



## TUESDAY

01

**PCYC Day**  
9.30am-  
12.30pm



08

**PCYC Day**  
9.30am-  
12.30pm



## WEDNESDAY

02

**Social Catch Up**  
**@ HQ**  
Craft and games  
**\$5**  
9.30am-1.30pm



09

**Social Catch Up**  
**@ HQ**  
Craft and games  
**\$5**  
9.30am-1.30pm



## THURSDAY

03

**MasterChef**  
**@ HQ \$15**  
9.30am-1.30pm  
**Young Chefs**  
1.45pm-4.15pm



10

**MasterChef**  
**@ HQ**  
**\$15**  
9.30am-1.30pm



## FRIDAY

04

**Leisure Link 9-4**  
**Sea Acres**  
**Rainforest \$9**  
Purchase or bring  
lunch on the day



11

**Leisure Link 9-4**  
**Nulla Nulla**  
**Gallery**  
BYO or purchase  
lunch



07

**Coffee Club 9-3**  
**Netherby House**  
& Op shopping  
& Zumba @ HQ



14

**Coffee Club 9-3**  
**Heritage House**  
**@ SWR & iPad**  
**Photography**



15

**PCYC Day**  
9.30am-  
12.30pm



16

**Social Catch Up**  
**@ HQ**  
Craft and games  
**\$5**  
9.30am-1.30pm



17

**MasterChef**  
**@ HQ \$15**  
9.30am-1.30pm  
**Young Chefs**  
1.45pm-4.15pm



18

**Leisure Link 9-4**  
**Bago Maze & BBQ**  
picnic at Wauchope  
**\$16**  
**Glitz & Glamour**  
**Disco 5.30-9.30pm**



21

**Coffee Club 9-3**  
**Bunnings**  
& Zumba or  
Chair exercises  
**@ HQ**



22

**PCYC Day**  
9.30am-  
12.30pm



23

**Social Catch Up**  
**@ HQ**  
Craft and games  
**\$5**  
9.30am-1.30pm



24

**MasterChef**  
**@ HQ**  
**\$15**  
9.30am-1.30pm



25

**Leisure Link 9-4**  
**Movie Day**  
**\$15.50** BYO lunch  
or purchase on  
the day.



28

**Coffee Club 9-3**  
**Swell Nourished**  
**Café @ Cresco**  
& iPad  
photography



29

**PCYC Day**  
9.30am  
12.30pm



30

**Social Catch Up**  
**@ HQ**  
Craft and games  
**\$5**  
9.30am-1.30pm



Don't forget to let  
Rostering Hotline  
or Michelle know  
if you are  
attending the  
**G&G Disco!!!!**



**Friday 04 & 18 will be**  
**combined outings with**  
**Forster and Taree Groups.**  
**A chance to have fun and**  
**meet new people 😊**

### Monday 28 September



#### Sea Acres Rainforest walk

Walk and lunch at Shelly beach.

**Venue:** Port Macquarie **Time:** 10am – 2pm

**Activity Fee & Details:** \$9 for Rainforest walk. Participants pay at venue. Please bring companion cards.

**Lunch Details:** Please bring a packed lunch & full water bottle or lunch can be brought at venue.

**What you will need to bring:** All weather protection – hats, shirt, sunscreen, raincoats etc.

### Wednesday 30 September



#### Movies

Lunch and Games at Riverside Park.

**Venue:** Kempsey **Time:** 10am – 2pm

**Activity Fee & Details:** \$17.50 for movie. Participants pay at the venue. Please bring companion cards and extra money for movie snacks.

**Lunch Details:** Please bring packed lunch and a full water bottle.

**What you will need to bring:** All weather protection – hats, shirt, sunscreen, raincoats etc.

### Wednesday 07 October



#### Wildnets

Lunch, Cowara forest walk and see the Big koala sculpture.

**Venue:** Port Macquarie **Time:** 10am – 2pm

**Activity Fee & Details:** \$25. Participants pay at the venue. Please bring companion cards.

**Lunch Details:** Please bring a packed lunch & full water bottle.

**What you will need to bring:** All weather protection – hats, shirt, sunscreen, raincoats etc.

### Friday 09 October



#### Crescent Head Day

Games, Kite making and sausage sizzle.

