



Recreation

Creating adventure, relaxation, fun, health and wellbeing through social and recreational activities

yooralla
choosequality



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Yooralla can support you to participate in any recreational pursuits you enjoy. We specialise in supporting people of all ages and disabilities and believe that anything is achievable. If you enjoy participating in group activities, Yooralla runs regular school holiday programs and camps, youth and social groups, as well as group holidays. Similarly, if you want to pursue something on your own, we can support you to enjoy any recreation activity you choose.

2018 School holiday programs

Yooralla's holiday programs are a great opportunity for children and teenagers to make friends and have fun in a fully supported environment.

Dates	2 – 25 January 2018 3 – 13 April 2018 2 – 13 July 2018 14 September 24 – October 4 2018
Days	Monday to Friday
Times	9.30am to 4.30pm
Locations	Based on demand and interest, holiday programs are run throughout across Melbourne and Victoria.
Description	<p>Come and join us for days filled with wonderful activities. The programs give young people the chance to get out and explore different community-based activities, festivals and new opportunities every school holiday.</p> <p>Activities:</p> <ul style="list-style-type: none">• getting active: bike riding days (including modified bikes) and swimming.• being artistic: musical performances, art and dance.• just having fun: Latitude and Bounce.• out and about: visiting St Kilda beach, taking the ferry to Williamstown, riding Puffing Billy, wandering through the Botanical Gardens, visiting Federation Square – the list goes on.
Age:	6 to 18 years



Children and Teenage Camps

Yooralla's camps are jam-packed full of activities for young people covering everything from boating, bushwalking, experiencing local attractions to campfire karaoke concerts, discos and theme nights.

Event	Frankston Summer Adventure
Date	6 – 7 January 2018
Description	<p>A small group of young people will have the opportunity to travel to Frankston for a fun filled summer adventure.</p> <p>Local attractions and activities may include:</p> <ul style="list-style-type: none">• Dinosaur World• Dromana Drive In• Gravity Zone – Laser Tag and Trampoline Park• Frankston Sand Sculpting• beach activities and picnic• Ashcombe Maze and Lavender Gardens• Bayside Rock – indoor climbing and adventure centre.
Age	14 to 18 years

Event**Phillip Island Escape****Date**

3 – 4 March 2018

Description

This getaway is for a small group of young people to enjoy a farm stay in Phillip Island. Feed the animals on the farm, visit local attractions and participate in a range of activities. Some of these may include:

- Phillip Island Wildlife Park
- A Maze'n Things
- Phillip Island Nature Parks - Penguin Parade
- Island Summer Carnival
- Nobbies boardwalk and beach walk
- fishing off the Jetty
- Phillip Island Chocolate Factory
- San Remo jetty to feed the Pelicans.

Age

14 to 18 years

Event	Balnarring Escape
Date	2 – 3 December 2017 28 – 29 April 2018 16 – 17 June 2018
Description	<p>This is an exciting overnight Mornington Peninsula getaway for young people. Local Attractions and Activities may include:</p> <ul style="list-style-type: none"> • Ashcombe Maze and Lavender Gardens • Arthurs Seat Eagle • Rain, Hayne & Shine Farmyard • Peninsula Hot Springs • Enchanted Adventure Garden • beach walks, picnic and play. <p>At the accommodation, enjoy the children’s playground, vegetable garden, pool table and garden areas.</p>
Age	10 to 15 years

Event	Gippsland Country Adventure
Date	Based on demand, this will be run from April 2018 to October 2018.
Description	<p>Enjoy:</p> <ul style="list-style-type: none"> • Walhalla - explore the old Goldfields Railway • a gold mine tunnel tour • visiting Wilsons Prom and the Gippsland Lakes • the local restaurants and cafes.
Age	15 to 18 years

Event	Bright Mountain Adventure
Date	Based on demand, this exciting three day Mountain Adventure will be run from April 2018 through to October 2018.
Description	<p>This getaway is for a small group of young people to enjoy being in the beautiful high country and experience what country life has to offer. You can:</p> <ul style="list-style-type: none">• watch the para gliders take off from Mount Buffalo• enjoy a canyon walk in Bright• visit the old Fashion Lolly Shop• toboggan in winter• go rafting• on hot days enjoy the splash park for a bit of fun and many more activities the area has to offer.
Age	10 to 15 years

Siblings Camps

Yooralla also holds camps for the siblings of children with a disability. This means that the siblings can enjoy a fun and engaging camp with their sibling and their peers.

Please enquire for service dates and pricing.



