



Cri Du Chat Support Group of Australia Inc.

Family Weekend and National Conference

22-24th September 2017

INFORMATION PACKAGE

After a successful planning meeting and a very close group vote via Facebook and email we are going to hold the Family Weekend and National Conference at an Adventure Camp called Campaspe Downs which is set within 160 acres of natural bush land, just 5 minutes from the township of Kyneton and 1 hour from the Melbourne airport. So the animals will be free range this year and the activities self powered and propelled by our very own CDCS superheroes. The theme for this year's conference is 'CAMPING', so come with your check shirts, cork hats and other bushy gear for an unforgettable rip-snorting time.

This venue was decided as it allows us to keep the registration cost low so that it is accessible to families (\$50 per person- all inclusive). The venue has three very large indoor areas, an indoor heated swimming pool and heaps of activities for children and adults alike, including exciting and adventurous challenges, which will be led by trained instructors. So, we can be kept safe, warm, energised and fully occupied even in Victoria's unreliable and inclement weather.

Despite being a camp, the restaurant area is delightful and overlooks the lake and is so good that it's a favourite wedding venue for locals- see picture above. The food provided is nutritious with special dietary needs catered for.

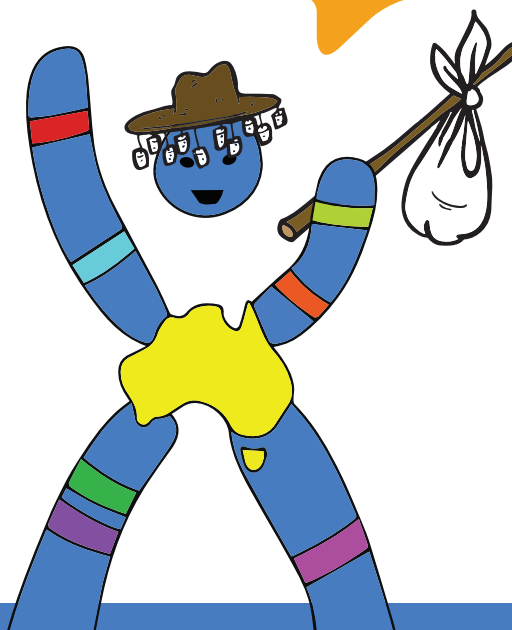
For details about the venue and what to pack see the links below and the following FAQ about the family weekend and conference.

<http://www.pgladventurecamps.com.au/campaspe/>

<http://www.pgladventurecamps.com.au/pgl-packing-guide-bring-camp/>

Attention all CDCS Superheroes

*The venue's been chosen, the date has been set,
Let's make this a weekend we won't soon forget,
Catch up with old friends and make new ones you
haven't met yet!*



2017 Family Weekend and National Conference

FAQ

What's included in the registration fee for the family weekend and national conference?

The registration fee of \$50 per person is generously supported primarily by the fund raising efforts of the Cargo Club of Australia's Charity Golf Day. The registration fee includes accommodation for Friday and Saturday nights, all activities, equipment and food including the conference dinner and entertainment. Children 0-3 years can attend for free and we will set up a play area for young children. As the major costs are the meals, entertainment and the instructor led activities, the fee remains \$50 for any single day registrations or for families who decide to stay off-site.

What are the accommodation options?

The registration form asks you for your preference between the options of:

- Platform Tent (sleeps up to 8)
- Cabin (sleeps up to 8)
- Teacher's Room (2 single beds with ensuite).

Please indicate if you are willing to share your room or not. Note the tents are not accessible for those with mobility challenges or who use a wheelchair. There's a limited number of tents and Teacher's rooms but we will do all we can to accommodate your preferred option. Communal toilet and showers are close to all rooms, are wheelchair accessible and showers in each block specifically designed for those with mobility challenges.

What if we want to stay more than two nights?

You are welcome to stay longer and please indicate this in the registration form. Each additional night is charged at \$35 per person. Food is not included but there is a self-catering kitchen or the local shop does deliver pizza!

Do we need to provide our own bedding?

A sheet is provided but Victorians please bring your own pillows, sleeping bags or doona. Everyone, please indicate if you are bringing your own bedding or will need bedding to be provided on the registration form.

What if we do not like camping and want to stay somewhere else?

The camp is only 5 minutes away from Kyneton and 10 minutes from Woodend. You are welcome to stay off site at your own cost and a list of accommodation options to investigate is attached. All meals and activities will be provided for all participants regardless of where you stay.

