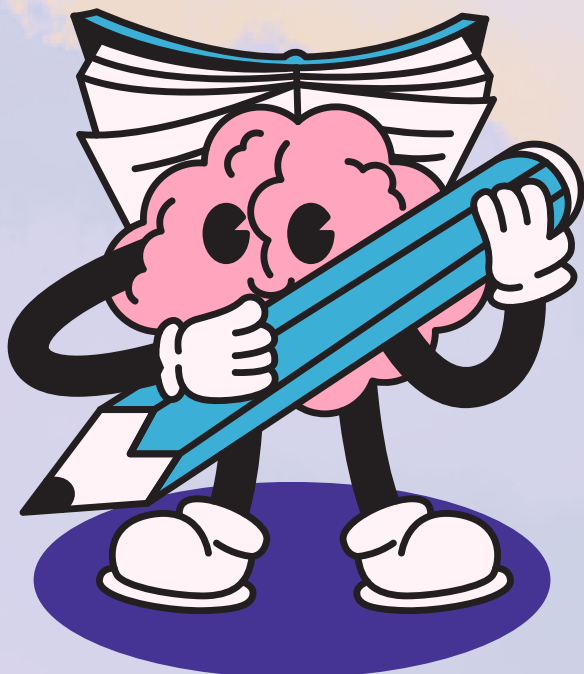
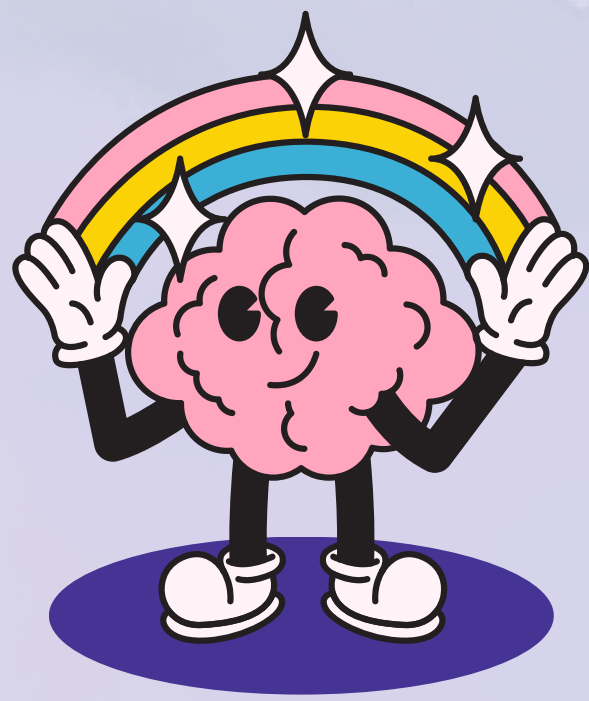


THE
**SOCIAL
HERMIT**
CREATE & CONNECT

Services

Individual Art Therapy 15_610_0128_1_3	One-to-one therapy with Cheryl, registered with PACFA. Includes social coaching to attend creative wellness and foster new relationships.	\$156.16 per hour
Art Mentoring 09_006_0106_6_3	One-to-one arts mentoring with an artist for specific art related skills development, this might be producing products or support applying for exhibitions.	\$83.87per hour
Individual Skills Development 11_024_0117_7_73	Support from our whole team to develop social skills, build confidence and pursue personal goals, creative or social.	\$83.87per hour
Psychosocial Recovery Coaching 07_101_0106_3	Support for maintaining mental health and working on recovery goals. Attendance at Creative Wellness with an extra personal check-in.	\$105.43 per hour
Access to Community and Social Inclusion 04_104_0125_6_1	Creative wellness sessions. Extra hours may be billed for support requested outside of creative wellness, for transport or attendance at events if required.	\$150 per session or \$73.58per hour

Prices are subject to changes in adherence with the NDIS pricing limits 2026-27.