Adult Holidays

Our adult holiday's range from individual escapes to smaller group getaways around Melbourne and throughout regional Victoria.

The following holidays are suitable for people over the age of 18. They are tailored to suit people with disability of all needs, including people who require active night supports unless otherwise stated.

Event	Port Arlington
Date	This exciting four day seaside adventure will be run throughout the year (Monday to Thursday).
Description	<p>Come and join us on a wonderful journey to the lovely coastal town of Port Arlington which includes:</p> <ul style="list-style-type: none">• visiting the renowned Geelong foreshore for lunch along the way• travelling on the Queenscliff to Sorrento Ferry and see the sights of Sorrento• visiting the Maritime Museum• exploring the Great Ocean Road• seaside BBQs and picnics.

Event**Bendigo Bonanza****Date**

This exciting three day adventure runs all year (Wednesday to Friday) subject to demand.

Description

Take a trip to Bendigo and enjoy one of Melbourne's greatest escapes that covers:

- a picnic at Hanging Rock
- learning about Bendigo's rich history on the infamous Talking Tram Tour
- travelling down the Deborah Mine
- showcasing your moves at the Jumpz trampoline centre
- learning pottery making at the Bendigo Pottery.

Event**Weekend stay in Melbourne****Date**

This exciting weekend retreat is available all year round. Suitable for people with low support needs, and travel is by public transport.

Description

Come and join us on a great weekend in Melbourne. This getaway includes:

- touring through Melbourne's famous laneways
- lunch at Southbank
- exploring Melbourne's art scene
- having dinner and see a band on trendy Brunswick St
- exploring the Docklands precinct
- taking a ferry to beautiful Williamstown for fish and chips

Event**Mornington Peninsula Escape****Date**

This exciting three day seaside adventure runs all year (Monday to Wednesday) subject to demand.

Description

Take a trip to the lovely Mornington Peninsula and stay for two nights in Rye. The holiday includes:

- a picnic at Mount Martha, then taking the Arthurs Seat Eagle to see the breathtaking views of the bay
- visiting the historic Point Nepean National Park
- a swim at the local pool or the bay
- beach Walk and BBQ
- relaxing at the Peninsula Hot Spring
- visiting the range of wonderful restaurants and coffee shops.

Event**Phillip Island Getaway****Date**

This three day seaside getaway is available all year round (Friday to Sunday).

Description

Take a journey to the magical Phillip Island. The weekend will be filled with many fun activities, and you can:

- marvel at the Penguin Parade
- enjoy the Antarctic Journey
- find koalas in the Koala Park
- go along the boardwalk at The Nobbies and watch the seals from afar
- savour the famous Phillip Island fish'n'chips on the beach
- go fishing ... don't forget to bring your rods!

Event**Geelong Experience****Date**

Our Geelong experience is available all year round (Monday to Wednesday).

Description

Take a trip to the lovely bayside town of Geelong. There are a huge variety of activities and sights to see, including:

- stopping at the renowned Geelong foreshore for lunch
- taking the train along the Geelong precinct and enjoying the views of the bay
- visiting Queenscliff, Ocean Grove and Port Arlington and taking in the lovely cafes and craft shops
- swimming at the local pool or in the bay.

Event**Experience Lakes Entrance****Date**

Our Lakes Entrance holiday is available all year round (Monday to Wednesday).

Description

Take a trip to the Gippsland Lakes, one of Australia's largest inland waterways, including ninety mile beach:

Swim in the pristine beaches and take a ride on a tour boat to spot dolphins or try your hand at fishing.

Visit the aqua dome for those that prefer that to beach swimming, and for extra fun take a trip to the Lakes Entrance Mini Golf and Trampolines.

Event**Echuca experience****Date**

Our Echuca holiday is available all year round (Monday to Wednesday).

Description

Take a trip back in time to Echuca. There is a huge variety of activities and sights to see, including:

- paddle steamer on the Murray
- Port of Echuca Discovery Centre
- National Holden Museum
- Billabong Ranch Adventure Park.



Organising your own holiday

We can also support you with your holiday planning – from a weekend away to extended travel within Victoria, interstate or even overseas. We can do everything from planning your travel, accommodation and supports, insurances and itinerary, to assisting you on the trip or organising assistance at your destination if travelling overseas.

