



ARAFEMI RESPITE CALENDER 2008

Wednesday 7th May: Men's only fishing trip to catch Salmon off the Frankston Pier. The trip will involve learning how to fish- setting the rig, baiting the hook, casting and (hopefully) catching fish, and enjoying the natural environment with friends

Wednesday June 4th: Come to the Healesville Sanctuary and enjoy The Birds of prey and Parrots in flight shows. Not to be missed!

Wednesday July 2nd: 'Women's Only Unwind and relax' trip to Peninsula Hot springs. Come and enjoy the 3 outdoor hot springs in a beautiful setting to relax your tired muscles for the start of winter!

Wednesday 30th July or Wednesday 6th August: A visit to the infamous International Film festival and afternoon tea in the city. Movie is yet to be decided and date to be confirmed.

Wednesday September 24th: Choose your own adventure day! You can ride a gentle ride into Warburton, go on a peaceful nature walk up in the treetops or hang out in town at the opp shop or by the river!

Wednesday October 29th: Lysterfield lake activity day.... Here you also have a choice. You can relax by the lake, take a canoe out for a paddle with one of our trained staff, or go for a bike ride!

Camps / Respite Break-aways

June 17th - June 20th A four-day stay at one of Victoria's most majestic rivers, the Murray! We will be staying in Echuca at a lovely waterside location in very comfortable cabin style accommodation.

Tuesday 25th November - Friday 28th November. Come on a 4-day coastal camp and enjoy the fresh air and selection of activities that will be provided. (The location is yet to be confirmed)...

For more information please phone our Respite Team at ARAFEMI on 9810 9300

All activities are supported by our specialist mental health respite workers and led by qualified recreation professionals. They aim to provide a quality respite option for consumers and their carers - giving access to activities that promote fun and recovery. There is limited space available on both the camps and day trips, so get in early to secure you spot! To secure your place we ask for booking confirmation no later than 10 days before the event.