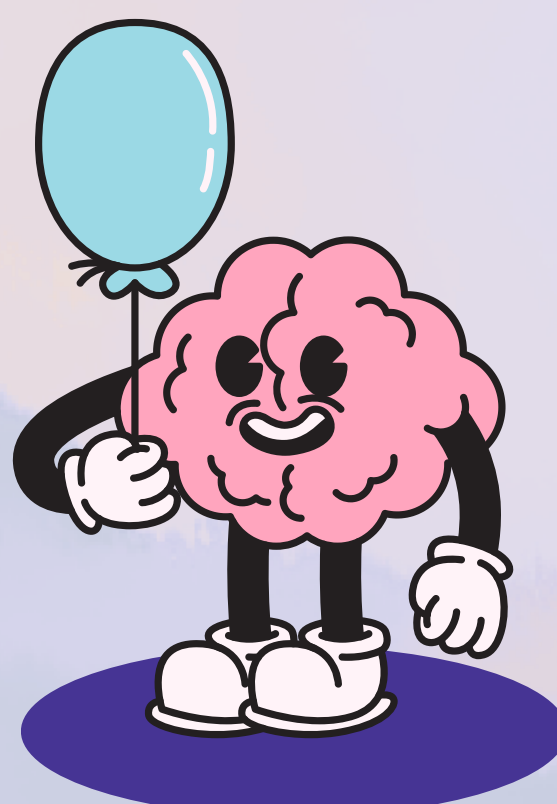
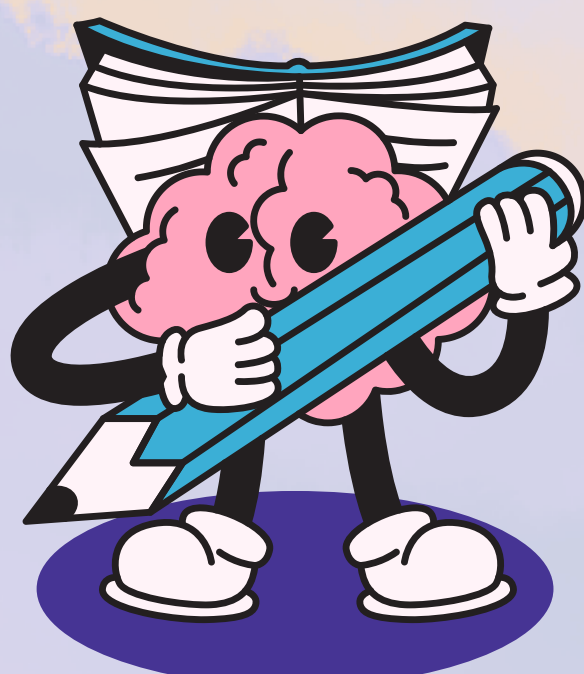
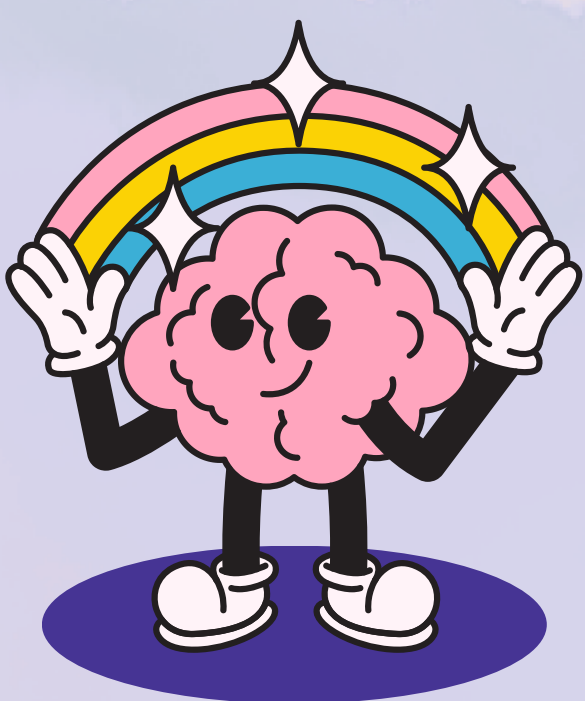
THE
**SOCIAL
HERMIT**
CREATE & CONNECT

Packages

Individual to group Transition Package	One-to-one therapy with Cheryl, registered with PACFA with support to attend one creative wellness session per week	\$306.16per week
Creative Wellness Sessions	Flexibility is provided where if participants are finding it difficult to attend, there are multiple opportunities throughout the week to attend sessions.	\$150 per session
The Committed Creative	Two-three creative wellness sessions per week. Opportunities to attend outings, workshops and other social events throughout the year.	\$300 per week

Packages are likely to be tailored to individual needs and work within the parameters of individual funding. The Social Hermit works in a flexible way – acknowledging that ‘life happens’ and is often unpredictable.

If someone misses a session, we can easily reschedule. Some weeks may be harder than others and we will always do our best to accommodate people when and where we can.





THE
**SOCIAL
HERMIT**
CREATE & CONNECT

Art Therapy

Art Therapy vs. Art 'as' Therapy

Is used in the presence of a qualified art therapist to work through some challenging life experiences.

The therapist provides very specific prompts according to what the individual is currently challenged by.

Art often reflects life (and all its challenges) back to us. The therapist will guide the person through the journey of making meaning from their art process.

This kind of self-expression requires a trained professional with adequate experience and the right qualifications.