Christmas Special Events

Explore Melbourne's Christmas Highlights

Event	Melbourne Christmas Tour
Date	9 December 2017 8 December 2018 4.00 pm – 10.00 pm
Description	Afternoon and evening exploring and celebrating Christmas in Melbourne, Myer windows, Melbourne Town Hall light show, Federation Square and gingerbread exhibit.
Age	Over the age of 18

Event	Yooralla's Christmas Festival
Date	16 December 2017 14 December 2018 10.00 am – 4.00 pm
Description	Come to Yooralla's Community Hub in the city for all things Christmas! There will be: <ul style="list-style-type: none">• ginger bread making• creating you own Christmas decorations• Christmas lunch and stroll around to see Melbourne decorated for Christmas.
Age	All ages



Social and Youth Groups

If you are looking for group activities, Yooralla runs regular services around Melbourne and Victoria for people with a disability to enjoy a variety of activities with their peers in a supported environment.

Our groups give participants the opportunity to make new friends, learn new skills while increasing their independence and social inclusion.

The activities are based on the interests of participants and new ideas and suggestions are always welcome. Some of the activities include attending major events, local festivals, activities such as movies, museums, theatre, sporting events and concerts – the list is endless!

Activities run for half to a full day. They are suitable for all abilities and are wheelchair accessible. This booklet lists just some of our groups. New services are added all the time – so contact us to find out about services near you.

Group	Southern Youth Groups
Age Range	12 to 18 years
Date	Runs monthly on a Saturday 10.00 am to 4.00 pm
Description	This group is for teens who love getting out and about in the community. The group caters for independent teens who can be supported with a ratio of one staff to three participants in the community.
Meeting Point	Narre Warren and Murrumbeena We are also looking at running Youth Groups in Chelsea and Hampton so please contact us to express your interest.

Group	Western Youth Groups
Age Range	12 to 18 years
Date	Runs fortnightly on a Saturday 11.00 am to 5.00 pm
Description	These groups are for teens with high support requirements that love to get out and explore Melbourne and surrounding areas.
Meeting Point	St Albans We are also looking at running a Youth Groups in Melton and Footscray so please contact us to express your interest.

Group**Northern Youth Groups****Age Range**

12 to 18 years

Date

Runs monthly on a Saturday

11.00 am to 5.00 pm

Description

This group is for teens who love getting out and about in the community. The group is catered for independent teens, who can be supported with a ratio of one staff to three participants in the community.

Meeting Point

Greensborough

We are also looking at running other Youth Groups in the Northern Region. Please contact us to express your interest.

Group**Eastern Youth Group****Age Range**

12 to 18 years

Date

Runs monthly on a Saturday

11.00 am to 5.00 pm

Description

This group is for teens who love getting out and about in the community. The group caters for independent teens who can be supported with a ratio of one staff to three participants in the community.

Meeting Point

Box Hill

We are also looking at running other Youth Groups in the Eastern Region. Please contact us to express your interest.



Social groups for adults

Our adult social groups are for people over the age of 18. Groups meet regularly and participate in activities in and around Melbourne and Victoria. The activities for each group range from going to the movies and sporting activities to cultural festivals. The activities are determined by group members.

Group	Trax Social Group
Date	Runs monthly on Saturday 10.30 am to 4.30 pm
Meeting Point	Murrumbeena

Group	Clayton Social Group
Date	Runs monthly on a Saturday 10.30 am to 4.30 pm
Meeting Point	Clayton

Group Hampton Social Group
Date Runs monthly on a Saturday
11.00 am to 5.00 pm
Meeting Point Hampton

Group Gippsland Bowling Group
Date Runs weekly on a Saturday
9.00 am to 12.00 pm
Meeting Point Morwell and Moe

Group Westies Social Group
Date Runs monthly on a Saturday
11.00 am to 5.00 pm
Meeting Point St Albans

Group Croydon Social Group
Date Runs fortnightly on a Saturday
11.00 am to 5.00 pm
Meeting Point Croydon

Group	Sunny Saturday's Social Group
Date	Runs fortnightly on a Saturday 11.00 am to 4.00 pm
Detail	A group for young women who enjoy day trips, such as Healesville Sanctuary, Tulip Festival, Puffing Billy, dining out and more.
Meeting Point	Box Hill

Group	Buddies Social Group
Date	Runs fortnightly on a Saturday 11.00 am to 4.00 pm
Detail	A group for young men who require support, and are interested in activities such as visiting a Karate exhibit, Old Melbourne Gaol, the MCG and more.
Meeting Point	Box Hill

Group	Baw Baw Social Group
Date	Runs fortnightly on a Saturday 10.00 am to 4.00 pm
Detail	Group caters for those with minimal support needs and activities include, day at the beach, Melbourne zoo, movies, and many more.
Meeting Point	Drouin

Group**Mansfield Social Group****Date**

Runs fortnightly on a Saturday

10.00 am to 4.00 pm

Meeting Point

Mansfield

Group**Benalla Social Group****Date**

Runs fortnightly on a Saturday

10.00 am to 4.00 pm

Meeting Point

Benalla



Art Programs

If you're looking to meet new people while making great works of art – we have the program for you!