Can I bring our own carer or other family members?

Yes, carers and extended family members are very welcome as it is good to have as many helping hands and watchful eyes as possible. We have approached a number of organisations to attract experienced camping volunteers and have budgeted to employ two full time staff to assist. We will keep you posted but at this stage we cannot guarantee that we will have a volunteer carer available for every family.

Are the activities safe?

Skilled and trained instructors will supervise all the activities listed on the registration form. We have asked for each participant to indicate their preferences so we can plan staff ratios to activities and needs. Once registered, a medical and physical needs information form will be sent out for you to complete. This will need to be completed for any child or adult that will participate in the instructor led activities. Once these are received we will work with the Activities Manager to develop individual risk management plans, where required. These can be further discussed with you once a camp and all adults and volunteers are welcome to participate in the activities as well as children.

Camp staff are trained to manage any emergency but we trust this will not happen. Should there be any medical emergency, there is a hospital in Kyneton 5 minutes away, the ambulance arrives in 4 minutes and there is helicopter landing pad on site.

We will be employing a lifeguard for the swimming pool at selected hours.

Is alcohol included?

No, the CDC Support Group has a policy of not using our donated funds to provide alcoholic drinks and the venue is not licensed to sell alcohol. However, you are welcome to BYO and once at camp, we will be organising a drinks order with a local supplier, so yes you are welcome to purchase drinks at your own cost.

How will we get from the airport to the camp venue?

At this stage there is a wheelchair accessible bus planned for airport pick ups at 1pm on Friday 22nd September. Please ensure when you book flights you arrive by at least 12.00pm and send us your flight details. The bus will depart at 3.00-3.30pm on Sunday 24th with 45-60 minutes travel time so please allow for this in booking any return flights.

Otherwise, you can hire cars at the airport or we may be able to organise Uber transport if there are any available drivers who live the Kyneton area. Please talk to us if you think you will have any difficulties with transport. Many families apply for funding to cover the costs of airfares and car hire to attend our biannual family weekend and national conference.

What will happen on the weekend?

Feedback from previous conferences has been used to inform planning of the event and we continue to welcome ideas and suggestions for the program and general running of the weekend. We truly want the weekend to suit the needs of as many families as possible and for it to be an enjoyable, relaxing holiday as well as an amazing get together full of laughter, fun and shared experiences.



2017 Family Weekend and National Conference

PRELIMINARY PROGRAM

May be subject to change and additions so send us your ideas.



Friday 22nd September 2017

2pm onwards	Registration, settle in and explore the camp
5pm	Welcome drinks (BYO)
6.30pm	Dinner and launch of the CDCS Professional Education Information Kit
8pm	Family film night in 'the barn' – Snuggle up and chill out in your sleeping bag!

Saturday 23rd September

7-8.30am	Gentle, nurturing yoga for all abilities (Mats provided)
7-9.15am	Breakfast
9.30-11.30am	Instructor led activities for CDCS and siblings Parent get together time
11.30am	Morning tea
11.30-1.30pm	Circus and clown skills workshop and performance for CDCS and siblings – getting ready to put on a show! Workshops for parents <ul style="list-style-type: none"> • <i>Developing an education resource for CDCS attending medical centres. Includes video on pain signatures with Prof. Chris Oliver</i> • <i>Contributing to a new video clip 'The CDC Support group- what group support and these conferences mean to me'?</i>
1.30pm	Lunch for everyone with CDCS mild adults and their parents visiting Kyneton for lunch
2.15-3.30pm	Volunteer led indoor activities for CDCS and siblings Parent Workshops Continued <ul style="list-style-type: none"> • <i>Video recording of 'The CDC Support group – what support and these conferences mean to me'?</i> • <i>Update and information sharing on the NDIS</i>
3.30pm	Afternoon tea and family time – swimming pool, nature walk, canoeing, table tennis etc.
5.30pm onwards	Pre-dinner drinks (BYO)
6-8pm	Celebratory dinner Family photos – Dress up in your bush gear!
8pm onwards	Bush dancing and band



Sunday September 24

7-9am	Breakfast
9-11am	Instructor led activities programs for CDCS and siblings CDC Support Group 2017 AGM and General meeting includes Strategic planning for 2018-9
11-1pm	Free time
1pm	Sausage sizzle/lunch
2.30pm onwards	Pack up, clean up and fond farewells and hugs



