

PEOPLE OUTDOORS

DECEMBER '21 NEWSLETTER



AUSTRALIAN
CAMPS ASSOCIATION
PEOPLE OUTDOORS[®]
Adventure for all

Experts at providing camps for people living with disability **UPDATE FROM OUR PRESTON HQ**

Despite the challenges of the last 12 months, we have run 13 camps since June - that's 3 school holiday camps as well as 10 weekend camps. Some highlights of the year have been the impressive confidence of campers on the Giant Swing as well as an exciting day trip to Chesterfield Farm during the July school holiday camp. We have also welcomed more Disability Support Workers, Volunteers and new additions to the office team as we continue to grow our programs. We have also been able to introduce Night Workers on our camps to provide extra support to our campers.

A very big thank-you goes out to the People Outdoors (PO) team for all of their efforts, time, support and dedication they put into making our programs so wonderful. We want to thank everyone who has been a part of People Outdoors as you truly make a difference to the lives of our campers. Our programs give our campers the opportunity to experience the benefits of what the outdoors has to offer, but they also provide quality support for these individuals to work toward their own personal goals and build and maintain social connections...



Image Description: Campers and staff sitting (five individuals) on the steps in front of a cabin, one participant is seated in a wheelchair playing with a colourful ball. A People Outdoors staff member is standing with her arms on her hips with her back to the photographer.

PRESTON HQ UPDATE CONTINUED



Image Description: One camper is blindfolded and smiling on a ropes course while holding her harness. A People Outdoors worker is holding her right hand on the top of the rope course and is guiding the camper.

...A big thank you goes out to all of our campers involved in People Outdoors. There wouldn't be a People Outdoors without you! Thanks also to the ACA Member sites who provide us with the support and opportunities to make our camps possible - we are very appreciative!

In the lead up to the Christmas break, we have a couple of exciting Expos that People Outdoors will be attending - The Disability, Sport and Recreation Festival which will be held on Friday 3rd December, 2021 at Crown Riverwalk in Southbank and the Family Fun Day / Volunteering Expo at Coonara Community House in Upper Ferntree Gully on Saturday 4th December, 2021. If you are in the area, pop in and say hello!

We are looking forward to a very busy calendar of camps scheduled in 2022 and lots of exciting changes being made to the programs. The PO team is very enthusiastic for the future of People Outdoors and what our camps have to offer.

UPDATE FROM OUR BALLARAT OFFICE



Image Description: Clip Art of a Ballarat Town Hall Building (Left) and a Clip Art of Wooden Cabin with Green Trees either side.

It's been a big year for People Outdoor camps in Regional Victoria - despite COVID-19 and its disruptive influence. Participants and carers joined our camps as an opportunity to socialise, enjoy outdoor activities and have much needed time away with fellow campers when restrictions have allowed. Participants and their families have remarked on several occasions, the absolutely positive effect these camps have on themselves and their families with effects far reaching post the experience. New friendships have been made and connections amongst campers continue to develop.

We appreciate the continued support of Sport and Recreation Victoria, advocacy groups such as Rights and Information Advocacy Center (RIAC), Grampians Primary Care Partnerships, Reclink Victoria, Access All Abilities, Bendigo Health, The Ballarat Foundation, UC camping and the Harold Hughes Bequest - just to name a few! Their ongoing support in People Outdoors, spreading the word and assisting campers and their families has been truly impactful. Thank you to all our supporters for kindly sharing information through networks and assisting with funding campers to attend programs...

BALLARAT OFFICE UPDATE CONTINUED

...Along with growing participant numbers and accessing new venues for People Outdoors we have been working hard to recruit a great team of staff based in Ballarat to support campers to attend and we are pleased to be offering a full calendar of camps in 2022 for kids, teenagers, adults. We will also be offering families 'Come and Try' days across regional Victoria throughout 2022. The 'Come and Try' days are a great opportunity for those who haven't experienced camp to see what it is all about!

We are now able to provide transport from Ballarat to camps with regularity and we hope to extend this service to other regional centres including Bendigo and even Warnambool into 2022. Thank you to everyone, including the Melbourne People Outdoors Office, who assist our campers to experience these valuable opportunities across Regional Victoria. We look forward to a busy, fun and positive new year in 2022. As we put the trials of the last couple of years behind us and move forward to a more active and free future. Come and join our regional 'Come and Try' days! Look out for our banners at community events and come and have a chat with us. Feel free to contact me via email at:

simon@auscamps.asn.au

We look forward to seeing you out there!