**Venue:** Crescent Head **Time:** 10am – 2pm

**Activity Fee & Details:** \$5 sausage sizzle and kite making at the beach.

**Lunch Details:** Please bring a packed lunch & full water bottle.

**What you will need to bring:** All weather protection – hats, shirt, sunscreen, raincoats etc.

## HOLIDAY PROGRAM



Our Holiday Program will be held during the September/ October School Holidays for participants aged 10 – 18 years with disability. This program will be held for four days over the school holiday period. The dates are held over two weeks in September/ October, they are not consecutive.

**Please Note: All Participants must be suitable for Group Programs and have NDIS funds allocated or available to attend these programs.**

**Leave & Return to:** Ability Options HQ - 72-74 Elbow St, West Kempsey

**Time:** 10am-2pm.

**Transport: Please note:** Participants must include all transport in their NDIS plans. This may include additional transport for pickup &/or drop off if required for the program.

## High school age activity dates

- **Monday 28<sup>th</sup> September** - 10am-2pm
- **Wednesday 30<sup>th</sup> September** - 10am-2pm
- **Wednesday 7<sup>th</sup> October** - 10am - 2pm
- **Friday 9<sup>th</sup> October** - 10am - 2pm

**Activity Fees:** Please see event details page for all activity fees.

Activity fees are used to cover the costs associated with the daily activities. These fees are compulsory.

**Please note:**

**NDIS funds cannot be used to pay activity fees**

**Wet weather** – In the event of wet weather families will be contacted about updated venue and costs for the day.

**Feedback & ideas for our programs are always welcome!**

Michelle Lange– Practice Manager

Email: [michelle.lange@abilityoptions.org.au](mailto:michelle.lange@abilityoptions.org.au)

Mobile: 0457 805 285

## IMPORTANT INFORMATION ABOUT OUR HOLIDAY PROGRAM

**Participant Support Details:** As advised on previous programs, information regarding your child's medication, emergency contacts, permission & consent forms, authorisation to obtain medical treatment, allergies & sensitivities etc. has been taken from our existing records.

**Please call 0457 805 285 with any changes.**

**Lunches / Snacks:** Please ensure morning tea, lunch (unless stated otherwise) and healthy snacks are packed for duration of day. **These are long days, please pack adequate food each day Include healthy snacks & drinks**

**Drink:** Please ensure at least one full bottle of water is sent along each day - kids use lots of energy and need to stay hydrated.

**Cancelling:** When cancelling an activity please call Ability Options on 02 56228484.

**Please note:** Participants NDIS plans will be charged for the days support costs if cancellations are made within 7 days of the planned supports. Cancellations made outside 7 days will not incur any cancellation costs.

**Clothing:** Clothing (& hat) appropriate for the season and activity are to be sent each day - this includes joggers with socks. Thongs/water shoes can be brought along for specific activities but not worn all day. Rash shirts **must** be worn at every swimming activity, for both girls and boys. We encourage every participant to 'Please bring a towel & change of clothing' each day regardless of the activity in case of unforeseeable circumstances, any additional gear can be left on the bus during activities.

**Medication:** All medication must be in a **Webster Pack** otherwise we will be **unable** to assist - please see your local pharmacy to arrange. Some medication is unsuitable for a Webster pack - if this is the case, please contact **prior to the program** to discuss alternate arrangements.

**Medication must be handed to office before the program commences.**

**Claiming Note:** We may claim support hours for this activity from your NDIS plan in either a 1:1, 1:2 or 1:3 ratio. The claim ratio is based on our allocations of staff as determined by our assessment of risk for this activity. Our risk assessments are designed to keep your child / youth safe. We may also claim 15 minutes before activity and after the scheduled support for staff as determined by our assessment of risk for the activity.

**Spending Money:** We allow up to \$15 spending money on Movie days only, please do not send spending money either for lunches or snacks, unless stated, it can cause jealousy and can disrupt program lunch time routines.

**Activity Fees:** Activity fees are for activity expenses and should be paid on the day- if participant has capacity to leave funds in their bag safely until at the venue, we encourage they carry their activity fees money themselves.