For any other information about the conference please contact Sue Green on mob 0419 347 913, email sgreen@izone.net.au or Jodi Lister on mob 0418 504 754, email joandgaz2@bigpond.com. For inquiries about payment or registration confirmation contact Wendy Craig on 0409 409 668 or wjcraig@bigpond.com



OFF-SITE ACCOMMODATION

Kyneton is a delightful and historic old gold mining town

See listings on Airbnb

https://www.airbnb.com.au/s/Kyneton--Victoria--Australia/homes?allow_override%5B%5D=&s_tag=-ahv54Pw

See listings on Trip Advisor

https://www.tripadvisor.com.au/Hotels-g552198-Kyneton_Macedon_Ranges_Victoria-Hotels.html

Hotel

Kyneton Hotel

100 Mollison St Kyneton
ph 5422 1040
grant@holcombe.com.au

Single or double accommodation at budget rates - shared bathrooms.

Motels

Central Highlands Motor Inn

104 High St, Kyneton
ph 5422 2011
<http://www.centralhighlandsmotorinn.com.au>

500m from shopping district, Clean, comfortable units, TV, phone/internet etc.

Kyneton Motel

101 Piper St, Kyneton
ph 5422 1098
www.kynetonmotel.com
kynetonmotel@bigpond.com

Well appointed quiet rooms, close to Piper Streets' restaurant and retail area.

Farmstay

Laurimar Glen

Northumberland Rd, Kyneton
ph 5422 6454
www.laurimarglenfarmstay.com.au

Farm has llamas, deer, horses, donkeys, goats, pigs and chooks and has a fantastic garden.

Bed and Breakfast

Angoby's of Kyneton

25 Lauriston St Kyneton
ph 0424 038 117
www.angobys.com.au
angobys@gmail.com

Boutique bed and breakfast accommodation.

Apartment 61A

61a Piper St, Kyneton
ph 0408 995 751
www.macedonrangesinteriors.com.au
lindy.priest@gmail.com

Beautifully appointed self-contained 2-bedroom apartment.

B&B on Piper

81 Piper St, Kyneton
ph 0400 994 696
www.bnbbonpiper.com.au
valerie@bnbbonpiper.com.au

Fully self-contained cottage, recently refurbished.

Bringalbit Country Retreat

512 Sidonia Rd, via Kyneton
ph 5423 7223
www.bringalbit.com.au
info@bringalbit.com.au

B&B in 1870s historic homestead or self-cater in separate cottages.

Chairmakers House

Powlett St Kyneton
ph 0438 160 671
www.flophouse.com.au
enquiries@flophouse.com.au

Lovingly restored in Shakers style by Rundell & Rundell chairmakers.

Circa 1860

68 Piper Street Kyneton
ph 5422 1211
www.circa1860.com.au
stay@circa1860.com.au

Self-contained apartment located within 100m of Kyneton's Good Food Guide listed Restaurants.

More Bed and Breakfast options on next page >

Bed and Breakfast continued

Corinella Country House

998 Kyneton-Metcalfe Rd, Kyneton
ph 5423 2474
www.corinella.net
sswright@activ8.net.au

*Large Victorian house, 2 rooms with queen & ensuite,
one with king and private bath.*

Cowen House

20 Bodkin Street, Kyneton
ph 0423 691 310
www.cowenhouse.com.au
julia@cowenhouse.com.au

Self contained cottage accommodating up to six people.

Doris of Kyneton

15 Castles Cres, Kyneton
ph 0408 382 436
www.dorisofofkynteton.com.au
dorisofofkynteton@hotmail.com

Well-equipped 4-bedroom house, child and pet friendly.

Ellis House

30 Edgecombe St Kyneton
ph 0409 539 939
www.ellishouse.com.au
Tracie@aurahome.com.au

*Luxury self-contained country getaway. Elegant Belgium style design
set in private gardens.*

Farm House Kyneton

ph 0438 160 671
www.flophouse.com.au
enquiries@flophouse.com.au

A rustic chic farmhouse just moments from Piper Street.

Flop House Kyneton

60 Beauchamp St Kyneton
ph 0438 160 671
www.flophouse.com.au
genevieve@flophouse.com.au

Self-contained modern bed and breakfast with bikes to hire.