UPCOMING EVENTS

People Outdoors will be attending the following Expos:

Disability Sport and Recreation Festival

3 December 2021 | 10am - 2pm

Yarra Promenade, Southbank, VIC, 3006

Volunteers for Knox - Volunteer Expo

4 December 2021 | 12pm - 5pm

Coonara Community House

22 Willow Rd Upper Ferntree Gully, VIC, 3156

STAFF PROFILE

ATHENA WARREN

A Little About Me!



Image Description: Staff Member, Athena Warren smiling and standing in front a wall full of pink roses.

I have recently joined People Outdoors and I am loving my new role as the Assistant Camp Coordinator. I have worked in Education for many years as a Primary School Teacher and then in Special Education and Casual Relief Teaching. I have been lucky enough to teach some of our campers over the last few years!

I grew up with a love of camping and the great outdoors. Our family spent many summers camping along the Sapphire Coast of NSW. Unfortunately, the last 2 summers haven't been as fun, having to evacuate in 2019 due to the bushfires and then again last summer we had to evacuate again as COVID threatened to keep us locked out of Victoria.

Fortunately, I have been lucky enough to have traveled across all states/territories and capital cities of Australia.

My partner, son and I love a good road trip and every opportunity we get we head out (which hasn't been as often through COVID sadly!). There's nothing more relaxing than sitting around a campfire with a glass of wine and great company!

My other hobbies include going out to live music and theatre shows follow Collingwood in the AFL, AFLW and Netball, and Melbourne United in the NBL.

I am super excited to have joined this wonderful organisation and am enjoying getting to know our wonderful campers and staff. I love seeing the joy it brings to campers and their families. I look forward to meeting you all over the coming months and wish you all a wonderful and safe Christmas and 2022!

Athena 😊

MEET IMOGEN!

How many People Outdoors Camps have you been on?

About five I think.

Star sign?

Aries

Favourite food?

I love Vietnamese food or anything Asian.



Favourite TV show/ Movie? Locke and Key and The Boys.

Have you got any brothers or sisters?

I have an older sister who is studying Mining in Broken Hill.

Do you have any pets? Not at the moment.

Have you met any famous people?

Not that I can remember, but I have been to lots of concerts and musicals.

What is your favourite day of the week?

Friday- I get to go to my work at McDonalds!

What are your hobbies or special interests?

I love walking and going on different walking tracks. I love watching movies and listening to music.

What is your favourite campsite?

Phillip Island. I love going out on excursions when we are on camps, but all the camps have been great!

What's been your best camping experience or memory from People Outdoors?

Meeting all the new people. Getting to know all the camp leaders and staff who are lovely. Getting out of the house!



Image Description: Imogen standing on a green mat holding a harness that is in front of her getting ready to climb the indoor rockclimbing wall.



Image Description: Imogen standing in front of a traffic speed sign at on a walk at Anglesea Recreation Camp. She is holding a 2-way radio in her right hand.

PEOPLE OUTDOORS COVIDSAFE PRACTICES

People Outdoors have implemented a written vaccination policy and has updated our COVIDSafe Plan in line with Government requirements. As part of this policy People Outdoors requires COVID-19 vaccinations for all participants and staff involved in our programs. **All Staff Members and Participants will be required to be fully vaccinated or provide a valid medical certificate in order to attend camp.** People Outdoors (PO) is working alongside the relevant Public Health Officers to ensure compliance. Participants under 12 currently will not be required to get vaccinated to participate on PO camps. This is subject to change with requirements by the Public Health Team.

The health information will be used and disclosed to People Outdoors employees to ensure compliance with the direction from Victoria's Chief Health Officers orders under the Public Health and Wellbeing Act 2008 (Vic).

