About Spiral

Spiral provides inclusive workshops and community-based programs that support people to build confidence, independence and meaningful social connections.

We create safe and welcoming spaces where participants can explore creativity, develop life skills, build friendships and engage with their local community.

Our programs are designed to support people of all abilities to learn, grow and participate in ways that feel meaningful to them.

Spiral
Growth and Belonging

Get in Touch

Discover how Spiral can support you or someone you care about.

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Spiral
Growth and Belonging

Learn. Create. Connect.

Workshops That Make a Difference

Our workshops are designed to support participants through hands-on learning, creativity and community connection.

Whether it's building confidence in everyday tasks, exploring creative interests or developing social skills, Spiral workshops provide opportunities to learn in supportive and engaging environments.

Workshops may support:

- **Life skills & independence**
- **Social connection**
- **Creativity & self-expression**
- **Health & wellbeing**
- **Community participation**
- **Confidence building**

Supporting people to learn, connect and thrive.

New Workshops

Cooking on a Budget
Build confidence in cooking, meal planning and budgeting in a social environment.

Upcycle Project Runway
Create fashion pieces from recycled materials through sewing, creativity and design.

Get Ahead
Support indepdence job readiness and increase your confidence.

Health & Wellbeing
Explore healthy cooking, movement activities and community wellbeing.

Micro Business
Turn creative ideas into products and explore small business opportunities.

And more workshops available throughout the year.

Ready to Get Involved?

Getting started is easy.

1. **Explore our workshops**
2. **Chat with our team**
3. **Find the right fit for your goals and interests**
4. **Start building skills, confidence and connections**

Find the Right Workshop for You

Scan the QR code to learn more or enquire about workshops.