Harpsicord House

Beauchamp St Kyneton
ph 0438 160 671
www.flophouse.com.au
enquiries@flophouse.com.au

Once a harpsichord studio - a Scandinavian style retreat.

Hedges

124 Three Chain Road Carlsruhe
ph 0419 509 821
www.hedgefarm.com.au
suzi@hedgefarm.com.au

A luxurious self-contained retreat for a couple seeking a country retreat.

Isabella at Kyneton

10 Bowen St, Kyneton
pn 0413 536 303
www.isabellaatkyneton.com.au

4 star rated beautifully restored 1890s 3-bedroom self-contained house.

Kyneton Bushland Resort

Edgecombe Rd, Kyneton
ph 5422 0888
www.kynetonbushresort.com.au

4 star fully self-contained timeshare villas in bush land setting.

Kyneton Ridge Estate

90 Blackhill Rd, Kyneton
ph 5422 7377
www.kynetonridge.com.au

One deluxe 4½ star room and two standard 4 star rooms.

Mollisons

116 Mollison St Kyneton
ph 0419 001 518
www.mollisons.net.au

Luxurious self-contained accommodation in the heart of Kyneton.

Myamba B & B

72 Flynn's Lane, Kyneton
ph 5422 3581
www.myamba.com

4½ star rated spacious self-contained accommodation on 15 acres.

Number 8

8 Mair St Kyneton
ph 0409 157 857
www.number8kyneton.com.au
suerowlands@idp.com

*A modern retro well-appointed cottage with 3 bedrooms
centrally located.*

Olive of Kyneton

9 Castles Crescent, Kyneton
ph 0408 382 436
www.oliveofkyneton.com.au

A cosy well-appointed house for couples, families or groups.

Piper & Powlett

63 Piper Street Kyneton
ph 0409 157 857
www.powlettandpiper.com.au
stay@piperandpowlett.com.au

Luxurious self-contained cottage accommodating up to 6 guests.

St Agnes Homestead

30 Burton Av, Kyneton
ph 5422 2639
www.saintagnes.com.au

*An elegant historic homestead and impressive stable set in
6 acres of garden.*

The Stables at Highbank

Donnelly's Rd Kyneton
ph 54222308
www.toniatodman.com

*Old bluestone stables & blacksmiths quarters converted into elegant
accommodation.*

Wormwood House Kyneton

ph 0438 160 671
www.flophouse.com.au
enquiries@flophouse.com.au

A two bedroom early 1900s house with a separate self-contained studio.

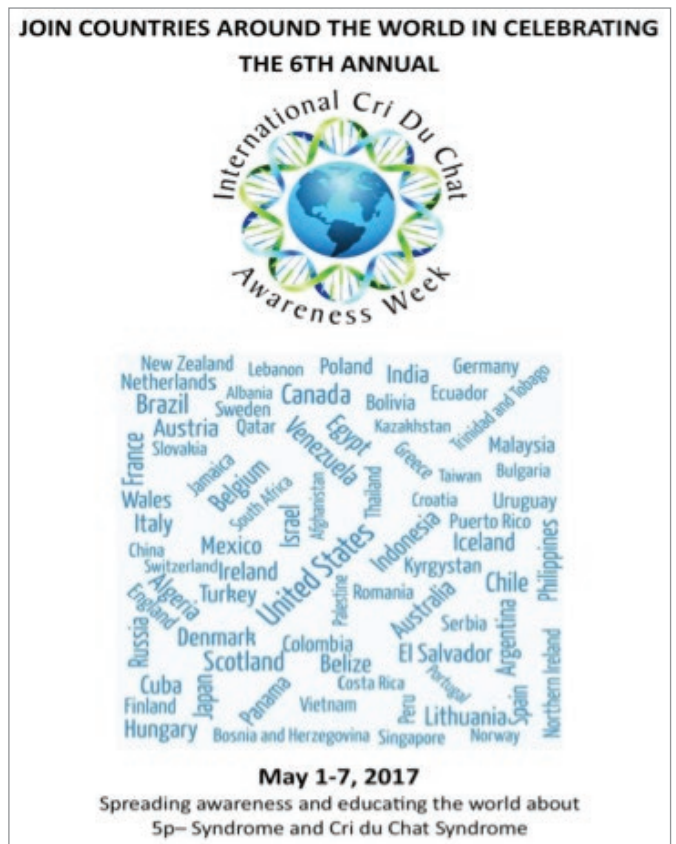
2017 Family Weekend and National Conference

SPONSORS & FUNDRAISING

The Charity Golf Day organised by the Cargo Club of Australia and its sponsors generously support the Cri Du Chat Support Group of Australia's 2017 Family Weekend and National Conference.