Yooralla runs art programs facilitated by artists to help you grow skills, extend your knowledge and expression through different formats and styles.

Art works produced are often exhibited. These are held weekly at Balwyn and St Albans with more arts programs being developed in Chelsea and Hampton.

Currently offered to adults but please register your interest if you are under 18.

Prefer to do something else?

If you would prefer to enjoy an activity on your own, we can assist with that too. As recreation specialists, here is a list of some of the things we can support you with.

Adventure

Surfing, water skiing, snow skiing, bowling, tennis, fishing, golf, sailing, scuba diving, kayaking or camping.

Arts

Enjoy visual, musical or performance arts; join a class and access training to assist you to build your range of techniques across various art forms.

Culture

A trip to the theatre, festivals, movies, enjoy a gallery or museum, or visiting markets.

Fitness

Gym sessions, fitness classes, team sports, swimming classes, or training for your fitness goal.

Big Events

A day at the footy, the ballet, seeing a live band, a festival, or maybe just a night out with friends.

Relaxation

Meditation, yoga, music, a health spa, or a day at the wineries.

Calendar

December 2017

- 2 – 3 **Yooralla Balnarring Escape***
- 2 **The Wiggles Wiggly Christmas big show**
Rod Laver Arena
- 9 **Yooralla Melbourne Christmas Tour***
- 16 **Yooralla Christmas Festival***
- 26 – 30 **Boxing Day Test/Ashes**

January 2018

- 2 – 25 **Yooralla School Holiday Programs***
(All Regions)
- 6 – 7 **Yooralla Frankston Weekend Away***
- 14 – 4 Feb **Midsumma Festival**
- 15 – 28 **Australian Tennis Open**

February 2018

- 1 – Onwards **Priscilla Queen of the Desert**
Regent Theatre
- 17 **White Night Melbourne**
- 16 – 18 **Bruthen Blues and Arts**
Festival - Gippsland

March 2018

- 3 – 4 **Yooralla Phillip Island Escape***

March 2018 (continued)

10 – 13	Moomba
17	White Night Ballarat
18	Opera by the Lakes Gippsland, Nyerimilang Heritage Park
21 – 26	Melbourne Grand Prix
21 – 25	Melbourne Flower and Garden Show Exhibition Buildings
28 – 22 April	Melbourne Comedy Festival
30	Bendigo Easter Festival
31	Peninsula Busking Festival

April 2018

1	Dandenong Valley Holden Car Show
2	Benalla Wall to Wall
21	Grantville Pirate Festival
28 – 29	Yooralla Balnarring Escape*
3 – 13	Yooralla School Holiday Programs* (All Regions)

May 2018

4 – 6	Dog Lovers Show (Royal Exhibition Building)
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*Yooralla events

June 2018

- 1 – 10 Melbourne International Jazz Festival
16 – 17 Yooralla Balnarring Escape*
18 Melbourne International Animation Festival

July 2018

- 1 – 2 Oz Comic-Con
2 – 13 Yooralla School Holiday Programs*
(All Regions)

August 2018

- 17 – 19 National 4x4 and Boating Expo
Melbourne Show Ground
26 Wattle Festival Hurstbridge

September 2018

- 24 Sept – 4 Oct Yooralla School Holiday Programs*
(All Regions)
13 – 30 Melbourne Fringe Festival
15 Sept – 14 Oct Tesselaar Tulip Festival
22 Sept – 2 Oct Royal Melbourne Show

October 2018

- 4 – 21 Melbourne Festival
26 – 28 Moto GP Phillip Island

November 2018

10 – 12 **Ballarat Show**

TBC **Benalla Festival**

December 2018

8 **Yooralla Melbourne Christmas Tour***

14 **Yooralla Christmas Festival***

TBC **Carols by Candlelight in your local area**

***Yooralla events**



Important things to know

Funding

You can book and pay for all our services with funding from your:

- National Disability Insurance Scheme (NDIS) Plan
- Department of Health and Human Services (DHHS) funding
- Traffic Accident Commission (TAC) Funding or
- Aged Care package.

You can also pay for services privately.



Need language help?

Contact the Translating and Interpreting Service (TIS) on 13 14 50

Contact us

For more information about Yooralla's Recreation services, please contact us.

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Yooralla is a registered NDIS provider.

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