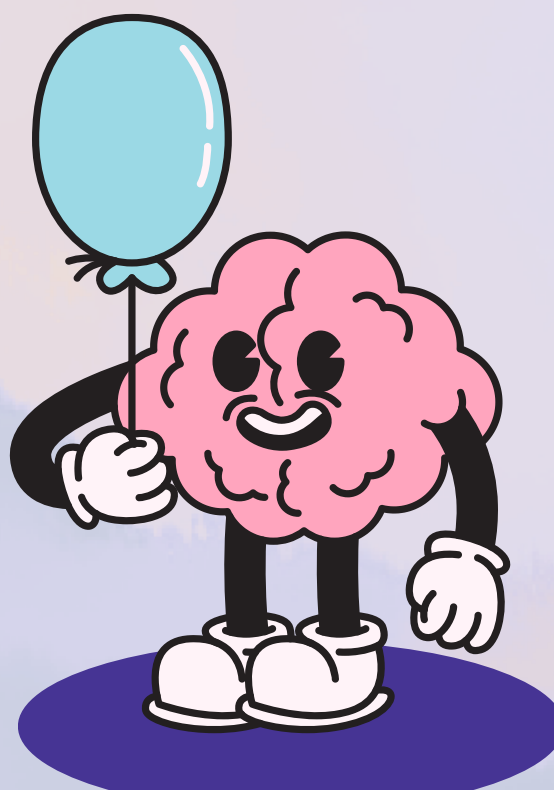
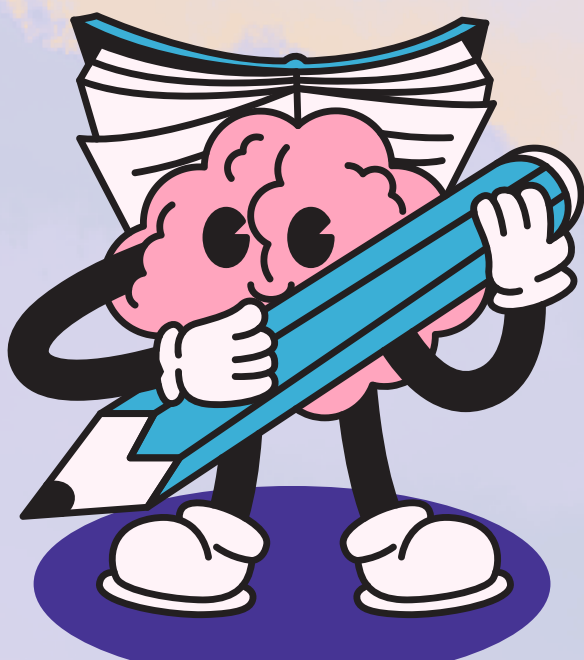
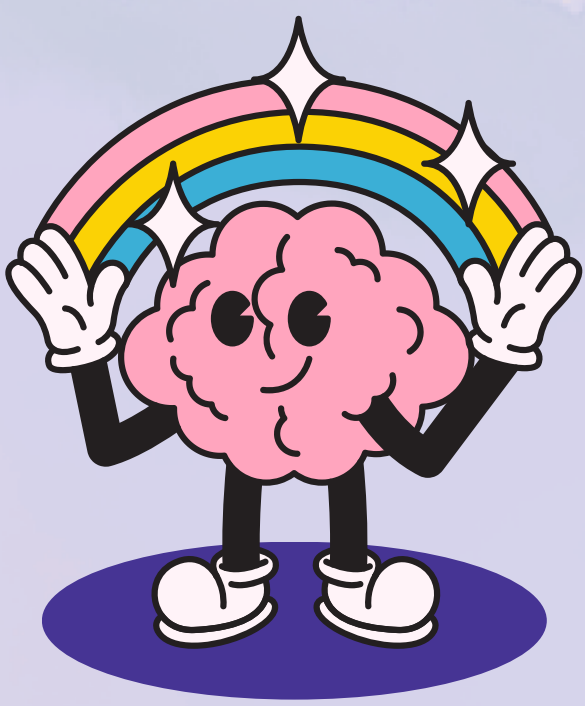
Art as therapy takes a more 'mindfulness' approach and is still very beneficial for mental health.

Doing this in a community where you are seen and heard just adds more value.

Repetitive motion can help to regulate emotions and bring joy when we create something beautiful.

Also known as 'diversionary art', it can give us a healthy distraction when we are facing life's challenges.

Doing art as therapy does not always get to the 'core' of an issue.





THE
**SOCIAL
HERMIT**
CREATE & CONNECT

We Get It

Wrap around support for social engagement.

Real people with real lived experience.

Real community.

No sign-up fees.

No lock-in contract.

Free trial session/consult.

Packages are **assessed on a case-by-case basis** – we do our best to cater to people's needs; however, we are a small business and are limited in our ability to respond to challenging behaviours.

If your client / participant has behaviours that are beyond our capacity to respond to, they may not be suitable for our program.

If you want to know more please get in touch with Cheryl;

hello@thesocialhermit.com.au

www.thesocialhermit.com.au