We are also fortunate to have many of our members fund raise for us, during International CDC Awareness Week's Stripy Sock Campaign and by organising other events throughout the year.





REGISTRATION DETAILS

Cri Du Chat Support Group of Australia Inc. **Family Weekend and National Conference** 22-24th September 2017

1. Please download this form and save the PDF before entering your information. Then save again and attach your completed form and email to wjcraig@bigpond.com. Alternatively print the form, fill in by hand and scan / take a photo of the completed form and email it back.

2. Payment of registration fees at \$50 per person can be made by:

Direct deposit

Use *Surname-Camp* as reference

Bank: Commonwealth Bank of Australia.

Account Name: Cri Du Chat Support Group of Australia Inc.

BSB: 063 607 Account Number: 10157212

Payment by cheque

Payable to the *Cri Du Chat Support Group of Australia Inc.* and mail to:
Wendy Craig

104 Yarralumla Drive
Langwarrin VIC 3910.

3. Once received we will email your receipt and send you the Camp Medical and Physical Needs Information Form. This form needs to be completed for all those participating in instructor lead activities and be sent back prior to the closing date for registrations by August 11.

4. If you have any changes or additional people to add after initial registration, please send in a revised form with the changes or additional information.

5. If you have any specific questions about anything to do with this event or have ideas or suggestions, please include them in your covering email and we will get back to you.

6. Hannah Gutke (hgutke@gmail.com) will be in contact with families for photos etc. to develop the conference booklet. Feel free to talk to Hannah about story ideas celebrating your CDCS achievements or information you would like to share.



REGISTRATION FORM

The final closing date for all registrations is August 11. No late registrations will be accepted.

Please complete all relevant questions.

1. Main Contact Person.

Date	<input type="text"/>	Name of Contact person	<input type="text"/>
Email	<input type="text"/>	Mobile Phone	<input type="text"/>
Address	<input type="text"/>		

2. Total number of people you are registering for the family weekend and national conference, including day registration only:

3. I will be paying a total of \$ **at \$50 per person.**

Note: This is the fixed fee regardless of whether staying on or off site or only attending as a day registrant. Children 0-3 years are free.

4. Total number of adults attending (excluding CDCS):

Please complete for all adults attending (excluding CDCS and appointed or paid carer).

Name and relationship to person with CDCS:

1. Name	<input type="text"/>	Relationship	<input type="text"/>
2. Name	<input type="text"/>	Relationship	<input type="text"/>
3. Name	<input type="text"/>	Relationship	<input type="text"/>
4. Name	<input type="text"/>	Relationship	<input type="text"/>

5. Adult appointed or paid carer for CDCS (Family provided):

Name	<input type="text"/>	Phone number	<input type="text"/>
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6. Name and age of child/adult with CDCS:

CDCS Adult 18+	Name	<input type="text"/>	Age	<input type="text"/>
CDCS Child 14-17	Name	<input type="text"/>	Age	<input type="text"/>
CDCS Child 4-13	Name	<input type="text"/>	Age	<input type="text"/>
CDCS child 0-3	Name	<input type="text"/>	Age	<input type="text"/>

(No cost)

7. Name and age of siblings attending (add names if more than one in the age group):

Siblings 18+	Name	<input type="text"/>	Age	<input type="text"/>
Siblings 14-17	Name	<input type="text"/>	Age	<input type="text"/>
Siblings 4-13	Name	<input type="text"/>	Age	<input type="text"/>
Siblings 0-3	Name	<input type="text"/>	Age	<input type="text"/>

(No cost)

8. Number of nights at conference: (2 nights included in registration fee)

9. Additional nights: ☐ Yes ☐ No

If yes number of nights for how many people:

Note: Additional night is \$35 per person payable on top of registration fee.

10. On site accommodation total number to be accommodated:

Note: If staying off site please go to Question 12.

11. On site accommodation preference:

Please number in order 1-3.

