



# READ EASY GUIDE TO THE VILLAGE

## OVERVIEW

- The Village features over 200 free videos for people of all ages and abilities.
- This is a [VIDEO INTRODUCTION](#) to the Village featuring some of our video presenters.
- There are 2 ways to find videos:
  1. Take a quick 3 question quiz to have suitable videos selected for you.
  2. Find your own videos arranged into activity categories including:



Strength and movement workouts		Sports	
Mindfulness sessions		Games	
Healthy lifestyle and education		Nutrition and cooking	

## CONTACT INFORMATION

- You can find contact information including email, website and social media channels of all the video presenters on the [presenters page of the Village website](#).



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- You can contact the Village directly by emailing [healthychangevillage@gmail.com](mailto:healthychangevillage@gmail.com) or calling 1800 035 141.



## CAN'T FIND WHAT YOU WANT?

- All videos have feedback links for you to let us know what health and wellbeing videos you need or would like to see.
- We are uploading more videos from new presenters every week. Make sure you keep returning to the Village to find more fun videos for you or someone you support.

## SIGN UP AND SAFETY

Before you can access the video activities you need to:



- STEP 1 - Sign Up - this is a [VIDEO Guide](#) to the sign up and login process.
- STEP 2 - Read the safety information and watch [THIS SAFETY VIDEO](#) with some great tips for you and people your support.



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## CONTRIBUTE TO THE VILLAGE

- The Village relies on your contributions to keep the Village free for everyone.
- So please contribute [HERE](#) if you can with a one off or monthly contribution.
- The Village website will automatically generate a receipt for all contributions that self or plan managed NDIS participants can use to claim back through their NDIS plans.