All participants and staff have been notified of the vaccination policy, if you have any questions regarding this policy, please contact

Maria Dunne via email at coronavirusupdates@auscamps.asn.au

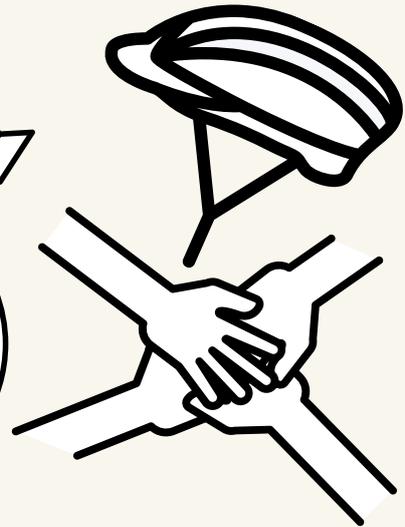
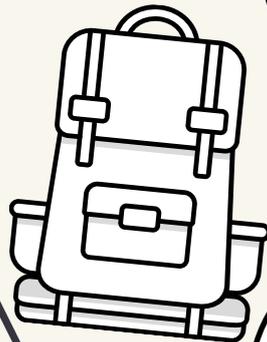
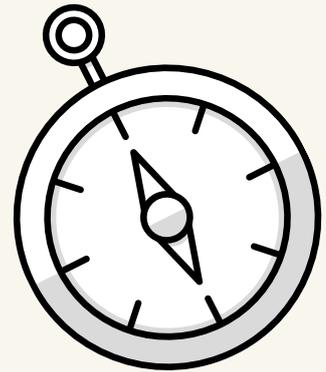
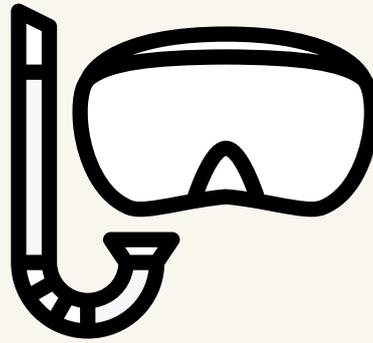
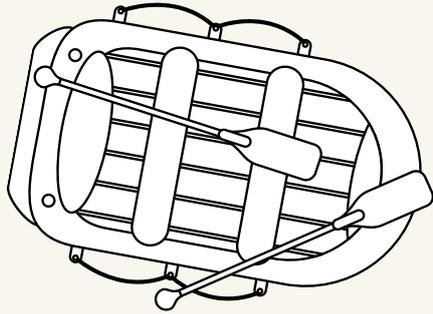


CHRISTMAS HOURS

The People Outdoors Office will be closed from the 15th December 2021 to the 4th January 2022. We ask that if you call the office (03 9863 6824) that you leave a voice message. Voice messages and emails will be responded to upon our return to the office.

MINDFULNESS MOMENT

Enjoy some time to wind down and focus on colouring some items you might see at camp



OUR SUPPORT RATIOS EXPLAINED

How much support do you need?

1:3 Ratio

- A person who is independent in all areas of personal care including toileting, showering and brushing teeth (may just require prompting).
- Can eat independently, make drinks for themselves and has good communication, social skills.
- Understands road rules, social settings and can stay with the group on outings.

1:2 Ratio

- Requires prompting or some assistance with showering, toileting and brushing teeth.
- May require prompting to pick appropriate clothes and get ready for the day.
- May need supervision or help eating or using cutlery.
- May need staff to look after spending money and help with daily living choices.
- Requires closer supervision in the community and on outings.
- May display some mild to moderate behaviours of concern.

1:1 Ratio

- Participants who use manual or electric wheelchairs and need assistance.
- A person that needs full assistance with personal care such as showering, toileting, brushing teeth and with dressing.
- Has special requirements during meal times and needs assistance to eat.
- Requires full assistance and constant supervision in the community.
- May have challenging behaviours.
- May have limited social skills.