Note there are a limited number of tents (not wheel chair accessible) and teacher's rooms,

☐ Platform Tent – sleeps up to 8

☐ Cabin – sleeps up to 8,

☐ Teachers Room – 2 single beds with on-suite

12. Are you willing to share your accommodation? ☐ Yes ☐ No

13. The following additional people will be attending as a day registrant only:

Provide these details here and repeat if more than one person:

The day they will be attending

If CDCS, name and age OR if an adult, name and relationship i.e. relative or carer.

14. Transport

Will you require bus transport from and to the airport? ☐ Yes ☐ No

OR

Will you be providing your own transport (eg hire car)? ☐ Yes ☐ No

15. Do you need a wheel chair space on the bus? ☐ Yes ☐ No

Important note: At this stage there is a wheelchair accessible bus planned for airport pick up at 1 pm on Friday 22nd September. Please ensure when you book flights you arrive by at least 12.00pm to allow time to pick up your luggage and walk to the meeting point. The bus will depart the camp at 3.00pm on Sunday 24th with 45 – 60 minutes travel time so please allow for this in booking return flights.

16. Airport Transfers

If requiring airport transfers, please provide flight details below. If unknown at this stage, please email us ASAP when they are known to ensure you will have transport. We will confirm these details and bus pick up point with you prior to the conference.

Friday 22 September

Carrier	<input type="text"/>
Flight Number	<input type="text"/>
Expected arrival time	<input type="text"/>
Number of people	<input type="text"/>

Sunday 24 September

Carrier	<input type="text"/>
Flight number	<input type="text"/>
Expected departure time	<input type="text"/>
Number of people	<input type="text"/>

17. Special meal and dietary requirements

Please describe these and list by name so special meals can be labelled at the conference.

Name

Dietary requirements/needs

18. Special equipment requirements

Eg. shower chair, high chair etc. Please list if we need to organise these.

19. Instructor led activities

See below list for a description of 10 activities. Please list preference 1-5 for each child or adult that wishes to participate in these activities.

Note: Once registered a comprehensive medical and information form will be sent to you to complete for each person engaging in activities. This is to ensure that instructor to child ratios and risk management plans for any medical or physical needs are put in place to ensure safety. These can be further discussed with once at camp to ensure you are happy with any arrangements made.

	Participant 1 name:	Participant 2 name:	Participant 3 name:	Participant 4 name:
Activity	Activity Preference (1-5):	Activity Preference (1-5):	Activity Preference (1-5):	Activity Preference (1-5):
Abseiling				
Archery				
Centipede				
Climbing				
Flying fox				
Giant swing				
Leap of faith				
Low ropes				
Open canoeing				
Possum glider				

Instructor Led Activity Descriptions

Abseiling

Determination and courage are rewarded with an overwhelming sense of achievement for the participant who manages to walk backwards over the edge of a climbing tower, under the full supervision of an instructor. In addition to learning a new skill, abseiling enables participants to understand risks and how to control them.

Archery

Our qualified archery instructors teach basic archery skills – participants will need accuracy, control and a steady hand. The instructors encourage participants to develop their technique and show awareness of all safety measures.

Centipede

Participants rely and encourage each other as they negotiate their way up a series of suspended obstacles.

Climbing

Qualified instructors teach participants how to recognise and control risks before learning the basic skills and techniques of climbing with a top-rope belay.

Flying Fox

Travelling at high speed suspended and harnessed from an overhead cable isn't something forgotten easily! Determination, courage and exceeding limitations are qualities often observed.

Giant Swing

The ultimate test of nerve and joint decision-making! Members of the group haul the Giant Swing 10 metres into the air with two people in the harness. When both participants agree, they pull the ripcord and swing towards the ground at high speed. The question is...how high will you go?

Leap of Faith

This individual challenge requires determination and courage to climb a six-metre pole. Each participant can succeed within their own parameters - even if they don't make the final dive for the trapeze.

Low Ropes Course

Less than a metre off the ground, this activity promotes teamwork and communication. Participants negotiate a series of obstacles and challenges, which, are not as easy or as straightforward as they appear!

Open Canoeing

Experience one of our most popular activities and take to the water in a canoe. Challenging and fun, students learn and develop paddling techniques, teamwork and communication skills using a combination of games and instruction both on land and afloat.

Possum Glider

The team on the ground pull on a rope, raising the participant almost 15 metres off the ground and up into the tree canopy. This activity is designed to put the participant outside their comfort zone as they swing around freely. It also encourages communication and teamwork among the rest of the team.