




Respite Outings Calendar



This Program aims to provide a quality respite option for consumers - giving access to activities that promote fun and recovery. Activities are led by experienced recreation professionals and are organised to suit ALL levels of confidence and experience. They are ideal for beginners to those looking for action.

Date & Time	Activity	What to bring
Tuesday, 14 th April 9:30am- 4:30pm	Rafting and Walking 	Sun hat & sun glasses, runners, appropriate clothing.
Tuesday, 2 nd June 9:30am- 4:30pm	Abseiling & Team Building	Sun hat & sun glasses, runners, appropriate clothing.
16 th -19 th June (Four day camp)	Wattle Point (near Lakes Entrance)	The respite team will help you with a list of what to bring
Tuesday, 15 th Sept. 9:30am- 4:30pm	Movie day	Just yourself ☺
Thursday, 8 th Oct 9:30am- 4:30pm	Sandringham Come and Try Sailing 	Appropriate clothing, spare shoes. All wet Weather gear will be provided.
24 th - 27 th November (Four day camp)	Aireys Inlet (Women only) Coastal Camp	The respite team will help you with a list of what to bring
15 ^h December 9:30am- 4:30pm	End of Year celebration	A gift to the value of \$5

Where: The meeting point is at ARAFEMI 270 Auburn Rd Hawthorn for all events. Pick up and drop off from home can be arranged if required.

Bookings: These activities are VERY popular and book out quickly. First in first served

Food: Food will be provided on Day programs and Camps

To Book: Please phone Respite Team on 9810 9300

Privacy Statement: Any personal records collected for the purpose of ARAFEMI Outings are kept securely to ensure confidentiality. Information is kept confidential and is shared only with organisations providing the outings (Outdoors Inc and ARAFEMI).