PROGRAM CALENDAR FOR MELBOURNE DEPARTURE

JANUARY - JULY 2022

Program Dates	Program Type	Location	Near Town	Age Group	Cost
11 - 14 January	Four Day Camp* (3 nights)	YMCA Lady Northcote Recreation Camp	Bacchus Marsh	Combined (6 - 17yrs)	<p>People Outdoor is a registered NDIS Provider our costing works in line with the price guide and ratio of support required for your camper.</p> <p>Please call 03 98636824 or email peopleoutdoors@auscamps.asn.au</p> <p>for a quote or to book!</p> <p><i>*Please note all 'Four Day Camps (3 nights)' are held during the School Holidays.</i></p> <p><i>** 'Adventure For All Camps' provide the opportunity for campers' friends or siblings to join us on a camp</i></p>
18-21 January	Four Day Camp* (3 nights)	YMCA Lady Northcote Recreation Camp	Bacchus Marsh	Adults (18yrs+)	
4 - 6 February	Weekend Camp (2 nights)	YMCA Camp Manyung	Mt Eliza	Kids (6 - 14yrs)	
18 - 20 February	Weekend Camp (2 nights)	YMCA Lady Northcote Recreation Camp	Bacchus Marsh	Adults (18yrs+)	
4 - 6 March	Weekend Camp (2 nights)	YMCA Anglesea Recreation Camp	Anglesea	Teens (13 - 17yrs)	
18 - 20 March	Surf Camp (2 nights)	T.B.C	Merricks	Combined (6 - 17yrs)	
11 - 14 April	Four Day Camp* (3 nights)	Grantville Lodge	Grantville	Adults (18yrs+)	
19 - 22 April	Four Day Camp* (3 nights)	CYC 'The Island'	Phillip Island	Combined (6 - 17yrs)	
6 - 8 May	Weekend Camp (2 nights)	YMCA Mt Evelyn Recreation Camp	Mt Evelyn	**Adventure for All (6 - 17yrs)	
20 - 22 May	Weekend Camp (2 nights)	YMCA Camp Manyung	Mt Eliza	Younger Adults (18 - 30yrs)	
4 - 5 June	Overnight Camp	YMCA Anglesea Recreation Camp	Anglesea	Kids (6 - 14yrs)	
27 - 30 June	Four Day Camp* (3 nights)	YMCA Lady Northcote Recreation Camp	Bacchus Marsh	Adults (18yrs+)	
4 - 7 July	Four Day Camp* (3 nights)	CYC 'The Island'	Phillip Island	Combined (6 - 17yrs)	



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PROGRAM CALENDAR FOR BALLARAT DEPARTURE

JANUARY – JULY 2022

Program Dates	Program Type	Location	Near Town	Age Group	Cost
29 January	Come and Try Day	Norval Grampians	Halls Gap/ Horsham/Ararat Grampians	All ages and families	<p>People Outdoors is a registered DHHS and NDIS Service Provider.</p> <p>If you're from the Ballarat area, please call Simon on 0455 514 879 or email simon@auscamps.asn.au</p> <p>for a quote or to book!</p> <p>Our prices are based on July 2021 NDIS Price Guide and the ratio of support required for the camper. Prices are effective 1st July 2021 and valid until 30 June 2022.</p> <p>*'Adventure for All' camps provide the opportunity for camper's friends or siblings to join us on camp.</p>
18 - 20 February	Weekend Camp (2 nights)	Lady Northcote	Bacchus Marsh *Melbourne and Ballarat Departure	Adults (18yrs+)	
25 - 27 February	Weekend Camp (2 nights)	UC Norval Grampians	Halls Gap/ Horsham/Ararat Grampians	Teens (13 - 17yrs)	
18 - 20 March	Weekend Camp (2 nights)	Log cabin Camp	Ballarat	Kids (6 - 14yrs)	
1 - 3 April	Weekend Camp (2 nights)	Log cabin Camp	Ballarat	Teens (13 - 17yrs)	
9 April	Come and Try Day	Norval Grampians	Halls Gap/ Horsham/Ararat Grampians	All ages and families	
29 April - 2 May	Weekend Camp (2 nights)	Log cabin Camp	Ballarat	Adults (18yrs+)	
6 - 8 May	Weekend Camp (2 nights)	Mt Evelyn YMCA	Mt Evelyn *Melbourne and Ballarat Departure	*Adventure for All Combined Age (6 - 17yrs)	
17 - 19 June	Weekend Camp (2 nights)	Log cabin Camp	Ballarat	Kids (6 - 14yrs)	
25 June	Come and Try Day	Log cabin Camp	Ballarat	All ages and families	
18 - 20 July	Weekend Camp (2 nights)	Log cabin Camp	Ballarat	Adults (18yrs+)	

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